



# **Trauma and the Avoidant Client: Attachment-Based Strategies for Healing**

*Robert T. Muller*

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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.

## **Trauma and the Avoidant Client: Attachment-Based Strategies for Healing Details**

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Author : Robert T. Muller

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# **From Reader Review Trauma and the Avoidant Client: Attachment-Based Strategies for Healing for online ebook**

## **Jamie says**

Although this book is written for therapists (and I am not one), I couldn't put it down. I picked it up out of simple curiosity but in reading it, I gained a lot of insight into my own experiences and those of others around me. If you're interested in how people relate and connect (or don't), this is a book for you.

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## **Charlene says**

I picked up this title knowing that it's a title directed towards clinicians, and not clients like myself. I have an insatiable appetite for knowledge, especially when I feel it can help me to not stonewall my mental health professional. I have executed so many of these avoidance behaviours that I am just floored. I'm hoping my reading this title (and post-it flagging it like crazy for return referencing) I can be more aware of my behaviours and the tendency towards avoiding closeness and dependency. It's honestly a life-changing book for me. My next session will be a great deal different from the ones I've had over the last 2.5 years. I'm excited, hopeful, committed, and I see so much potential going forward. I'm going to be buying the title "Trauma and the Struggle to Open Up next. Same author and the title released June 19 2018. I'm eager to read it.

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## **Elizabeth says**

What an awesome book, a very easy read and it is very practical!

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## **Ella says**

How I wish every beginning therapist was forced to read this book ten times before seeing a single patient without supervision. Could save years of "undoing" later. Avoidance does not look like shyness or hiding in a corner. It's apparently not so obvious to everyone, and this book does a good job of starting the conversation that many more treatment providers should be having regularly.

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## **Alexis says**

It is nice to have all of this information in one place. Although a lot of the information in this book is very basic and is excellent reading for the novice therapist, it also provides a nice refresher for more experienced therapists. All behaviour serves a purpose, and this book does a beautiful job of conceptualizing the avoidance behaviours of clients with histories of relational trauma, and providing a map for how to work these behaviours constructively in therapy.

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### **Judy Sutherland says**

Easy to read, I really liked this book. I will definitely be going back to it. A great resource for those working with avoidant clients.

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### **Asher J. says**

Excellent book. This hit the trifecta for me: it's relevant to my clinical experience; it includes useful interventions, as well as believable theory; and it's very readable. Even clinical texts in the areas that interest me most can be hard for me to read all at once; but this one was compelling enough to keep coming back to.

This book focuses on successful clinical engagement of people who have experienced trauma, and who present to therapy with an avoidant style of attachment (as you might infer from its title). It's very thorough, addressing treatment from intake to termination; and integrates case studies and practical advice into the rest of the text really effectively. I particularly appreciate that the author does not present only cases that are flattering to his ego as a therapist; nor does he proceed on the assumption that other therapists are perfect superhumans who will never make mistakes.

It's very common, in my experience, to read books on client populations who are more challenging to work with, and find page upon page of victim-blaming. Clients are labeled resistant to treatment, or are described with value-laden language that pretends to be merely clinical. That doesn't happen here. While the author is forthright about common impacts of trauma and avoidant attachment, he also writes very directly about therapist reactions to these--and not, again, in terms which ignore our own darker feelings and impulses. His transparent address of his areas of struggle and difficulty in practice makes this far more accessible, and leaves room for the reading clinician to openly engage their own challenges and emotional triggers in this area.

Highly recommended for practicing clinicians at any level; even more highly recommended for clinical supervisors, interns, and students--I wish I'd had this book years ago.

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### **Katherine says**

If you've ever been curious about the dynamics that play themselves out in therapy, this book is a fascinating read and you should go for it!!

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### **Rosemary says**

Just excellent.

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## **Laura says**

This book is a great resource for understanding the complexity of attachment patterns in traumatised people, whether that's yourself or clients you work with. Robert Muller really knows his stuff, and uses great examples from his clinical practice to illustrate what he talks about in each chapter. It was full of useful insight for me and is an accessible read for non-experts.

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