

Cognitive Processing Therapy for Rape Victims

A Treatment Manual

"This manual has a great deal to offer. It is clearly written and provides a wealth of information regarding the assessment and treatment of rape victims. Unlike a number of manuals, it presents a well-conceived rationale and a step-by-step approach with objectively stated procedures and relevant examples. It also provides empirical data to support its efficacy over time. Without a doubt, Patricia A. Resick and Monica K. Schnicke have written a tremendously useful work." --Philip A. Saigh in Journal of Traumatic Stress

Sexual assault is a traumatic, life-threatening event from which many victims never fully recover. Following sexual assault, such disorders as posttraumatic stress, depression, poor self-esteem, interpersonal difficulties, and sexual dysfunction may develop. These disorders only add to the victim's suffering. The result of extensive research on the assessment and treatment of sexual assault survivors, Cognitive Processing Therapy for Rape Victims provides a thorough description of the problem of rape; a complete, session-by-session presentation of cognitive processing therapy that includes case descriptions, homework assignments, and worksheets; and consideration of special problems therapists are likely to encounter with both clients and themselves. An excellent resource for those wishing to gain deeper insight into the effects of this violent crime on its victims, Cognitive Processing Therapy for Rape Victims will assist in the healing process by providing access to effective treatment modalities. "Cognitive Processing Therapy for Rape Victims presents a timely manual for clinicians and researchers. Provides a wealth of information regarding the assessment and treatment of rape victims. Unlike a number of manuals, it presents a well-conceived rationale and a step-by-step approach with objectively stated procedures and relevant examples. without a doubt, Resick and Schnicke have written a tremendously useful work." --Philip A. Saigh, City University of New York Graduate Center "Cognitive Processing Therapy for Rape Victims represents a decade of research in the treatment of rape victims presented in a well-organized and easily accessible manner. This manual will be most relevant to those working with the target population, but it is likely that those who provide treatment to victims of other types of trauma will find it a useful resource. The strengths of this manual are numerous. It is organized in a straightforward and practical manner. It is rooted in years of research and clinical experience with rape victims and is richly illustrated with clinical material." --Kelly R. Chrestman in Behavior Research and Therapy "This book provides one of the first published comprehensive descriptions of an effective treatment program for victims with chronic PTSD that is supported with empirical evidence." --Constance V. Dancu in Clinical Psychology Review "Major strengths of the book include the comprehensiveness and clarity with which critical within- and between-session components of this new treatment approach are covered. The treatment approach, based on a conceptual framework emphasizing cognitive processes in PTSD, is an admirable operationalization of critical concepts in a structured format that can be used with clients who display pervasive shifts in perception related to trauma that may influence their individual and interpersonal functioning. Many of the beliefs and concerns of rape victims that are covered by the authors would serve as an excellent introduction to those unfamiliar with the psychological distress observed in this group. Of particular note is that this book covers treatment designed to address a common comorbid presentation of depression and PTSD. Such approaches are especially needed given the prevalence of PTSD and other comorbid conditions. Finally, the book is well-written and enjoyable to read due to a balanced mix of review of empirical findings, concrete description of techniques, and interactive therapy case examples." --Heide Resnick in Journal of Family Violence

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