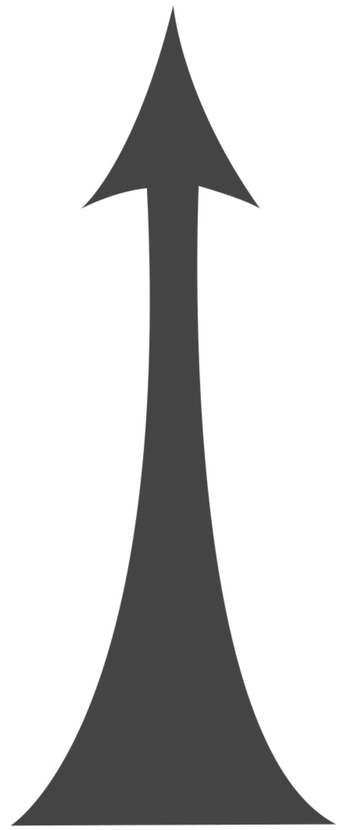
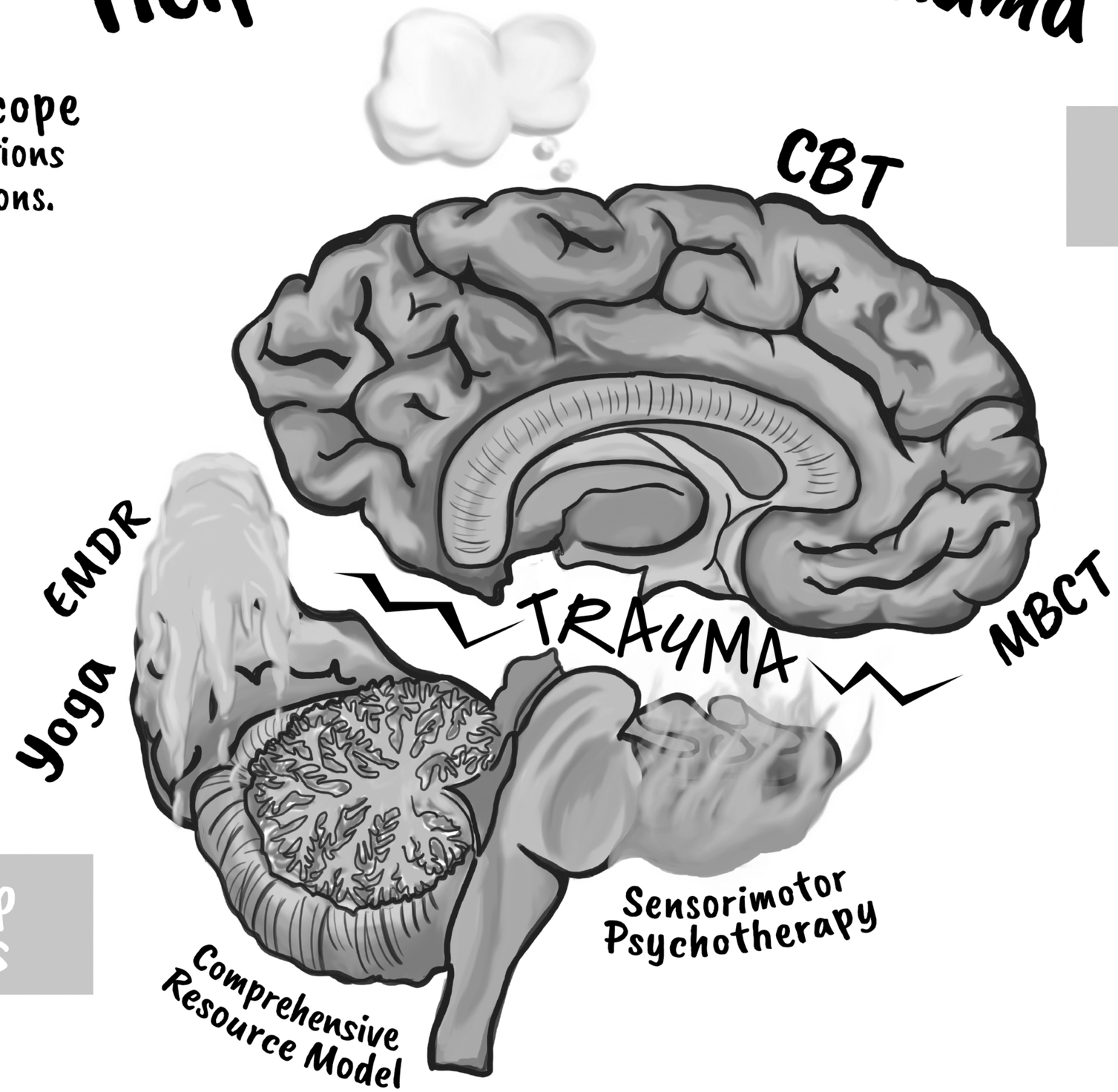
Brain-Based Approaches to Help Clients After Trauma

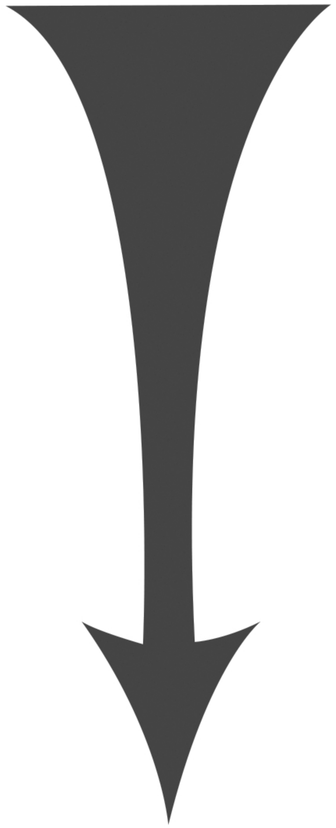
How to help clients cope with their raw emotions and defense reactions.



Bottom - Up Approaches



Top- Down Approaches



How to help clients think differently.

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