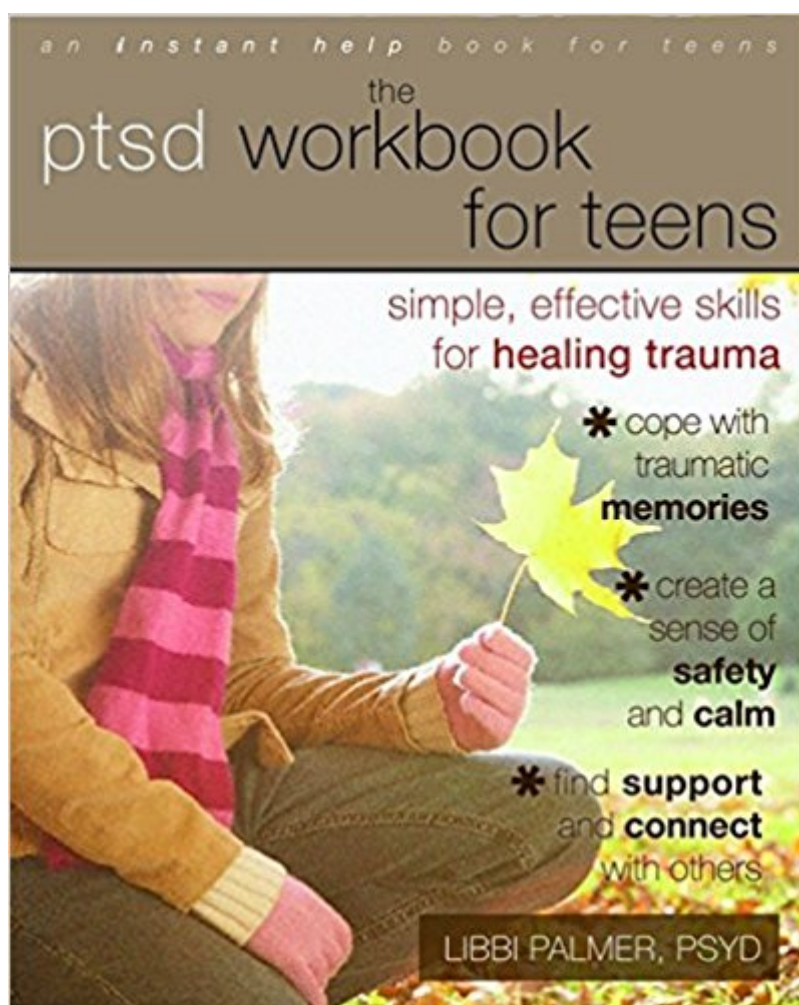


The book was found

The PTSD Workbook For Teens: Simple, Effective Skills For Healing Trauma



Synopsis

If you have traumatic memories from an extremely upsetting, stressful, or painful experience in your life, you are not alone. In fact, many young people have been exposed to traumatic events. As a result, you might have lingering flashbacks, trouble sleeping, or a constant feeling that you are in danger. These are common symptoms of post-traumatic stress disorder (PTSD). Based in cognitive behavioral therapy, this user-friendly workbook for teens with PTSD and other trauma-related difficulties will help you work through your experience and make sense of your thoughts and feelings. The book includes worksheets and activities to help you reestablish a sense of safety, gain control over your emotions, make peace with your traumatic experience, and reconnect with a positive sense of self. If you are ready to start recovering from traumatic memories and take back your life, the PTSD Workbook for Teens will show you the way.

Book Information

Paperback: 160 pages

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Product Dimensions: 0.5 x 8 x 10 inches

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Average Customer Review: 4.5 out of 5 stars 38 customer reviews

Best Sellers Rank: #22,546 in Books (See Top 100 in Books) #1 in Books > Teens > Social Issues > Sexual Abuse #2 in Books > Teens > Social Issues > Physical & Emotional Abuse #7 in Books > Teens > Personal Health > Depression & Mental Health

Customer Reviews

“To date, resources specifically for traumatized teens have not been readily available, despite the fact that many experience traumatic events during childhood and into their teen years. This book, The PTSD Workbook for Teens, offers much-needed information aimed at the special needs of this population. Author Libbi Palmer addresses the main after-effects of trauma and offers practical information and worksheets to help teen readers work through their symptoms and reestablish safety, personal control, and positive self-esteem. I highly recommend it.”

—Christine A. Courtois, PhD, ABPP, psychologist and author of Treating Complex Traumatic Stress Disorder, and The Treatment of Complex Trauma “Palmer has a powerful grasp on the

needs of teenagers and a user-friendly approach to trauma recovery. This workbook provides hands-on tools, easily accessible by a teen working through trauma alone, or for treatment providers looking for a framework to help adolescent clients overcome trauma. Work through this book and find a road to peace.â • —Ambra Born, PsyD, Director of child psychological services at Reaching HOPE in Lakewood, CO “Palmer has provided teens with a terrific resource to understand, process, and heal from trauma. The book is quite comprehensive but easy to use, and gives teens the power to choose at what level they want to work through their issues. These are techniques that really work to help teens move on from bad experiences and feel better.â • —Carrie Merscham, PsyD, psychologist and author of the blog selfhelponthego.com

Libbi Palmer, PsyD, is a licensed psychologist in the Denver, CO, area. She specializes in working with victims of crimes and other trauma. She is also an adjunct professor at the University of Northern Colorado, where she teaches a course about recovery from disaster and trauma.

I like the book and find it useful.I am not sure why this happens when I downloaded the book to read on my PC with the Kindle App.On location 197, these programming text appears instead of a diagram,Complete each of the columns by writing as many ideas as you can think of.img src = "../Images/ 3_1. jpg" alt = " dis/ advantages to working through trauma" >Can anyone tell me how to fix the problem?

This is great tool to use in individual and group therapy.

This book doesn't talk down to teens. Works them through the steps in the book with clear facts, examples and things to think about and work through. My son and his counselor is impressed with the text and thought provoking work sections

We used the workbook to facilitate a PTSD group for high school students. The results were very impressive and the students had nothing but great things to say about utilizing the workbook in a group setting. Highly recommended!!!

Just what I was looking for! This series of instant help books are great for those dealing with the problems being discussed.

the book meet my expectations. I am using this workbook in my practice working with teens. This book and the others in this series are very good.

I enjoy utilizing this workbook when working with teens in my counseling sessions. I think it also can provide good assignments to have client's work on between sessions.

This workbook was helpful in individual counseling, it caused children to see their trauma suffered in a new way.

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