



Treating Post-Trauma Nightmares: A Cognitive Behavioral Approach

Joanne L. Davis

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This book will be a valuable resource for those conducting research focused on trauma-related sleep disturbances and nightmares, and for clinicians working with clients with these problems."

--**Heidi S. Resnick**, PhD, Medical University of South Carolina

Extremely thoughtful and comprehensive....Dr. Davis does a superb job of providing clear, evidence-based treatment with many helpful case examples included. It is a must read for any therapist who treats patients with PTSD."

--**Sherry A. Falsetti**, PhD, University of Illinois College of Medicine

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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