



## TABLE OF CONTENTS:

- *Chapter 1 - Traumas, Adversities, and Stressors*
- *Chapter 2 - The Impact of Trauma, Stress, and Adversity on the Body, Health, and Sensory World*
- *Chapter 3 - The Impact of Trauma on the Body and Sensory World: 'Triggers', Hotspots, and Activating Experience*
- *Chapter 4 - Lived Experience*
- *Chapter 5 - Organizational Culture and Staff Wellbeing*
- *Chapter 6 - Health Injustice and Cultural Humility*
- *Chapter 7 - What Do We Really Mean by Trauma-Informed?*
- *Chapter 8 - Making the Difference: Infusing Trauma-Informed Values into Practice*
- *Chapter 9 - The Physical Environment*

## ABOUT DR. KAREN TREISMAN

Dr. Karen Treisman, MBE, is an award-winning specialist Clinical Psychologist, trainer, and bestselling author, working in London, UK. Karen is also the Director of Safe Hands and Thinking Minds Training and Consultancy services.

## ENDORSEMENTS

*"Dr. Treisman has done it again - she has produced a book directed at anyone working in healthcare that grapples with the enormous complexity of working as a caregiver in these troubling times without overwhelming the reader."*

**Sandra Bloom, M.D. Associate Professor, Health Management and Policy, Dornsife School of Public Health, Drexel University**

## EARLY REVIEWS

*"This book is brilliant on so many levels- it should be mandatory on training courses for health professionals including doctors, nurses, dentists, midwives and anyone interested or working in health and medical settings. I wish I had it years ago. And it feels even more relevant with covid and the current world context. I loved the sections on cultural humility, the impact of poverty on health, body-based "triggers", the in utero experience, staff wellbeing, and so many others." 5 star Amazon reviewer*

## EXCLUSIVE DISCOUNT

Use the code **TIHCT10** for 10% off the book when purchased through the publisher's website: JKP UK or JKP US

## ADDITIONAL PURCHASING OPTIONS

Also available to purchase via all major retailers including:

- Amazon UK
- Waterstones
- Bookshop.org



For inspection copies please contact Sandra - [sandra.nimako-boatey@hachette.co.uk](mailto:sandra.nimako-boatey@hachette.co.uk)

For bulk purchases please contact Marta - [marta.aubrey@jkp.com](mailto:marta.aubrey@jkp.com)