



# Treating PTSD With Cognitive-Behavioral Therapies: Interventions That Work

*Candice M. Monson, Philippe Schnaider*

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Research over the past three decades has confirmed that cognitive-behavioral therapies (CBTs) are among the most effective treatments for Posttraumatic Stress Disorder (PTSD). This book introduces clinicians to cognitive-behavioral techniques for PTSD and guides them in adopting treatment protocols. Because myths about CBT for PTSD have been barriers to use, the book offers a clear view of the facts about the evidence-based therapies that offer such promise in helping clients to heal from their traumas. The goal of this clinician-friendly book is clear: to make CBT available to suffering clients.

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