



# Healing World Trauma With the Therapeutic Spiral Model: Psychodramatic Stories from the Frontline

*Kate Hudgins, Francesca Toscani*

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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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