Treating Post-Trauma Nightmares: A Cognitive Behavioral Approach

Treating Post-Trauma Nightmares presents the only interdisciplinary treatment that brings together literature, theory, and techniques from sleep medicine and psychological perspectives: Exposure, Relaxation, and Rescripting Therapy (ERRT).

This groundbreaking treatment specifically targets chronic nightmares experienced by trauma-exposed persons. An empirically based book, Treating Post-Trauma Nightmares discusses the nature and characteristics of trauma-related nightmares, and serves as a guide to clinicians treating patients with PTSD or other trauma- and sleep-related disorders. Davis explores and outlines the treatment process, step-by-step, for those interested in the utilization and evaluation of ERRT.

Key Features:
* Delineates important assessment considerations, providing guidance in the assessment of traumatic events and differential diagnosis of sleep events
* Includes a section on treatment considerations, addressing potential difficulties therapists or clients may encounter, and provides suggestions for handling these situations
* Features a complete participant manual that summarizes all components of the treatments explained in the book

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