



Treating Complex Trauma: A Relational Blueprint for Collaboration and Change (Psychosocial Stress Series)

Mary Jo Barrett, Linda Stone Fish

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In *Treating Complex Trauma*, renowned clinicians Mary Jo Barrett and Linda Stone Fish present the Collaborative Change Model (CCM), a clinically evaluated model that facilitates client and practitioner collaboration and provides invaluable tools for clients struggling with the impact and effects of complex trauma. A practical guide, *Treating Complex Trauma* organizes clinical theory, outcome research, and decades of experiential wisdom into a manageable blueprint for treatment. With an emphasis on relationships, the model helps clients move from survival mindstates to engaged mindstates, and as a sequential and organized model, the CCM can be used by helping professionals in a wide array of disciplines and settings. Utilization of the CCM in collaboration with clients and other trauma-informed practitioners helps prevent the re-traumatization of clients and the compassion fatigue of the practitioner so that they can work together to build a hopeful and meaningful vision of the future.

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