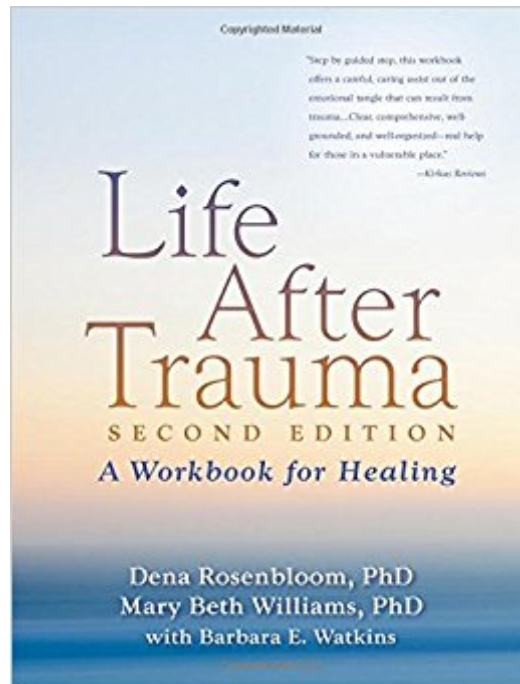




The book was found

Life After Trauma, Second Edition: A Workbook For Healing



Synopsis

Trauma can turn your world upside down--afterward, nothing may look safe or familiar. This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives. Full of practical strategies for coping and self-care, the book guides you toward reclaiming a solid sense of safety, self-worth, trust, and control, as well as the capacity to be close to others. The focus is on finding the way forward in your life today, no matter what has happened in the past. The updated second edition has a new section on managing emotions through mindfulness and an appendix on easing the stress of health care visits. Dozens of step-by-step questionnaires and exercises are included; you can download and print additional copies of these tools for repeated use.

Book Information

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Customer Reviews

"A thorough and compassionate workbook. The authors combine basic information, exercises, and examples in a highly readable and accessible format. This book will be particularly useful for readers taking their first steps on the journey of recovery from trauma."--Maxine Harris, PhD, coauthor of *Healing the Trauma of Abuse* "Anyone who chances on this workbook or is referred to it is extremely fortunate. It offers hope and guidance, speaking to the reader in personal ways that open paths for growth. I am especially impressed by the number and diversity of practical, realistic exercises. The authors provide concrete direction as they share their collective wisdom and experience."--Carroll Ann Ellis, MA, Director of Victim Services, Fairfax County (Virginia) Police

Department "This practical workbook explains the impact of trauma and provides resources for coping. Survivors will benefit from the empathic tone and the personalized worksheets. Most important, this is a hopeful book that emphasizes that healing is possible, a much-needed message."--Christine A. Courtois, PhD, author of *Healing the Incest Wound* "Step by guided step, this workbook offers a careful, caring assist out of the emotional tangle that can result from trauma....Clear, comprehensive, well-grounded, and well-organized--real help for those in a vulnerable place."--Kirkus Reviews (on the prior edition) "Life After Trauma is written by two attuned, experienced trauma professionals who connect with their readers's pain, resources, and determination. The reader feels seen, held, guided, and respected all along the way."--from the foreword by Laurie Anne Pearlman, PhD "A way to connect with readers' pain, resources, and determination....Reading this book has been an amazing journey. I highly recommend it." (Milton H. Erickson Foundation Newsletter 2010-03-12) "This book is full of helpful, practical strategies for coping and self-care....Would recommend this book as a good self-help workbook that offers a useful place to begin helping oneself following a trauma." (Transactional Analysis Journal 2010-03-12) "I especially applaud the authors of this workbook, emphasizing the importance of clients acquiring or developing comforting and coping strategies early on in their healing process, and for their warm and accessible writing style. Packed with tips and dozens of exercises, the workbook is primarily aimed at survivors, but can be used by or with a therapist....I would recommend this practical volume to all counsellors as part of their trauma toolbox." (The Independent Practitioner 2010-03-12) "Step by guided step, this workbook offers a careful, caring assist out of the emotional tangle that can result from trauma....Clear, comprehensive, well-grounded, and well-organized--real help for those in a vulnerable place." (on previous edition) (Kirkus Reviews 2010-03-12)

Dena Rosenbloom, PhD, a clinical psychologist in private practice in Glastonbury, Connecticut, specializes in supporting people through the healing process following traumatic life events. She also conducts trainings and workshops for a broad range of audiences as well as critical incident stress debriefings for groups of people who have shared a traumatic experience. Mary Beth Williams, PhD, LCSW, CTS, is in private practice in Warrenton, Virginia, specializing in the treatment of trauma-related disorders. She is widely published in the field of trauma and is an instructor for the Office for Victims of Crime at the U.S. Department of Justice. She conducts training workshops on trauma for professionals internationally. Barbara E. Watkins is a writer and editor living in Boston.

I had just gone through the long road of recovery from severe childhood abuse and being on the other side I felt a little wobbly on things like setting healthy boundaries and building self-esteem. This book helped a lot. By following the advice and doing some of the exercises, I learned how to get on my feet and stand solid. The only downfall for this book in my personal case was a lot of it pertained to achieving that healthy life that you had before the trauma. With childhood abuse, for me, there was no reference point to compare too. Despite those sections, the exercises are solid, easy to follow, and work. You must be self motivated and willing to explore traumatic feelings.

This book is very well written and I actually look forward to reading my assignments out of it. There are very practical life-lessons to be learned from this book. The step by step processes and the insights are well worth any price. This book is great for teaching you to take care of yourself as those who have been traumatized in life usually have issue taking care of themselves. This book stands alone and is not a workbook in the sense that it goes along with another text. This is a book that you read and work in.

Great read for me. I am still working on it. I suffer with PTSD and I am currently starting EMDR treatment and this book helps with being able to use a combination of reading and therapy. This book is a good read and also helpful for those who are on their journey and need a little bit of help on their own as well at home to help them when they're not in therapy. Overall, a book to help you become and learn to stay strong from what your individual trauma is. The workbook helps you and goes easily into things, in a gentle matter and doesn't rush into things. You work at your own pace and just take your time. No need to rush anything, especially with trauma. Gentle read and gentle approach. Definitely one of the good ones.

Excellent self-help workbook. It really helped me with my PTSD (Post Traumatic Stress Disorder). There is a great book to read with same title. I don't write in the book in case a episode occurs with different answers to my emotions. I use with a notebook to write in. Just FYI

So far what I have gotten through its like the book is speaking about me. the one key point that I am really picking up on is having to focus on learning to relax. I showed the book to my physician and counselor and they both think its a good book for me but this is something that I chose to do on my own. I would recommend this book especially for those who have been through trauma since child

hood and especially if history repeats itself like it has in my case.

Book came in excellent condition. I am looking forward to utilizing this book that my therapist recommended. It appears to be very helpful and thought-provoking on many key issues that those of us that have suffered from traumatic events need to focus in on.

I am a therapist that specializes in trauma recovery. This book is a great comprehensive resource that addresses many of the issues that underlie traumatic responses. Many books focus on symptoms and skills, which this does, however also helps people address and look at foundation sources of such symptoms. Dr. D

As a health care professional who treats trauma, PTSD, anxiety and mood disorders, I found this book helpful for the patient who can and wants to work through difficulties between sessions and is supported by a well trained therapist (psychologist) to do so. It is recommended among colleagues. I would not recommend it for someone as a self help book as the therapy needs to accompany such recovery and healing. Excellent exercises and explanations as to what a patient with trauma experiences is going through....well written and understandable. Highly recommend it.

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