

TEAM-CBT with trauma patients: Resources

1. TEAM-CBT trauma article: "When Helping Doesn't Help," by David Burns, MD, from *Psychotherapy Networker*. The following link was quickly found with a google search:

<https://www.psychotherapynetworker.org/blog/details/1160/when-helping-doesnt-help>

2. There is a TEAM-CBT trauma article on Dr. Burns website, www.feelinggood.com, in the Feeling Good Blog on 12/10/2016 entitled "Can Depression Really Be Treated in a Single, Two-Hour Therapy Session?" Here is the link:

<https://feelinggood.com/2016/12/10/can-depression-really-be-treated-in-a-single-two-hour-therapy-session/>

3. *Feeling Good Podcast* 049 is entitled, "Live Therapy with Marilyn, Part 1: The Dark Night of the Soul." This is the first of three consecutive podcasts featuring TEAM-CBT with an individual experiencing a severely traumatic event. David Burns, MD and Matthew May, MD are co-therapists, with host Fabrice Nye, PhD. The patient is a clinical psychologist just diagnosed with Stage 4 lung cancer. The first podcast can be found at www.feelinggood.com at this link:

<https://feelinggood.com/2017/08/07/049-live-session-marilyn-testing-empathy-part-1/>