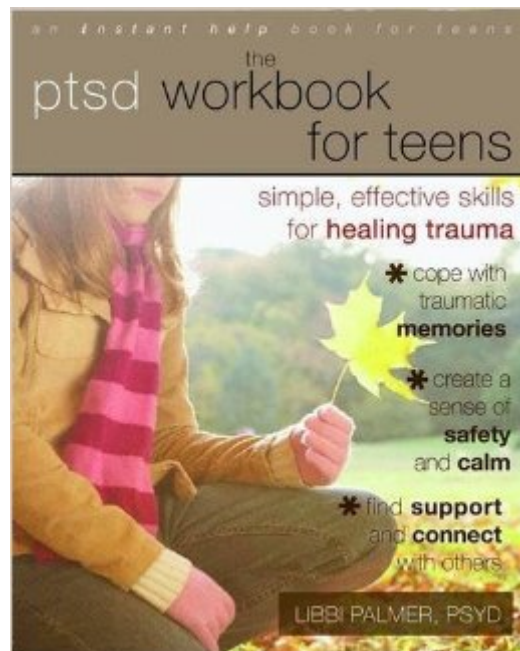


The book was found

# The PTSD Workbook For Teens: Simple, Effective Skills For Healing Trauma



## Synopsis

If you have traumatic memories from an extremely upsetting, stressful, or painful experience in your life, you are not alone. In fact, many young people have been exposed to traumatic events. As a result, you might have lingering flashbacks, trouble sleeping, or a constant feeling that you are in danger. These are common symptoms of post-traumatic stress disorder (PTSD). Based in cognitive behavioral therapy, this user-friendly workbook for teens with PTSD and other trauma-related difficulties will help you work through your experience and make sense of your thoughts and feelings. The book includes worksheets and activities to help you reestablish a sense of safety, gain control over your emotions, make peace with your traumatic experience, and reconnect with a positive sense of self. If you are ready to start recovering from traumatic memories and take back your life, the PTSD Workbook for Teens will show you the way.

## Book Information

Paperback: 160 pages

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #24,703 in Books (See Top 100 in Books) #1 in [Books > Teens > Social Issues > Sexual Abuse](#) #1 in [Books > Teens > Social Issues > Physical & Emotional Abuse](#) #6 in [Books > Teens > Personal Health > Depression & Mental Health](#)

## Customer Reviews

Impressions: I would recommend this book be used primarily with girls or younger boys. The examples are geared towards sexual abuse. It is very specific to children who have experienced one trauma. It is informative - psychoeducational and functional. Thoughts: This workbook has many resources. One of my favorite chapters is Finding Meaning. If we are able to identify some meaning from the trauma that we experienced, it will help us heal more completely and protect us from negative results of future bad events in our lives. The topics in the book work well together and would be useful if the client is invested in the therapy process. Topics included: What is Trauma, Healing from Trauma, Reacting to Trauma, Remembering Trauma, Avoiding Reminders, Being

Jumpy and on Edge, PTSD, Building Support Systems, Asking for Help, Healthy Coping Skills, Crisis Plans, Breathing Skills, Calming Skills, Relaxation Skills, Soothing Skills, Taking Good Care of Your Body, Activating Helpful Parts of Your Brain, Finding a Safe Place, Making Good Decisions, Building a Container for Trauma, When Feelings Become Overwhelming, Spotting Unhelpful Thoughts, How Thoughts, Feelings, and Actions are Connected, Thought Records, Accomplishing things, Having Fun, Stop Avoiding, Telling Your Story, Adding to Your Story, Thinking Errors, Staying Safe, Finding Meaning, & Your Real Self. Quotes: The trauma you experienced is only a small part of who you are. There is much more to your life. -p146hollytabitha.wordpress . com

This book doesn't talk down to teens. Works them through the steps in the book with clear facts, examples and things to think about and work through. My son and his counselor is impressed with the text and thought provoking work sections

I like the book and find it useful. I am not sure why this happens when I downloaded the book to read on my PC with the Kindle App. On location 197, these programming text appears instead of a diagram, Complete each of the columns by writing as many ideas as you can think of. Can anyone tell me how to fix the problem?

I work in a domestic violence shelter as a youth advocate and recently reached out to New Harbinger Publications to donate some of their workbooks for teens to help us patch the gap in our teen resources. They were amazingly generous in their response and because of that we now are able to provide teens who come through the shelter with this information and these exercises to help them learn about their own emotions and learn techniques for regulating them and caring for themselves. This is one of the books New Harbinger Publications donated. I was particularly excited about this book as the people I work with have all been exposed to varying degrees of violence and trauma. I've been going through it to find activities with which to create a binder for teens coming into the shelter and I've found so many wonderful activities, some of which revolve around reflecting on support systems and safety planning, emotional competence (learning how their trauma effected them, identifying patterns in what triggers them, how they respond to triggers, developing healthy coping mechanisms, etc), developing calming techniques, and learning about trauma is and that it happens to a lot of people (they're not alone). One of the lovely things about this book is that so much of the information and so many of the activities are relevant to adults, too, even if they're

tailored to a younger audience. The information is presented in a highly accessible way, and I anticipate the activities in the books to be useful not only to the teens in the shelter but to the adults as well.

We used the workbook to facilitate a PTSD group for high school students. The results were very impressive and the students had nothing but great things to say about utilizing the workbook in a group setting. Highly recommended!!!

the book meet my expectations. I am using this workbook in my practice working with teens. This book and the others in this series are very good.

Excellent resource for mental health professionals working with this population. Good assessment tools to increase self-awareness and promote change for clients.

I enjoy utilizing this workbook when working with teens in my counseling sessions. I think it also can provide good assignments to have client's work on between sessions.

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