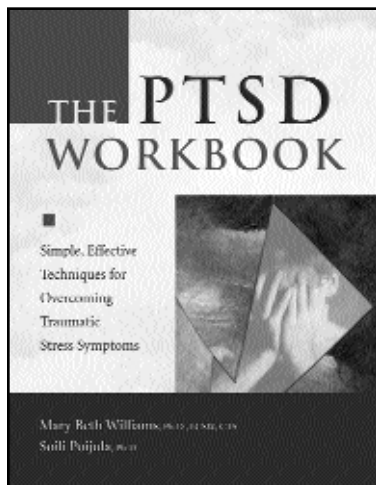


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WORKBOOK**

**Simple, Effective  
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Overcoming Traumatic  
Stress Symptoms**

**Mary Beth Williams, Ph.D., LCSW, CTS  
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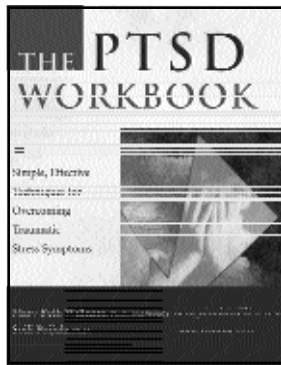
THE PTSD WORKBOOK  
ITEM PWK ISBN 1-57224-282-5, (PAPER), \$17.95, 237 PAGES  
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**“FOR THOSE WHO** believe that they will never feel ‘normal’ after a traumatic event, this workbook provides many techniques that survivors can use to jump start their recovery...an extremely important tool for growth and strength.”

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Trauma specialists, Mary Beth Williams, Ph.D. and Soili Poijula, Ph.D. have pulled together the most effective techniques used by PTSD experts around the world to create an incomparable self-help guide for the millions of PTSD sufferers.

The authors guide the reader through three crucial stages of healing from PTSD:

1. Determining the type of trauma;
2. Identifying its physical, mental, and emotional symptoms;
3. Working through the exercises that are best suited to those symptoms.

PTSD strikes combat veterans, crime victims, domestic abuse victims, and those who have experienced natural disasters or accidents. The symptoms include emotional numbness, sleep disturbances, poor concentration, depression, anxiety, and irritability or outbursts of anger. *The PTSD Workbook* provides readers with step-by-step guidance for overcoming these symptoms and regaining control over their lives.

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## *About the Authors of* **The PTSD Workbook**

### **MARY BETH WILLIAMS, Ph.D., LCSW, CTS**

treats trauma survivors in private practice at Trauma Recovery Education & Counseling Center in Warrenton, Virginia. She also specializes in crisis intervention as a social worker. Williams is well-known in U.S. and international trauma circles as an author, researcher, lecturer, and social policy advisor. She is the past-president of the Association of Traumatic Stress Specialists.

### **SOILI POIJULA, Ph.D.**

is a clinical psychologist and licensed psychotherapist at Oy Synolon Ltd., Center for Trauma Psychology in Finland. She has been a member of the Finnish Red Cross Catastrophe Group and Finland's Ministry of Health Advisory Board.

## *What's been said about* **The PTSD Workbook**

**"THIS EXCELLENT WORKBOOK**, based on a rich body of research, will be helpful to anyone who has experienced a sudden, incomprehensible event or suffered lifelong abuse. The authors have provided readers with a clear, comprehensive explanation of trauma, accompanied by practical yet creative exercises to help them manage their trauma symptoms. It's also a valuable resource for clinicians as well as members of the general public striving to understand trauma and return to everyday functioning."

—Betty Stevens-Guille, Ph.D., C.Psych., Trauma Specialist,  
Edmonton, Alberta, Canada

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## *Suggested Interview Questions for* **The PTSD Workbook**

1. Many of the September 11th victims are struggling with PTSD symptoms. How does their experience illustrate the long-term effect of a single traumatic experience?
2. You talk a lot about the need to have safety when doing the exercises in your book and suggest doing a "safety assessment." What does this entail and why is it important?
3. How can consciously making an effort to remember a traumatic experience help you heal from it?
4. What is "dual awareness" and why do you suggest that readers develop it?
5. Difficulty sleeping is a common symptom of PTSD. What do you recommend for combating this?
6. You have a chapter that deals with the "associated symptoms of PTSD." What are these and why are they not part of the criteria for diagnosing PTSD?
7. What is a phoenix medallion and why do you suggest that readers create one?
8. What is disassociation and why is it common in PTSD sufferers?
9. How does PTSD affect relationships and what do you suggest for PTSD sufferers who are having trouble developing or keeping them?
10. There is a section in *The PTSD Workbook*, entitled "Developing Your Sense of Humor." How does humor and laughter aid recovery of PTSD?

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