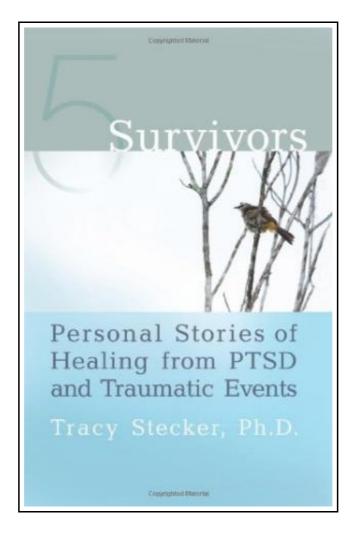
5 Survivors: Personal Stories of Healing from PTSD and Traumatic Events



Filesize: 2.63 MB

Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating through reading time. Your life span will be enhance when you complete looking at this publication.

(Laurence Littel)

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



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 Online

Download PDF 5 Survivors: Personal Stories of Healing from PTSD and Traumatic Events

Other PDFs



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)

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 »



Depression: Cognitive Behaviour Therapy with Children and Young People

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 »



Naptime with Theo and Beau

St Martin's Press. Hardback. Book Condition: new. BRAND NEW, Naptime with Theo and Beau, Jessica Shyba, The only thing better than naptime is naptime with a friend. Theo the puppy (part-Boxer, part-Shepherd, part-Labrador, part-Sharpei) was...

Save Book »



Weebies Family Halloween Night English Language: English Language British

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

Save Book »



On Becoming Baby Wise, Book Two: Parenting Your Five to Twelve-Month Old Through the Babyhood Transition

Parent-Wise Solutions, 2012. Paperback. Book Condition: New. BRAND NEW, Perfect Shape, No Black Remainder Mark, Fast Shipping With Online Tracking, International Orders shipped Global Priority Air Mail, All orders handled with care and shipped promptly in...

Save Book »



Pickles To Pittsburgh: Cloudy with a Chance of Meatballs 2

Atheneum Books for Young Readers, 2000. Paperback. Book Condition: New. No Jacket. New paperbook print book copy of Pickles to Pittsburgh: Cloudy with a Chance of Meatballs 2 written by Judi Barrett. Drawn by Ron

Read eBook »



Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products

Fair Winds Press, 2006. Paperback. Book Condition: New. Brand new books and maps available immediately from a reputable and well rated UK bookseller - not sent from the USA; despatched promptly and reliably worldwide by

Read eBook »



Shlomo Aronson: Making Peace with the Land, Designing Israel's Landscape

Spacemaker Press. Hardcover. Book Condition: New. 1888931167 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-

Read eBook »



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for

Read eBook »



Ethan Frome and Other Stories (Courage Classics)

Courage Books. Hardcover. Book Condition: New. 1561387630 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-

Read eBook »