



# Coping with Trauma: A Guide to Self-Understanding

*Jon G. Allen*

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## **Coping with Trauma: A Guide to Self-Understanding** Jon G. Allen

Those who struggle to cope with the direct effects of trauma will find this text an informative guide to better understanding themselves and their experience. Partners and family members of traumatized individuals can gain increased understanding of, and empathy for, their loved ones in addition to learning how to be more sensitive. Mental health professionals who work with people with a history of trauma should find the book to be a useful digest of current knowledge that they can share with their patients.

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