



# Trauma and Physical Health: Understanding the effects of extreme stress and of psychological harm

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Trauma research and clinical practice have taught us much about the widespread problems of child maltreatment, partner violence, and sexual assault. Numerous investigations have documented links between such trauma exposure and long-term negative mental health consequences. As we learn more about traumatic stress, however, increasing attention has been drawn to the less studied physical health effects of maltreatment and trauma.

*Trauma and Physical Health* describes both the negative physical health effects of victimization in childhood as well as exploring theoretical models that explains these links. By bringing together new and current studies on the relationship between trauma and physical health, this edited collection assesses the clinical implications of these links. At a time when the mental health field is becoming increasingly cognizant of the value of collaboration with professionals in the physical health arena, this book suggests ways in which clinicians can work with primary care professionals to better meet the needs of trauma survivors across the lifespan. A key focus of the text is to clarify the relationship between the current knowledge base in trauma and physical health and directions for future research in primary care health settings.

With contributors from a wide range of clinical and psychological disciplines, it will be of interest to researchers, clinicians and professionals in the trauma field and to primary care professionals concerned with compassionate care for the traumatized.

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**From Routledge Bibliography**

- Sales Rank: #3154904 in Books
- Published on: 2009-01-16
- Released on: 2008-12-03
- Original language: English
- Number of items: 1
- Dimensions: 9.21" h x .62" w x 6.14" l, .85 pounds
- Binding: Paperback
- 272 pages

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## **Editorial Review**

### **Review**

'This important and well-documented book describes the significant role that child abuse and later trauma play in adult health and well-being. Generally unrecognized, because their origins are buried in time, concealed by shame, and avoided in medical practice, the authors help us understand how to become comfortable and effective in routinely exploring these problems with patients.'

Vincent J. Felitti, MD, Clinical Professor of Medicine, University of California, USA

### **About the Author**

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**Connie Curtis:**

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