

The Complete Guide To Overcoming Traumatic Stress (ebook Bundle) - , John Marziller

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The ideal ebook bundle for those who have experienced a trauma, and also for therapists and trauma counsellors. Terrible events are very hard to deal with. Those who go through a catastrophic life experience, such as a car accident, assault, long-term abuse, an illness or bereavement, often feel permanently changed by the impact of what has happened. They become numb and shut off from those around them, or grief or guilt may constantly weigh them down. Memories of horrifying scenes may intrude unexpectedly during waking hours while sleep may be disturbed by vivid, unpleasant dreams. These two practical guides on trauma and how to cope with its aftermath are written by internationally recognised trauma experts. *Overcoming Traumatic Stress* - Claudia Herbert Ann Wetmore Based on cognitive behavioural therapy (CBT), this self-help guide offers a step-by-step programme to help you to understand your traumatic experience and how it's affecting you, and to start to rebuild your life. Traumatic stress responses, including Post-Traumatic Stress Disorder (PTSD) result from a person's coping mechanisms having been completely overwhelmed by a terrible experience. 'Flashbacks' may be so severe that sufferers may feel that they are losing their sanity and subsequently become ever more isolated in their distress. To overcome the effects of trauma it is necessary to change those reactions and begin to see events in a different light. This book demonstrates, with practical advice and tested exercises, how to find new, effective ways of coping with, and finally overcoming traumatic stress. *To Hell and Back* - John Marzillier In this innovative and engaging book, world-renowned psychologist John Marzillier dovetails first-hand accounts from trauma sufferers with over 40 years of clinical practice to provide an honest, human description of how trauma affects us at the time and also after the event. Whether discussing accounts of terrorist bombings, natural disasters, road accidents or physical attacks, he looks at what these experiences do to us and offers practical and consoling advice - for both sufferers and their loved ones - on coping with the experience and developing resilience for the future. Author: Herbert, Claudia Author: Marziller, John Author: Wetmore, Ann Publisher: Robinson Illustration: N Language: ENG Title: The Complete Guide to Overcoming Traumatic Stress (ebook bundle) Pages:

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