



Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT

By Sheela Raja

New Harbinger Publications. Paperback. Condition: New. 200 pages. Dimensions: 9.9in. x 7.9in. x 0.6in. 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. This...



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Reviews

Very useful to all of category of people. I actually have read through and that i am sure that i will likely to go through once more again in the foreseeable future. I realized this book from my i and dad advised this publication to find out.
-- **Alta Kirlin**

This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.
-- **Rosario Durgan**