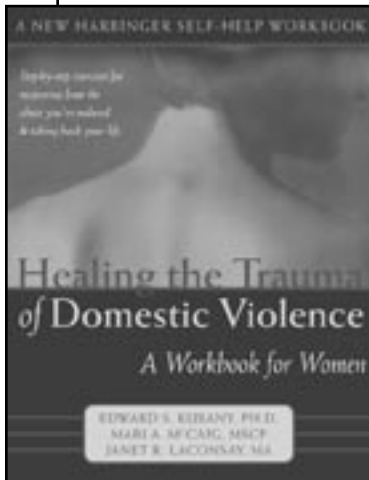


Post traumatic stress disorder (PTSD) is more common in battered women than in Vietnam veterans. *Healing the Trauma of Domestic Violence* is the first book to exclusively address PTSD in this population.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**



Some studies show that as many as 85 percent of battered women suffer from PTSD—by contrast 35.8 percent of Vietnam veterans who've experienced intense combat are estimated to have PTSD. An unfortunate legacy of domestic violence, PTSD can keep a woman mired in so much depression, anger, shame, and guilt that it can seem as though she'll never truly be free of the past.

Edward Kubany, Ph.D., has seen this first hand. A clinical psychologist, who specializes in treating survivors of domestic violence, and a researcher with the National Center for PTSD, Kubany has helped countless women develop the skills they need to heal and create a healthy and happy future. Now he's teamed up with Mari McCaig, a victim and witness counselor, and Janet Laconsay, a therapist who works with those trying to recover from abuse, to write *Healing the Trauma of*

Domestic Violence. The authors offer a program based on Cognitive Trauma Therapy, a treatment that was developed by Kubany and has been shown to significantly reduce symptoms of PTSD in 90 percent of those who complete treatment.

With a compassionate tone and clear, easy-to-follow language, Kubany and his coauthors provide:

- **A primer on PTSD**, which includes a self-assessment questionnaire, an explanation of key symptoms, and an examination of the role it plays in the post-abuse life of women who've been battered.
- **A complete tool kit for recovery**, which includes strategies for relieving guilt, depression, stress, and shame; stress management techniques; exercises for overcoming a sense of powerlessness and becoming a strong self-advocate; and skills for expressing anger in healthy ways.
- **Everything readers need to know when they have to face their former abuser.**
- **Help for avoiding the difficulties that can lead a woman back to her abuser.**
- **Tips for identifying potential abusers.**

"It's over, move on with your life." It seems like a logical thing to say to a survivor of domestic violence, but the truth is that it *isn't* over and she can't move on. In *Healing the Trauma of Domestic Violence*, Edward Kubany issues a long overdue passport out of suffering to women who are ready to do more than survive.

Healing the Trauma of Domestic Violence
by Edward S. Kubany, Ph.D., Mari A. McCaig, MSCP, & Janet R. Laconsay, MA
ISBN: 1-57224-369-4, \$18.95, Published in August 2004 by New Harbinger Publications
800-748-6273, www.newharbinger.com

About the Authors of *Healing the Trauma of Domestic Violence*

domestic **Edward S. Kubany, Ph.D.**, is a Diplomate with the American Board of Professional Psychology and a clinical psychologist at the Behavioral Therapy Clinic in Honolulu. For nearly fifteen years he has worked exclusively with survivors of traumatic events, with an emphasis on treating women who are recovering from domestic

violence situations. He is a clinical psychologist and a health research scientist for the National Center for PTSD, Pacific Islands Division and the developer of Cognitive Trauma Therapy. In 1998, Dr. Kubany was recognized for his pro bono work when he received the Unsung Shero Award from the Safety Network, a community-based advocacy group of domestic violence survivors and care providers in Hawaii.

Mari A. McCaig, MSCP, is a certified cognitive trauma therapist. She has been a victim advocate for fifteen years with the Department of the Prosecuting Attorney in Honolulu. She provides counseling for victims who are involved in felony criminal cases.

Janet R. Laconsay, MA, is a certified therapist and intensive instructional services consultant with the Institute for Family Enrichment in Honolulu and North Shore Mental Health in Wahiawa, HI. She is also a certified cognitive trauma therapist and is currently working on her doctorate of psychology at Argosy University in Honolulu.

Suggested Interview Questions

1. We hear a lot about post-traumatic stress disorder in veterans, but your book is about survivors of domestic abuse who are suffering from PTSD. How does the rates of PTSD in battered women compare with that of combat veterans and what are a few key symptoms of PTSD?
2. What is Cognitive Trauma Therapy and how do you know it's effective?
3. You say that PTSD sufferers often experience guilt. Why?
4. Chapter three of *Healing the Trauma of Domestic Violence* is entitled "The Power of Nonnegative Thinking." What is nonnegative thinking, how is it different from positive thinking, and why do you recommend it to your readers?
5. What is progressive muscle relaxation and why is it part of a program on overcoming PTSD?
6. What is emotional learning and how does it relate to those who have PTSD as a result of domestic violence?
7. You have a chapter dedicated to preparing the reader to face her former abuser. What do you tell those women who have to be in contact with a former abuser because they have children together or for any other reason?
8. You say that in Cognitive Trauma Therapy you ask your clients to watch certain movies with domestic violence themes. Why?
9. You say that there are some "supposed to" beliefs that lead women to stay with or go back to an abuser. What are a few of these beliefs and how can they be changed?
10. What are a few ways to recognize a potential abuser?

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