



## A Guide to Psychological Debriefing: Managing Emotional Decompression and Post-traumatic Stress Disorder

By David Kinchin

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, A Guide to Psychological Debriefing: Managing Emotional Decompression and Post-traumatic Stress Disorder, David Kinchin, 'In its essence, this is a practical book that focuses on aiding recovery from trauma over a carefully structured timeframe. Amongst other things, it provides an introduction to the concept of psychological debriefing and some of the effects of trauma, including post-traumatic stress disorder (PTSD). This book will appeal to a broad audience because it is easily accessible, not only to those professionals working with clients suffering from PTSD, but also to health practitioners, psychologists, social workers and counsellors, as well as students.' - Well-Being 'David Kinchin pays special attention to setting up optimal conditions to facilitate emotional decompression. He takes into account that trauma reactions, primarily concerned with survival, are whole-system reactions, affecting both the body and mind. He also reminds us that the initial impact of the trauma is on physical structures in the brain, disrupting memory-processing capacity, which is designed to create space and time to heal. We should all pay a great deal of attention to what he says.' - Professor Gordon Turnbull, Consultant Psychiatrist, University of Chester, Capio Nightingale Hospital, London and...



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