



# **Trauma and the Avoidant Client: Attachment-Based Strategies for Healing (Norton Professional Books (Hardcover))**

*Robert T. Muller*

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How to effectively engage traumatized clients, who avoid attachment, closeness, and painful feelings.

A large segment of the therapy population consist of those who are in denial or retreat from their traumatic experiences. Here, drawing on attachment-based research, the author provides clinical techniques, specific intervention strategies, and practical advice for successfully addressing the often intractable issues of trauma.

*Trauma and the Avoidant Client* will enhance the skills of all mental health practitioners and trauma workers, and will serve as a valuable, useful resource to facilitate change and progress in psychotherapy.

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