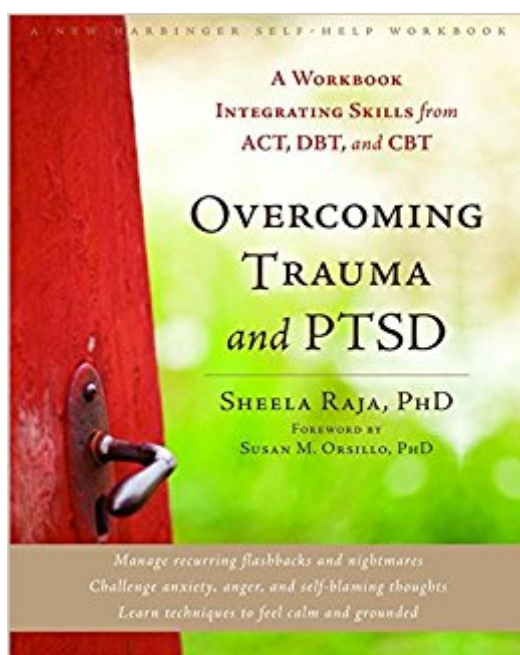


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# Overcoming Trauma And PTSD: A Workbook Integrating Skills From ACT, DBT, And CBT (A New Harbinger Self-Help Workbook)



## Synopsis

If you've experienced a traumatic event, you may feel a wide range of emotions, such as anxiety, anger, fear, and depression. The truth is that there is no right or wrong way to react to trauma; but there are ways that you can heal from your experience, and uncover your own capacity for resilience, growth, and recovery. *Overcoming Trauma and PTSD* offers proven-effective treatments based in acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and cognitive behavioral therapy (CBT) to help you overcome both the physical and emotional symptoms of trauma and post-traumatic stress disorder (PTSD). This book will help you find relief from painful flashbacks, insomnia, or other symptoms you might be experiencing. Also included are worksheets, checklists, and exercises to help you start feeling better and begin your journey on the road to recovery. This book will help you manage your anxiety and stop avoiding certain situations, cope with painful memories and nightmares, and determine if you need to see a therapist. Perhaps most importantly, it will help you to develop a support system so that you can heal and move forward.

## Book Information

Series: A New Harbinger Self-Help Workbook

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## Customer Reviews

147; Relying upon the growing body of evidence-based psychological treatments for PTSD, psychologist Sheela Raja assembles a treasure trove of useful exercises and skills for people committed to recovery. This workbook is an invaluable tool to accompany psychotherapy and will

prove to be an outstanding complement to existing self-help manuals. Utilizing an integrated framework for promoting behavioral health, Raja's clinical skill and expertise resounds throughout the text. This is an important reference for patients and clinicians alike.

• Terence M. Keane, PhD, director of National Center for PTSD in Boston, professor and assistant dean for research at Boston University School of Medicine

• Sheela Raja has produced an excellent resource for the many individuals suffering from emotional consequences of trauma that do not have access to, cannot afford, or prefer not to utilize traditional mental health services. Her book is long overdue in self-help literature. It is grounded in, and supported by, the best available research related to trauma treatment approaches. Readers can rest comfortably knowing that this is the relatively rare book written for trauma survivors that includes techniques proven to be invaluable helpful for countless others suffering from similar difficulties. They can be assured that exercises recommended in this book are bolstered by cutting-edge scientific research. Overcoming Trauma and PTSD is truly an invaluable resource; one that I will use often and recommend highly.

• Matt J. Gray, PhD, director of clinical training and professor of psychology at the University of Wyoming

• Sheela Raja has written an accessible, clear, and compassionate book that successfully integrates important evidence-based techniques for the treatment of PTSD. She does an excellent job explaining techniques so that people can use them on their own, while also providing important guidance about when (and how) to seek professional help.

• Holly K. Orcutt, PhD, professor of psychology at Northern Illinois University

Sheela Raja, PhD, is a licensed clinical psychologist and assistant professor at the University of Illinois at Chicago. She completed internship and post-doctoral training at the National Center for Post-Traumatic Stress Disorder in Boston, MA, and has published numerous articles exploring the relationship between physical health and traumatic events. Raja has a passion for making evidence-based psychology accessible and is a frequent contributor to various print and national television media outlets. Foreword writer Susan M. Orsillo, PhD, is professor of psychology at Suffolk University in Boston, and lives in the Boston area with her husband and two children. Orsillo has written and published extensively about mindfulness, anxiety, and psychotherapy, and has been involved in anxiety disorder research and treatment. She is the coauthor of the acclaimed book, *Mindfulness and Acceptance-Based Behavioral Therapies in Practice*, as well as *The Mindful Way through Anxiety*.

This really only works for people with mild PTSD. Even then it's not a substitute for care. If you have

a complex case, you'll just find yourself checking all the boxes inside, which means that the book is essentially useless. Find a therapist and journal in general. I think this book would be great for people whose cases are not all that severe, or who have a cluster of symptoms. As a person with complex PTSD, I found myself overwhelmed by frustration as I checked box after box.

I bought this to KNOW more about PTSD! Excellent book. Of course, anyone with PTSD needs psychiatric therapy. A self help book is not going to do it. It's a good book as an adjunct to therapy. Also, it will be useful for a close relative of a person with PTSD to understand the disease.

nice workbook and teaching guide for anyone who counsels those with ptsd. also nice for the person with ptsd if you are not seeing a counselor.

I like this book. There are a lot of tools that seem to be helping

This is great tool to use in individual and group therapy.

Gave a good overall summary of the symptoms of PTSD which I was able to share with my therapist. A very organized book.

I think someone with PTSD would find this book rather simple. Not sure I would use this book in my practice.

This book is simply phenomenal. My clients really are enjoying the worksheets

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