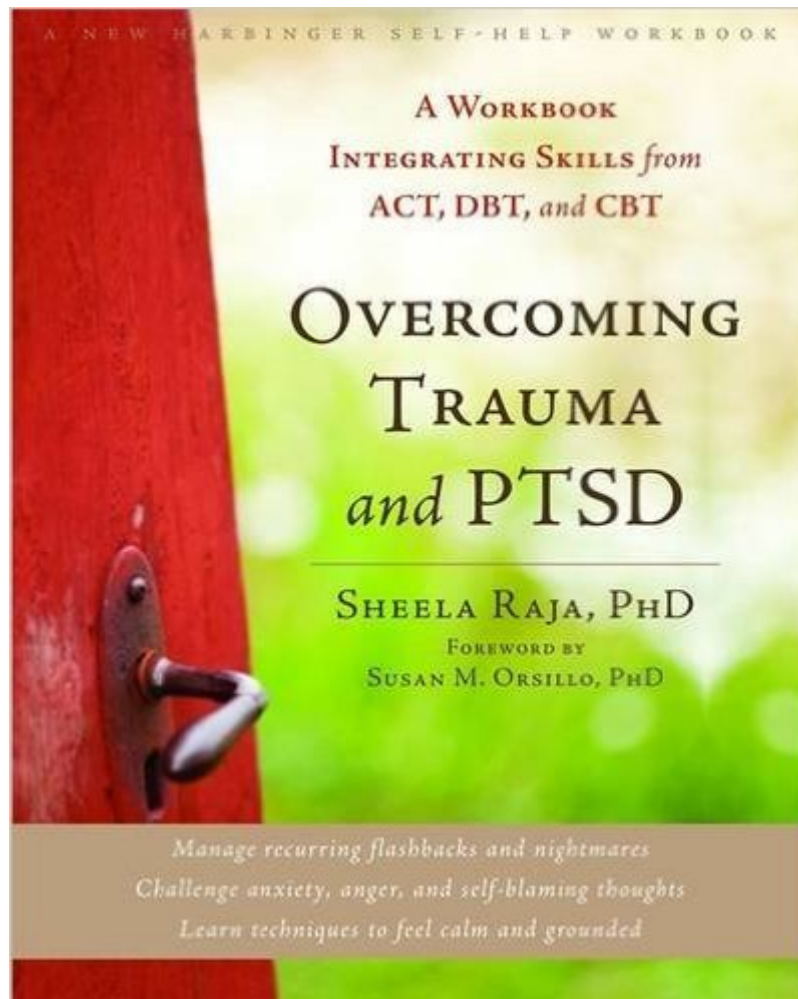


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# Overcoming Trauma And PTSD: A Workbook Integrating Skills From ACT, DBT, And CBT



## 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

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## Customer Reviews

Sheela Raja's *Overcoming Trauma and PTSD* provides a good overview and understanding of the PTSD diagnosis for the layperson. It is clearly not intended to replace traditional psychotherapy and treatment, but for those who are struggling and not ready or able to start treatment there are many useful building block skills and techniques that can be learned and practice. Her writing is easy to

understand and accessible. Raja pulls from a variety of approaches that have empirical support for helping diverse problems including PTSD, depression, anxiety, and relational problems. Not all users will find that each problem/coping suggestion applies to them and this is best seen as a menu-based approach to healthy coping. As a provider I have also found it useful to use this workbook as an adjunct to treatment, working with clients to practice some the more applicable coping skills in session and then encouraging between practice between sessions. This is made much easier as the client has the workbook to refer back to instead of just their memory of what we talked about in session. Overall, I recommend this workbook and think it can be helpful for clients and clinicians alike in working to reclaim a fulfilling life after trauma.

This book is very well written and insightful. It seeks to help those who don't have time or resources for traditional counseling or psychotherapy but need help overcoming trauma. I found it to be intuitive, thoughtful and easy to understand. I highly recommend this book!

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.

This well-written book is a useful tool for learning about traumatic stress disorders, developing a thoughtful self-assessment, and selecting the most appropriate therapeutic modality. I particularly appreciate the way it offers evidence-based choices, so that the user can steer his or her own way towards resolution. It is engagingly written, with plenty of examples and cases to keep the reader engaged, and offers a compassionate and rationale aide to those who are suffering the fall-out from traumatic life events.

This book is helpful and well organised. It has good charts to let you know what exercises go with what symptoms. It has a strong DBT therapy focus that I like. I even sent the author a question and received a quick and friendly response. Overall I would recommend this book.

I can't really write much of a review. I had downloaded a sample at the same time and the trauma I had experienced left me with amnesia, so I didn't want to look at the book only being a sample, but

then I figured out which one was the sample. I like the exercises and it has helped get me out of the house, reduced anxiety, and make sense of what I am feeling.,

Very good for mindfulness and DBT, but you will need Healing Trauma by Peter Levine or some other PTSD workbook for a more thorough product. Mindfulness from Buddhism helps heal trauma if you can believe in it. I suggest a DBT app also.

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.

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