

THE POST-TRAUMATIC INSOMNIA WORKBOOK

A Step-by-Step Program for Overcoming Sleep Problems After Trauma

KARIN ELORRIAGA THOMPSON, PH.D. & C. LAUREL FRANKLIN, PH.D.

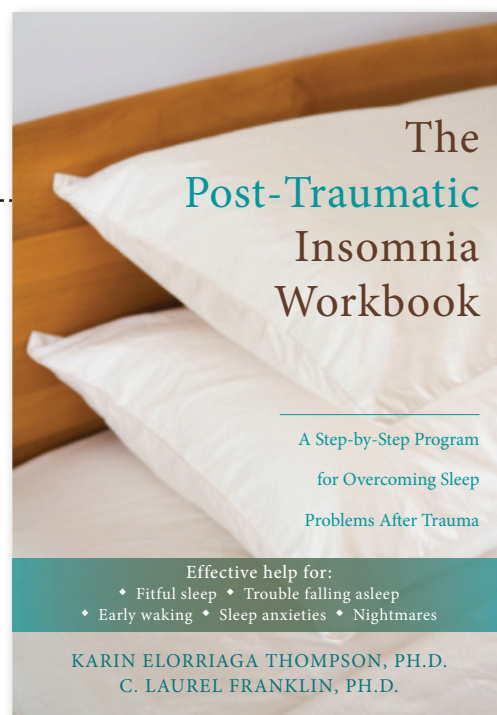
How to:

- Identify trauma-related sleep problems
- Effectively assess your sleep patterns
- De-stress your bedroom
- Prepare your mind and body for sleep
- Establish a sleep schedule
- Evaluate ways of thinking that may exacerbate or alleviate sleep problems
- Understand and cope with trauma-related nightmares
- Cope with chronic pain that has kept you from sleep
- Stay motivated to make treatment work

Help for one of the most common, troublesome and enduring symptoms of PTSD

Insomnia is one of the most common symptoms of post-traumatic stress disorder (PTSD) and yet it often outlasts other symptoms after traditional treatments are complete. Drs. Karin Thompson and Laurel Franklin have finally compiled an unprecedented workbook that specifically addresses post-traumatic insomnia to alleviate fitful sleep, trouble falling asleep, early waking, sleep anxiety and nightmares.

Employing cognitive and behavioral strategies, *The Post-Traumatic Insomnia Workbook* is based on the authors' research and clinical experiences successfully treating clients suffering from post-traumatic issues. Ripe with simple suggestions for sleep hygiene, sleep tracking, relaxation exercises and tips to adjust your bedroom environment, the book provides an approachable, comprehensive program to treat post-traumatic insomnia that is a must have for both those suffering from symptoms themselves and therapists seeking tools to facilitate their clients' recovery.



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A STEP-BY-STEP PROGRAM FOR OVERCOMING SLEEP PROBLEMS AFTER TRAUMA

Karin Elorriaga Thompson, Ph.D., & C. Laurel Franklin, Ph.D.

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About the Authors



C. Laurel Franklin, Ph.D., is a clinical assistant professor at Tulane University Medical School in the Department of Psychiatry and Behavioral Sciences. She is a clinical researcher specializing in assessment and treatment of problems following traumatic events. Dr. Franklin also works as a clinical psychologist at the Southeast Louisiana Veterans Health Care System on the Post-Traumatic Stress Disorder Team.



Karin Elorriaga Thompson, Ph.D., is a clinical assistant professor at Tulane University School of Medicine in the Department of Psychiatry and Behavioral Sciences. She is also a clinical psychologist at the VA Medical Center in Memphis, TN. Dr. Thompson specializes in psychotherapy, clinical research and assessment related to psychological trauma.

Praise

"The workbook is a unique contribution. While there are a number of self-help and therapy augmenting tools for intervening with other aspects of post-traumatic stress disorder as well as primary insomnia, this workbook is unique in approaching the common presentation of sleep disturbances that are intertwined with post-traumatic stress. The workbook provides a useful framework to guide therapists as well as self help efforts for the motivated individual. A number of useful tools for assessment and monitoring are included. The "step-by-step" program comprehensively addresses the thoughts and behaviors that tend to perpetuate sleep problems that are associated with PTSD."

—Thomas A Mellman, MD, Professor of Psychiatry and Program Director, General Clinical Research Center, Howard University

"Enhanced with clear worksheets and easy to understand, step-by-step instructions, Thompson and Franklin provide a procedurally adept, evidence-based, authoritative self-help guide to mastering complex insomnia and nightmares associated with PTSD"

—Kenneth L. Lichstein, Ph.D. Professor at University of Alabama, Director, Sleep Research Project

"The workbook is a user-friendly self-help guide for improving sleep among trauma survivors who have developed sleep problems. I particularly like the fact that the workbook uses principles for sleep improvement that are empirically based, and it presents them in a stepwise fashion that users will find easy to follow. While the primary audience is trauma survivors themselves, I believe that trauma therapists will also find the workbook valuable as a resource they can use directly or recommend to their clients."

— David W. Foy, Ph.D., Professor of Psychology, Graduate School of Education and Psychology, Pepperdine University

"This workbook is a masterpiece and is something that mental health providers and patients have needed for a long time. It clearly addresses and provides a practical and systematic approach regarding one of the more troublesome symptoms associated with PTSD. It is also very timely as mental clinics are presently swamped with combat veterans returning from Iraq and Afghanistan and who need more than a pharmaceutical sleep aid."

— Dennis L. Reeves, Ph.D., Commander, US Navy (retired), a clinical neuropsychologist who has treated hundreds of military personnel and their family

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