

Overcoming Traumatic Stress 2nd Edition A Self Help Guide Using Cognitive Behavioural Techniques Overcoming Books By Claudia Herbert

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and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme. Series Editor: Professor Peter Cooper

Practical help for managing the after-effects of trauma

Traumatic life experiences can lead to persistent change. Those affected may become numb and shut off from those around them and grief, guilt or shame may constantly weigh them down. Memories of horrifying scenes may intrude unexpectedly during waking hours. Sleep may be disturbed by vivid, unpleasant dreams. Sudden mood swings, emotional overwhelm, impaired concentration, dissociation or feelings of constant alert make living difficult. Traumatic stress responses, including Post-Traumatic Stress Disorder (or PTSD), are caused by our mind and body's attempts to cope with experiences of extreme danger. They can affect and overwhelm anyone and are not a sign of personal weakness. Written by expert trauma therapists, this accessible self-help manual takes those affected by specific traumatic events on a journey of recovery and healing, based on the latest psychological research and advances in trauma therapy. This fully revised and updated edition includes:

- Clear explanations of the symptoms of trauma and how to recognize them
- Guidance on seeking specialist psychological help
- A step-by-step recovery programme, based on a positive growth approach
- Practical advice, tested exercises and useful summary check points
- Effective, integrative trauma healing techniques for body, mind and soul

Dr Claudia Herbert is a Chartered Consultant Clinical Psychologist, CBT Psychotherapist, EMDR Consultant, Schema Therapist, Psychological Practice Supervisor and Director of the Oxford Development Centre Ltd.

Overcoming self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme. Series Editor: Professor Peter Cooper

Biografía del autor **Dr Claudia Herbert** is a Chartered Consultant Clinical Psychologist, CBT Psychotherapist, EMDR Consultant, Schema Therapist, Psychological Practice Supervisor and Director of the Oxford Development Centre Ltd."

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