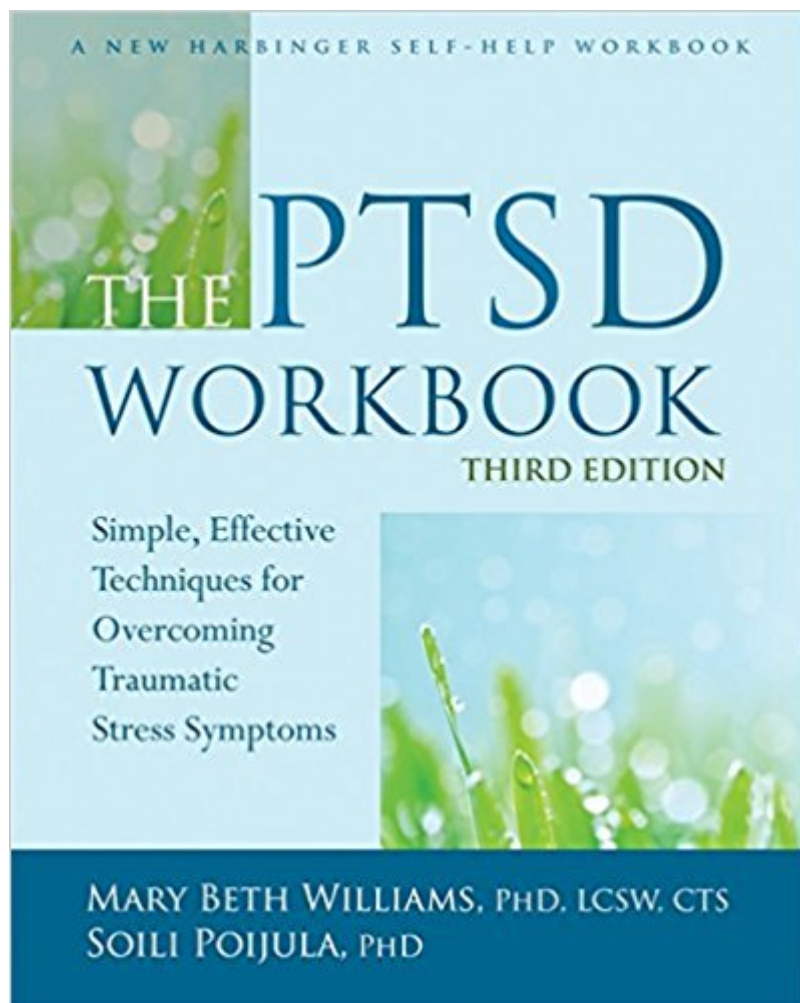




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# The PTSD Workbook: Simple, Effective Techniques For Overcoming Traumatic Stress Symptoms



## Synopsis

In the third edition of *The PTSD Workbook*, psychologists and trauma experts Mary Beth Williams and Soili Poijula offer readers the most effective tools available for overcoming post-traumatic stress disorder (PTSD). PTSD is an extremely debilitating condition that can occur after exposure to a terrifying event. But whether you're a veteran of war, a victim of domestic violence or sexual violence, or have been involved in a natural disaster, crime, car accident, or accident in the workplace, your symptoms may be getting in the way of you living your life. PTSD can often cause you to relive your traumatic experience in the form of flashbacks, memories, nightmares, and frightening thoughts. This is especially true when you are exposed to events or objects that remind you of your trauma. Left untreated, PTSD can lead to emotional numbness, insomnia, addiction, anxiety, depression, and even suicide. So, how can you start to heal and get your life back? In *The PTSD Workbook, Third Edition*, psychologists and trauma experts Mary Beth Williams and Soili Poijula outline techniques and interventions used by PTSD experts from around the world to conquer distressing trauma-related symptoms. In this fully revised and updated workbook, you'll learn how to move past the trauma you've experienced and manage symptoms such as insomnia, anxiety, and flashbacks. Based in cognitive behavioral therapy (CBT), this 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. Clinicians will also find important updates reflecting the new DSM-V definition of PTSD. This book is designed to give you the emotional resilience you need to get your life back together after a traumatic event.

