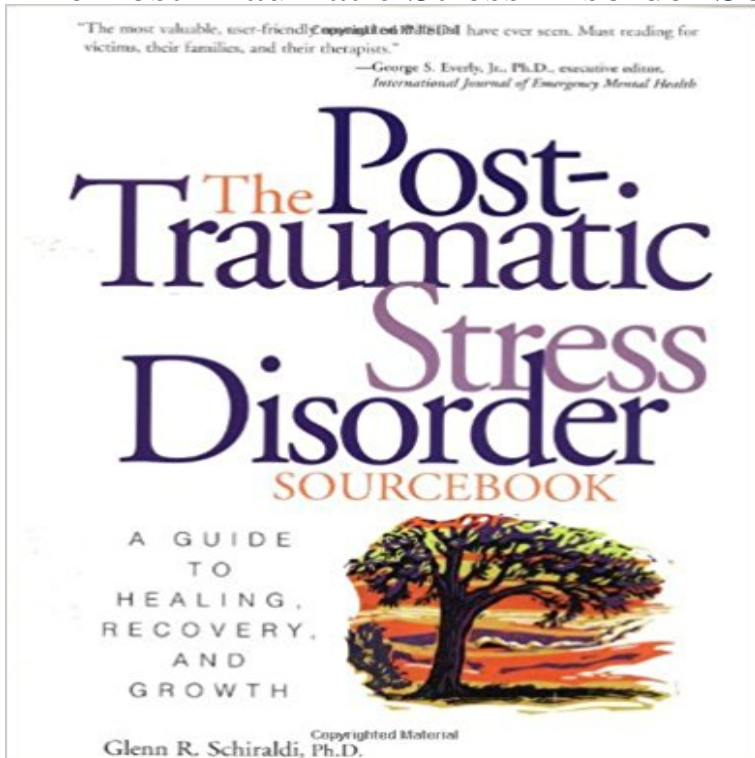


The Post-Traumatic Stress Disorder Sourcebook



For the millions who suffer from the effects of a traumatic experience, this book offers help and hope and provides the diverse elements needed for lasting recovery. Trauma can take many forms, from the most disturbing of circumstances such as witnessing a murder or violent crime to the subtle trauma of living with the effects of abuse or alcoholism. Deep emotional wounds often seem like they will never heal, but Schiraldi has helped and witnessed survivors recover, grow, and find happiness. By helping people recognize the coping mechanisms and by dealing directly with the effects of a traumatic experience, there is a great reason for hope. The Post-Traumatic Stress Disorder Sourcebook is a guide for both survivors and their loved ones, helping them to see that on the other side of their pain is recovery and growth. Explains the psychic defenses that can go into effect to protect a victim from further emotional harm. Provides information on triggers and the debilitating effects of post-traumatic stress disorder. Addresses how the healing process can begin and how fear diminishes through a variety of medic and nonmedicinal treatment methods.

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