



# Helping Traumatized Families (Psychosocial Stress Series)

*Charles R. Figley, Laurel J. Kiser*

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The new edition of the classic *Helping Traumatized Families* not only offers clinicians a unified, evidence-based theory of the systemic impact of traumatic stress—it also details a systematic approach to helping families heal by promoting their natural healing resources. Though the impact of trauma on a family can be growth producing, some families either struggle or fail to adapt successfully. *Helping Traumatized Families* guides practitioners around common pitfalls and toward a series of evidence-based strategies that they can use to help families feel empowered and ultimately to thrive by developing tools for enhancing resilience and self-regulation.

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