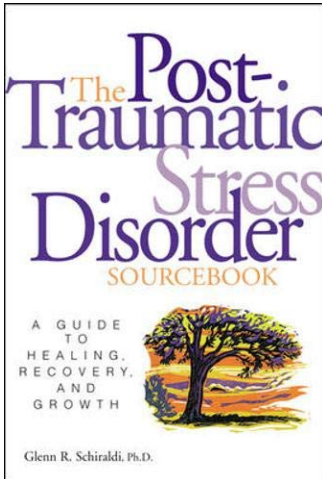


[PDF] The Post-Traumatic Stress Disorder Sourcebook

Glenn Schiraldi - pdf download free book



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Description:

Review

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The recent terrorist attacks have led to widespread anxiety and distress throughout the country. For those who need help, McGraw-Hill Professional is pleased to offer a free eBook version of this book. --This text refers to the edition.

About the Author

Glenn R. Schiraldi, Ph.D., has served on the stress management faculty at the U.S.

Pentagon and the University of Maryland, where he received the Outstanding Teacher Award in the College of Health and Human Performance. He is the author of various articles and books on human mental and physical health, including *Conquer Anxiety, Worry and Nervous Fatigue: A Guide to Greater Peace; Hope and Help for Depression: A Practical Guide; Facts to Relax By: A Guide to Relaxation and Stress Reduction;* and *Building Self-Esteem: A 125-Day Program*. He serves on the Board of Directors of the Depression and Related Affective Disorders Association. He is a graduate of the U.S. Military Academy, West Point, and holds graduate degrees in Health Education from Brigham Young University and the University of Maryland.

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Post-traumatic stress disorder (PTSD) occurs in 5-10% of the population and is twice as common in women as in men. Although trauma exposure is the precipitating event for PTSD to develop, biological and psychosocial risk factors are increasingly viewed as predictors of symptom onset, severity and chronicity. PTSD affects multiple biological systems, such as brain circuitry and neurochemistry, and cellular, immune, endocrine and metabolic function. Treatment approaches involve a combination of medications and psychotherapy, with psychotherapy overall showing greatest efficacy. Studies of PTSD p Some people develop post-traumatic stress disorder (PTSD) after experiencing a shocking, scary, or dangerous event. It is natural to feel afraid during and after a traumatic situation. Fear is a part of the body's normal "fight-or-flight" response, which helps us avoid or respond to potential danger. Anyone can develop PTSD at any age. This includes combat veterans as well as people who have experienced or witnessed a physical or sexual assault, abuse, an accident, a disaster, a terror attack, or other serious events. People who have PTSD may feel stressed or frightened, even when they are no longer in danger. Not everyone with PTSD has been through a dangerous event. In some cases, learning that a relative or close friend experienced trauma can cause PTSD. -Traumatic Stress Disorder Sourcebook, Revised and Expanded Second Edition introduces survi Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems. 850 Pages 2007 5.91 MB 2,697 Downloads New! in this book. Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Counselling for Post-traumatic Stress Disorder 3rd ed (Counselling in Practice series). 165 Pages 2006 1.28 MB 425 Downloads New! Counseling for Post-Traumatic Stress Disorder, Third Edition, maps out how to therap You can get Post-Traumatic Stress Disorder (PTSD) after experiencing a traumatic event. PTSD starts at different times for different people. Post-traumatic stress disorder (PTSD) is a mental health disorder that some people develop after they experience or see a traumatic event. The traumatic event may be life-threatening, such as combat, a natural disaster, a car accident, or sexual assault. But sometimes the event is not necessarily a dangerous one. For example, the sudden, unexpected death of a loved one can also cause PTSD. Books Advanced Search New Releases Best Sellers & More Children's Books Textbooks Textbook Rentals Best Books of the Month. The Post-Traumatic Stress Disorder Sourcebook and millions of other books are available for Amazon Kindle. Learn more. Books. Self-Help. Relationships. The Post-Traumatic Stress Disorder Sourcebook: A Guide To Healing, Recovery, And Growth Original Edition. by Glenn Schiraldi (Author). 4.5 out of 5 stars 138 ratings.

How millions of PTSD sufferers learned to live without fear, pain, depression, and self-doubt. The Post-Traumatic Stress Disorder Sourcebook, Revised and Expanded Second Edition introduces survivors, loved ones, and helpers to the remarkable range of treatment alternatives and self-management techniques available today to break through the pain and realize recovery and growth. This updated edition incorporates all-new diagnostics from the DSM-5 and covers the latest treatment techniques and research findings surrounding the optimization of brain health and function, sleep disturbance, new USDA dietary guidelines and the importance of... Post-traumatic stress disorder (PTSD) became a highly publicized medical problem when American soldiers returned home from the Vietnam War during the 1960s and 1970s. Some of them were seared in horrific ways by their combat experiences, burnt-out, vacant-eyed and fearful. Others were constantly agitated. Some quickly retreated from all human company and went to live in the wild. Others could not deal with the trauma they had witnessed, and became drug addicts or alcoholics. Some went on confused, dangerous rampages. Others committed suicide. Post-traumatic stress disorder (PTSD) occurs in 5-10% of the population and is twice as common in women as in men. Although trauma exposure is the precipitating event for PTSD to develop, biological and psychosocial risk factors are increasingly viewed as predictors of symptom onset, severity and chronicity. PTSD affects multiple biological systems, such as brain circuitry and neurochemistry, and cellular, immune, endocrine and metabolic function. Treatment approaches involve a combination of medications and psychotherapy, with psychotherapy overall showing greatest efficacy. Studies of PTSD pathophysiology initially focused on the psychophysiology and neurobiology of stress responses, and the acquisition and the extinction of fear memories.