



## Reclaiming Your Life from a Traumatic Experience: Workbook

By Barbara Olasov Rothbaum, Edna B. Foa, Elizabeth A. Hembree

Oxford University Press Inc, United States, 2007. Paperback. Book Condition: New. Workbook. 274 x 213 mm. Language: English . Brand New Book. If you ve experienced a traumatic event and are having trouble moving past feelings of fear and helplessness, you may be suffering from Posttraumatic Stress Disorder (PTSD). This workbook will help you overcome your PTSD and reclaim your life. Best used in combination with treatment by a mental health professional, this workbook will help you work through your PTSD regardless of the type of trauma you ve experienced. Whether you have been in a motor vehicle accident, or are a veteran of combat, or have been the victim of a physical or sexual assault, the program outlined in this book will reduce your anxiety and distress. You will learn to face the memories of your trauma, while processing your emotions about the event using a scientifically tested and proven technique called Prolonged Exposure Therapy (PE). Instead of avoiding or escaping situations that provoke anxiety, you will learn how to confront these situations and begin to reevaluate your feelings and beliefs to think differently about what happened to you. You will participate in exposure exercises where you will face...



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