## Book Information

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## Customer Reviews

“The PTSD Workbook is an outstanding aid to those recovering from exposure to traumatic life events and the symptoms of post-traumatic stress disorder (PTSD). For use while in psychotherapy or by itself, this workbook provides an important guideline and template for moving forward with life. Derived from considerable clinical experience and up-to-date with recent research on recovery, The PTSD Workbook is an invaluable addition to the growing number of clinical tools to improve resiliency and enhance healthy outcomes.”  
• Terence M. Keane, PhD, associate chief of staff for research and development at the VA Boston Healthcare System, director of the behavioral science division of the National Center for PTSD, and professor of psychiatry and assistant dean of research at the Boston University School of Medicine  
“This is a treasure trove of a book filled with up-to-date information on trauma, with the best collection of self-help methods in the field. It is easy to understand, and will be a resource for all individuals who are suffering from the effects of traumatic events, as well as for professionals.”  
• Atle Dyregrov, PhD, clinical and research psychologist, and head of professional issues at the Center for Crisis Psychology in Bergen, Norway; professor of clinical psychology at the University of Bergen, Norway; author of *Disaster Psychology*, *Children in War*, *Grief in Children*, and *Supporting Traumatized Children and Teenagers*; founding member of the European Society for Traumatic Stress Studies; and chair of the Children and War Foundation  
“This update of The PTSD Workbook nicely reflects the authors’ sensitive understanding of psychological trauma and resilience. It provides individuals suffering from post-traumatic stress disorder (PTSD) and their professional helpers with an impressive compendium of self-help and therapeutic techniques. Each of its twelve chapters is full of easy-to-use exercises that allow readers to decide which techniques are most suited to their individual situation. Anyone with a personal experience of, or exposure to, traumatic events will learn something useful from an encounter with this excellent work.”  
• Joseph H. Albeck, MD, clinical associate in the department of psychiatry at McLean Hospital in Belmont, MA; Chairman (Emeritus) for the Intergenerational Transmission of Trauma and Resilience Special Interest Group of the International Society for Traumatic Stress Studies (ISTSS); and cofounder of the New England Holocaust Memorial  
“This is an extremely helpful book for trauma victims and facilitators, but also for you and me, to own and look into it

daily. • Fried, psychologist, writer, teacher, Holocaust survivor, author of The Road to Auschwitz, and winner of the 2015 Public Advocacy Award from the International Society for Traumatic Stress Studies (ISTSS)

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, VA. Williams is former president of the Association of Traumatic Stress Specialists. She is a trainer for US Customs and Border Protection, cofounder of the proposed 501(c)(3) US Vet Source, 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., a center for trauma psychology in Finland, where she has done pioneering work as a developer of post-trauma psychotherapy.

If you're doing this one on your own, make sure you have somebody who's a good support and maybe can even take things over for you for a few days. The exercises take time, and they bring up things you thought or hoped you'd forgotten. Best way I can describe it is I'm back at work, my home life has dramatically improved, and I've faced down a lot of demons while working through this book. It's not an adult coloring book or some new age woo-woo. It makes you look straight at what happened to you, how it affected you in the past and is affecting you now, and how you can start doing the hard work to make your life better. Plan to spend at least a couple months on it, especially if you're trying to work or take care of a family while doing it. And be aware it will trigger whatever you've been fighting if you do the exercises honestly. It's like I've been running down dark tunnels with dead ends, and the only way to straighten my life out was to go back to the beginning and work my way through. This book helped.

I ordered the PTSD Workbook at the request of a counselor that I began to see. I felt stuck in life and was dealing with the after effects of stress over the last 10 years in my and my husband's life. It was mostly medical traumas and I was at the point where something needed to change. This book helped me to see that what I was dealing with was PTSD (soldiers are not the only ones who get this and life can seem like a war even when you're not on the battlefield somewhere!) and as I worked through it and prayed to God for healing I began to improve. The exercises in this book were immensely helpful to me in the healing process and I highly recommend it as it's very practical and down to earth and just well written. ~Sharon Goemaere

The PTSD Workbook: Simple, Effective

## Techniques for Overcoming Traumatic Stress Symptoms

The PTSD Workbook is a must-have book if you work with clients who experience PTSD, or if you yourself have struggled with issues related to Posttraumatic Stress Disorder. The workbook gives thought provoking questions and good insights into many intertwined issues like guilt, survivors' guilt, shame, and resentment. It is a book of self-reflection and soul searching which urges the reader to do the work that may assist them in progress and recovery related to PTSD. It is encompassing enough to allow the reader to reflect on PTSD related to childhood abuse and trauma as well as trauma from adult violence and war. Robert Clark, LCSW

Excellent book for those wishing to work on building skills and identifying triggers when diagnosed with PTSD. Would've given it five stars, but, unfortunately, this latest version completely eliminates explaining the subtle differences between PTSD and Complex PTSD.

Great book! There are some extremely useful things in this book! I've had PTSD for a while now and I found this book extremely helpful. It's nice to finally have something on paper that I can go by should of hearing different things from different people, different doctors and different therapist.

Didn't really get much out of them but well written

This work book really helped me with the therapist working on my PTSD

I had been through therapy a few years back for a childhood trauma and thought I had put those things behind me. When they popped back up again, I found this book. Because I had been through therapy before, I was able to go through the book alone without any difficulty and with great success. It's well written, has great supports written into it if you've had the background of therapy. I wouldn't recommend it if you have never had a therapist. You do need the safety net of a therapist if you have ever had flashbacks happen to you. They can be a scary thing to go through. The part on triggers was extremely helpful, and enabled me to determine what was triggering my episodes, which actually recovered memories I didn't even realize were bothering me, which lead to more healing. The book is written so that all parts aren't applicable to everyone, but that's the joy of it. For a trauma victim, it's a keeper, because there are parts you use now, and there are parts you may use later. It's set up to be used in pieces, not from cover to cover. It's a great discovery tool. Some

memories may not seem like they're worth discovering, but some are. When they had us set up an imaginary safe place in our minds to go to when things got scary, and asked who was there, I realized I always felt the safest when my grandfather was around, who died in 1991. I dug out a picture of him and put it up in my hallway. This book is definitely my best purchase.

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Post-Traumatic Stress Disorder (Mental Illnesses and Disorders: Awareness and Understanding)  
The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)  
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