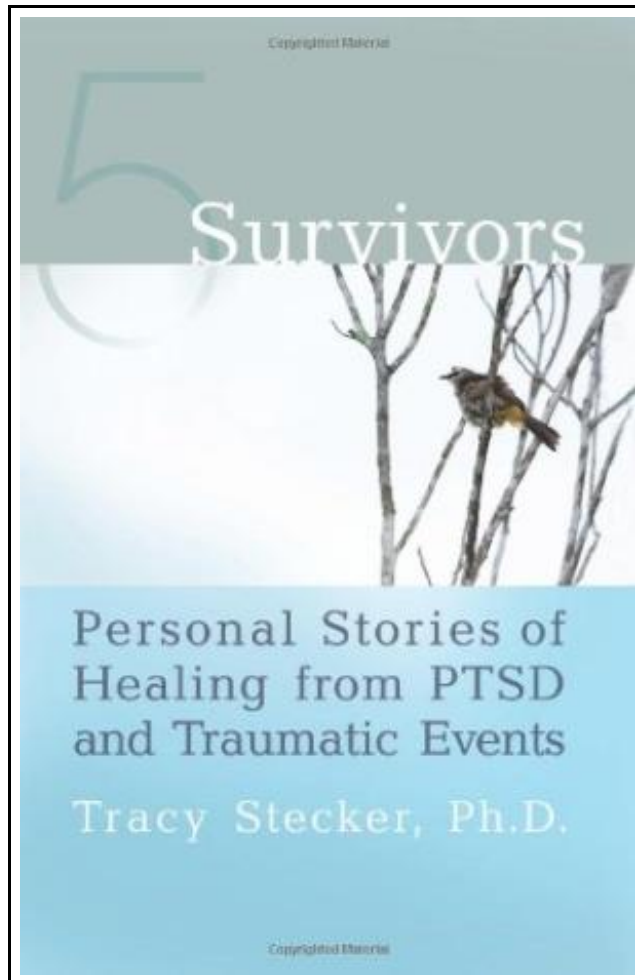# 5 Survivors: Personal Stories of Healing from PTSD and Traumatic Events (Paperback)

Filesize: 6.52 MB

Reviews

Basically no phrases to explain. It really is filled with knowledge and wisdom You are going to like how the author create this book.

(Gerald Conn)

5 SURVIVORS: PERSONAL STORIES OF HEALING FROM PTSD AND TRAUMATIC EVENTS (PAPERBACK)

Hazelden Information Educational Services, United States, 2011. Paperback. Book Condition: New. 210 x 134 mm. Language: English . Brand New Book. First-person accounts by five PTSD survivors bring hope to the millions suffering from but not yet diagnosed with this affliction--and their loved ones. Each year millions of people are afflicted by Post-Traumatic Stress Disorder (PTSD). Most struggle to simply make it through the day as sights, sounds, and smells bring their life s most harrowing experience front and center, to be relived again and again. And many are unaware of the root problem of these symptoms or are unwilling to admit one exists. Through moving firsthand accounts 5 Survivors sheds an intimate light on the impact of PTSD on three veterans of war, a survivor of Hurricane Katrina, and a victim of childhood sexual abuse. With courage and honesty, they tell their stories of trauma, revealing the struggles they faced later in life, and how they eventually worked toward positive change and healing. With the guidance of PTSD expert and researcher Tracy Stecker, Ph.D. who outlines the symptoms and progress of each survivor, those living untreated with PTSD may see themselves in these stories, realize they are not alone, and take action to get help. Friends and family of those who have been greatly impacted by trauma will gain a more intimate understanding of a loved one s struggle and pain. About the author Tracy Stecker, Ph.D., is a psychologist at the Dartmouth Psychiatric Research Center. She developed a curriculum titled Using a Brief Intervention to Motivate Clients to Get Help in collaboration with Hazelden. Her focus is on treating veterans of Iraq and Afghanistan returning with PTSD and/or substance abuse issues. Several of these projects have been funded by the National Institute of Mental Health and the National...

⇨ Read 5 Survivors: Personal Stories of Healing from PTSD and Traumatic Events (Paperback) Online

▤ Download PDF 5 Survivors: Personal Stories of Healing from PTSD and Traumatic Events (Paperback)

Other Books

Depression: Cognitive Behaviour Therapy with Children and Young People (Paperback)

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it...

Save Book »

Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

Save Book »

I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids (Hardback)

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. One day, third-grade teacher Kyle Schwartz asked her students to fill-in-the-blank in this sentence:...

Save Book »

Tales from Little Ness - Book One: Book 1 (Paperback)

Lulu.com, United Kingdom, 2015. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Two of a series of short Bedtime Stories for 3 to 5 year...

Save Book »

Walking (Paperback)

1st World Library, United States, 2004. Paperback. Book Condition: New. 208 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help...

Save Book »