



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

By Mary Beth Williams PhD LCSW CTS, Soili Poijula PhD

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**The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms** By Mary Beth Williams PhD LCSW CTS, Soili Poijula PhD

Post-traumatic stress disorder (PTSD) is an extremely debilitating anxiety condition that can occur after exposure to a terrifying event or ordeal. Although many know that this mental health issue affects veterans of war, many may not know that it also affects victims of domestic violence, sexual violence, natural disasters, crime, car accidents and accidents in the workplace. No matter the cause of their illness, people with PTSD will often relive their traumatic experience in the form of flashbacks, memories, nightmares, and frightening thoughts. This is especially true when they are exposed to events or objects that remind them of their trauma. Left untreated, PTSD can lead to emotional numbness, insomnia, addiction, anxiety, depression, and even suicide.

In *The PTSD Workbook, Second Edition*, psychologists and trauma experts Mary Beth Williams and Soili Poijula outline techniques and interventions used by PTSD experts from around the world to offer trauma survivors the most effective tools available to conquer their most distressing trauma-related symptoms, whether they are a veteran, a rape survivor, or a crime victim. Based in cognitive behavioral therapy (CBT), the 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.

This book is designed to arm PTSD survivors with the emotional resilience they need to get their lives back together after a traumatic event.

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### Editorial Review

#### Review

“This excellent workbook, based on a rich body of research, will be helpful to anyone who has experienced a sudden, incomprehensible event or suffered lifelong abuse. The authors have provided readers with a clear, comprehensive explanation of trauma, accompanied by practical yet creative exercises to help them manage their trauma symptoms. It’s also a valuable resource for clinicians as well as members of the general public striving to understand trauma and return to everyday functioning.”

—**Betty Stevens-Guille, PhD, CPsych**, trauma specialist, Edmonton, Alberta, Canada

“For those who believe that they will never feel ‘normal’ after a traumatic event, this workbook provides many techniques that survivors can use to jump-start their recovery...an extremely important tool for growth and strength.”

—**James D. Baxendale, PhD, CTS**

“*The PTSD Workbook, Second Edition*, is an excellent resource for those directly affected by a critical or traumatic event, as well as for professionals working in the trauma field. Filled to the brink with concrete, helpful tools and useful information, it will guide the reader in reducing the untoward effects of trauma. Clinical wisdom is combined with evidence-based information in a very readable book. Having worked with trauma and loss for over thirty years I know that this book will be an indispensable guide for the field.”

—**Atle Dyregrov, PhD**, director at the Center for Crisis Psychology, Bergen, Norway

“This revised workbook is based on the latest research, but written with the same warmth and wisdom that informs the first edition. It is a classic for those who live with severe trauma on an ongoing basis.”

—**M.E. Stevens-Guille, PhD**

#### About the Author

**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, Virginia. Williams is the former president of the Association of Traumatic Stress Specialists. She is a trainer for Customs and Border Protection, cofounder of the proposed 501(c)(3) US Vet Source ([www.usvetsource.com](http://www.usvetsource.com)); 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.,

Center for Trauma Psychology in Finland. She has done pioneering work in Finland as a developer of post-trauma psychotherapy, is a member of the Finnish Red Cross Catastrophe Group, and serves on Finland's Ministry of Health Advisory Board.

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#### **Jo Daigneault:**

This book untitled The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms to be one of several books that will best seller in this year, that's because when you read this e-book you can get a lot of benefit upon it. You will easily to buy that book in the book retailer or you can order it by using online. The publisher in this book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Cell phone. So there is no reason for you to past this guide from your list.

#### **Ernest Maguire:**

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity here is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book which you read you can spent all day long to reading a publication. The book The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms it is rather good to read. There are a lot of those who recommended this book. They were enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can more very easily to read this book from a smart phone. The price is not to cover but this book provides high quality.

#### **Robert Hay:**

The book untitled The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms contain a lot of information on the item. The writer explains your ex idea with easy way. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read the idea. The book was compiled by famous author. The author brings you in the new time of literary works. You can easily read this book because you can continue reading your smart phone, or product, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site as well as order it. Have a nice examine.

#### **Joseph Haner:**

Is it you who having spare time then spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something totally new? This The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms can be the respond to, oh how comes? A book you know. You are consequently out of date, spending your extra time by reading in this fresh era is common not

a geek activity. So what these guides have than the others?

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