



# The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms

By Mary Beth Williams PhD LCSW CTS, Soili Poijula PhD

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**The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms** By Mary Beth Williams PhD LCSW CTS, Soili Poijula PhD

Post-traumatic stress disorder (PTSD) is an extremely debilitating anxiety condition that can occur after exposure to a terrifying event or ordeal. Although many know that this mental health issue affects veterans of war, many may not know that it also affects victims of domestic violence, sexual violence, natural disasters, crime, car accidents and accidents in the workplace. No matter the cause of their illness, people with PTSD will often relive their traumatic experience in the form of flashbacks, memories, nightmares, and frightening thoughts. This is especially true when they are exposed to events or objects that remind them of their trauma. Left untreated, PTSD can lead to emotional numbness, insomnia, addiction, anxiety, depression, and even suicide.

In *The PTSD Workbook, Second Edition*, psychologists and trauma experts Mary Beth Williams and Soili Poijula outline techniques and interventions used by PTSD experts from around the world to offer trauma survivors the most effective tools available to conquer their most distressing trauma-related symptoms, whether they are a veteran, a rape survivor, or a crime victim. Based in cognitive behavioral therapy (CBT), the book is extremely accessible and easy-to-use, offering evidence-based therapy at a low cost. This new edition features chapters focusing on veterans with PTSD, the link between cortisol and adrenaline and its role in PTSD and overall mental health, and the mind-body component of PTSD.

This book is designed to arm PTSD survivors with the emotional resilience they need to get their lives back together after a traumatic event.

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- Sales Rank: #329344 in Books
- Published on: 2013-04-01
- Original language: English
- Number of items: 1
- Dimensions: 10.25" h x 8.00" w x .75" l, 1.55 pounds
- Binding: Paperback
- 360 pages



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### Editorial Review

#### Review

“This excellent workbook, based on a rich body of research, will be helpful to anyone who has experienced a sudden, incomprehensible event or suffered lifelong abuse. The authors have provided readers with a clear, comprehensive explanation of trauma, accompanied by practical yet creative exercises to help them manage their trauma symptoms. It’s also a valuable resource for clinicians as well as members of the general public striving to understand trauma and return to everyday functioning.”

—**Betty Stevens-Guille, PhD, CPsych**, trauma specialist, Edmonton, Alberta, Canada

“For those who believe that they will never feel ‘normal’ after a traumatic event, this workbook provides many techniques that survivors can use to jump-start their recovery...an extremely important tool for growth and strength.”

—**James D. Baxendale, PhD, CTS**

“*The PTSD Workbook, Second Edition*, is an excellent resource for those directly affected by a critical or traumatic event, as well as for professionals working in the trauma field. Filled to the brink with concrete, helpful tools and useful information, it will guide the reader in reducing the untoward effects of trauma. Clinical wisdom is combined with evidence-based information in a very readable book. Having worked with trauma and loss for over thirty years I know that this book will be an indispensable guide for the field.”

—**Atle Dyregrov, PhD**, director at the Center for Crisis Psychology, Bergen, Norway

"This revised workbook is based on the latest research, but written with the same warmth and wisdom that informs the first edition. It is a classic for those who live with severe trauma on an ongoing basis."

—**M.E. Stevens-Guille, PhD**

#### About the Author

**Mary Beth Williams, PhD, LCSW, CTS**, is an author, researcher, lecturer, and trainer in the area of trauma. In addition, she treats trauma survivors in private practice at the Trauma Recovery Education and Counseling Center in Warrenton, Virginia. Williams is the former president of the Association of Traumatic Stress Specialists. She is a trainer for Customs and Border Protection, cofounder of the proposed 501(c)(3) US Vet Source ([www.usvetsource.com](http://www.usvetsource.com)); and author of many articles, chapters, and books about trauma disorders.

**Soili Poijula, PhD**, is a clinical psychologist, licensed psychotherapist, and director at Oy Synolon, Ltd.,

Center for Trauma Psychology in Finland. She has done pioneering work in Finland as a developer of post-trauma psychotherapy, is a member of the Finnish Red Cross Catastrophe Group, and serves on Finland's Ministry of Health Advisory Board.

## **Users Review**

### **From reader reviews:**

#### **Ashley Mansfield:**

Book is to be different for each grade. Book for children right up until adult are different content. As we know that book is very important usually. The book *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms* ended up being making you to know about other expertise and of course you can take more information. It is rather advantages for you. The publication *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms* is not only giving you much more new information but also to be your friend when you experience bored. You can spend your own spend time to read your guide. Try to make relationship with the book *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*. You never sense lose out for everything in case you read some books.

#### **Marc Starr:**

Reading a e-book tends to be new life style in this particular era globalization. With examining you can get a lot of information that will give you benefit in your life. Using book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire all their reader with their story or their experience. Not only the story that share in the textbooks. But also they write about the information about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors nowadays always try to improve their expertise in writing, they also doing some study before they write on their book. One of them is this *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*.

#### **Robert Irizarry:**

People live in this new morning of lifestyle always try and and must have the spare time or they will get lots of stress from both day to day life and work. So , once we ask do people have extra time, we will say absolutely sure. People is human not a robot. Then we question again, what kind of activity have you got when the spare time coming to you of course your answer will probably unlimited right. Then do you try this one, reading guides. It can be your alternative inside spending your spare time, the actual book you have read is actually *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*.

#### **Helen Scott:**

Is it an individual who having spare time and then spend it whole day by simply watching television programs or just resting on the bed? Do you need something totally new? This *The PTSD Workbook:*

Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms can be the solution, oh how comes? It's a book you know. You are and so out of date, spending your spare time by reading in this fresh era is common not a geek activity. So what these publications have than the others?

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