



# Healing World Trauma with the Therapeutic Spiral Model: Psychodramatic Stories from the Frontlines

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The Therapeutic Spiral Model (TSM) was developed as a clinical method of addressing deep issues of trauma, notably post-traumatic stress disorder (PTSD) relating to physical and emotional abuse and addiction. A modified form of classical psychodrama and experiential psychotherapy, it is today used with survivors of many different forms of trauma in over twenty countries worldwide.

This book provides a succinct and accessible introduction to the Therapeutic Spiral Model in practice and its evolution, explaining how it works, its relationship with classical psychodrama, neurobiology, experiential psychotherapy and clinical psychology, and how it differs from other experiential therapeutic methods. For the first time, it describes the ways in which the TSM model has been used with diverse populations, and in different languages and cultures, in chapters contributed by experienced practitioners from the USA, the UK, Canada, Australia, South Africa and Taiwan. The original clinical applications of the TSM model are described, and detailed examples are given of its more recent applications, including its use with mothers affected by domestic violence, in work with traumatised families, with survivors of ethnic conflict and with men who are incarcerated.

Providing research-based theory and immediate, hands-on models of treatment for clinicians to use, this is a valuable resource for drama therapists, expressive arts therapists, counselors, community workers, peace builders and other psychology, social work and counselling professionals working with survivors of trauma.

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- Sales Rank: #1655036 in Books
- Brand: Brand: Jessica Kingsley Pub
- Published on: 2012-12-15
- Released on: 2014-01-29
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .77" w x 5.98" l, 1.10 pounds
- Binding: Paperback
- 368 pages

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### **Editorial Review**

#### **Review**

From the innovators of psychodramatic experiential treatment for trauma comes this exciting and exhilarating new book on the art, science and craft of experiential treatment for trauma survivors. The book is a delightful weaving of academic research, practical clinically-based and research-tested tools and techniques, and compelling stories of personal change and growth from practitioners at the front lines of trauma treatment around the world. --Dale Richard Buchanan, Ph.D., T.E.P., Director of Clinical Therapies (Retired), Saint Elizabeth's Hospital, Washington DC

"The standard prognosis for trauma survivors is grim, appearing recalcitrant to drug and traditional talk therapies. With this stark background and in light of the greater global awareness of the human and social costs of traumatic experiences - with causes as diverse as armed conflict, ethnic warfare, and extreme weather events - this book provides hope to the field of psychology, which longs for innovation. As the son of the founders of Psychodrama and a professor at University of Pennsylvania medical school, I find the Therapeutic Spiral Model well-grounded in psychological theory and the latest research in neurobiology, providing a bridge to the most effective psychodrama treatment for trauma. --Jonathan D. Moreno, PhD., David and Lyn Silfen Professor of Medical Ethics and Health Policy, Professor of the History and Sociology of Science, University of Pennsylvania. Author of *The Body Politic*, one of Kirkus Reviews' Best Books of 2011

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This book is a crystal, each facet of which is complete in itself. It glitters with the simplicity of the core principles of the Therapeutic Spiral Model, facilitating embodied learning and reframing in the brain. (Olivia Lousada, D.Psych., senior trainer in Psychodrama and author of *Hidden Twins*)

An eloquent and moving account of how trauma can be healed; a literary tapestry describing both the supporting neuroscience and the creative collective that is TSM. Transcending time, place, and cultures, [this

book] gives us more than hope - it gives us a design for global healing. (Linda Ciotola, M.Ed., TEP, TSM certified trainer and team leader and co-author, with Karen Carnabucci, of *Healing Eating Disorders with Psychodrama and Other Action Methods: Beyond the Silence and the Fury*)

This book is a fascinating mixture of history, theory and practice, recounting the development and application of the Therapeutic Spiral Model... The case examples... include clients with eating disorders and addictions, domestic violence survivors and perpetrators, traumatised families, and offenders with unresolved trauma... this book does a good job and makes fascinating reading. (Bernie Hammonds, psychodrama psychotherapist *Healthcare - Counselling and Psychotherapy Journal*)

#### About the Author

Kate Hudgins, Ph.D., is a Clinical Psychologist, an International Master Trainer in Psychodrama, and primary developer of The Therapeutic Spiral Model. She directs the International Certification Program in Experiential Treatment of Post-Traumatic Stress Disorder, and has trained more than 800 psychologists, psychiatrists, counselors and educators to build Action Trauma Teams using the model. Kate continues to bring this healing method to global sites of trauma and conflict. Francesca Toscani, M.Ed., a certified Trainer in Psychodrama, Sociometry, and Group Psychotherapy and psychotherapist for thirty years, is co-developer of TSM. Combining her Jungian and psychodrama backgrounds, she developed Sandrama, a union of sandtray therapy with psychodramatic action. Francesca works part-time with small groups and individuals cultivating beauty and spirituality.

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