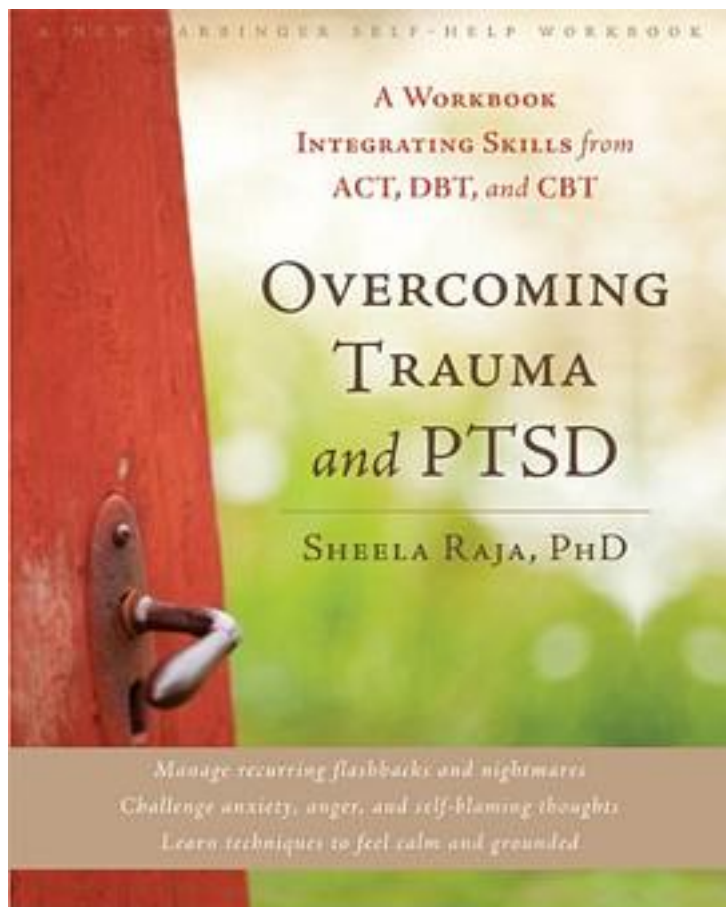


Overcoming Trauma and PTSD



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著者:Raja, Sheela

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Post-traumatic stress disorder affects every sufferer in a different way. A veteran who committed atrocities during war may not benefit from cognitive treatments in the same way a victim of sexual assault might. For each type of trauma, there is an appropriate type of treatment - and the best treatment may not lie entirely within one

therapeutic modality. Written by a psychologist who specializes in trauma, this book combines the best of acceptance and commitment therapy (ACT), dialectical behaviour therapy (DBT), and cognitive behaviour therapy (CBT). It offers the best skills for specific symptoms so readers get the quickest relief from flashbacks, insomnia, and other symptoms, and so will have the best chance of recovery.

作者介绍:

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