



A Short Book on Trauma and Post-traumatic Stress Disorder (and how to overcome it): A Therapy Toolkit promoting healing for sufferers of PTSD, whatever ... experiencing the effects of childhood trauma

Dr Ashley Conway

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About one in twelve people will suffer a traumatic reaction at some time in their lives. Amongst higher-risk individuals (survivors of assault, military combat and captivity, internment and genocide) the proportion suffering a traumatic reaction may rise to 30-50 per cent. In this short book, clinical psychologist Dr Ashley Conway describes the symptoms of trauma and outlines a range of methods - both practical and psychological - to help sufferers deal with their feelings and promote healing. Conway writes in simple, easy language and after each section offers a bullet point summary of the key issues. He frames the discussion with case studies based on his years of experience in dealing with individuals who have lived through traumatic events. Introducing the Therapy Toolkits, a new series of short, user-friendly, 15,000-word books designed to help you confront the things that worry you or which might be holding you back, and to enable you to effect lasting change.



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