

an instant help book for teens

# the ptsd workbook for teens

simple, effective skills  
for **healing trauma**

\* cope with  
traumatic  
**memories**

\* create a  
sense of  
**safety**  
and **calm**

\* find **support**  
and **connect**  
with others

LIBBI PALMER, PSYD

*Libbi Palmer PsyD*

**The PTSD Workbook for Teens: Simple, Effective Skills  
for Healing Trauma**



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If you have traumatic remembrances from an extremely upsetting, stressful, or painful encounter in your life, you are not alone. The reserve includes worksheets and actions to assist you reestablish a sense of safety, gain control over your emotions, make peace with your traumatic encounter, and reconnect with a positive sense of self. Because of this, you might have lingering flashbacks, sleep problems, or a constant feeling you are in danger. These are common outward indications of post-traumatic tension disorder (PTSD). If you are ready to start recovering from traumatic memories and get back your life, the PTSD Workbook for Teenagers will highlight the way. In fact, many young people have been exposed to traumatic events. Based in cognitive behavioral therapy, this user-friendly workbook for teens with PTSD and various other trauma-related difficulties will help you sort out your experience and make sense of your thoughts and feelings.



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It's geared towards girls Impressions: I would suggest this book be utilized primarily with women or younger boys. The examples are geared towards sexual abuse. It is extremely specific to children who've experienced one trauma. Five Stars This is great tool to use in individual and group therapy. Thoughts: This workbook has many resources. My child and his counselor is certainly impressed with the text and believed provoking work sections Five Stars Great book using in my practice the book meet my anticipations. If we can identify some meaning from the trauma that people experienced, it can help us heal more completely and guard us from harmful results of future poor events inside our lives. The topics in the publication work well together and will be useful if the client is invested in the therapy process. Topics included: What is Trauma, Recovery 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 Abilities, Calming Skills, Relaxation Skills, Soothing Skills, Taking PROPER CARE of Your Body, Activating Helpful Parts of Your Brain, Getting a Safe Place, Building Good Decisions, Building a Container for Trauma, When Emotions Become Overwhelming, Spotting Unhelpful Thoughts, How Thoughts, Feelings, and Activities are Connected, Thought Records, Accomplishing things, HAVING A GREAT TIME, Stop Avoiding, Telling Your Story, Increasing Your Story, Thinking Errors, Staying Safe, Finding Meaning, &. I am by using this workbook in my own practice working with teenagers. There is a lot more to your daily life..wordpress . com This group of instant help books are great for those coping with the issues being discussed Just what I wanted! This series of quick help books are excellent for those coping with the problems being discussed. EXCELLENT RESOURCE This book doesn't talk down to teens. My clients are actually buying into this publication. It offers worksheets related to clients in a somewhat different way than other materials that I've. It really is informative -psychoeducational and functional. Practical and useful exercises I am using this book with my customers at the job. -pl46hollytabitha. it is an excellent work book. Its not too childish, but it is too the point. It is very much like TF-CBT therapy that i often use with clients. Your Real Self. so far they possess been looking forward to each lesson! I like this book I like this book. Functions them through the steps in the book with clear facts, good examples and things to think about and sort out. One of my favorite chapters is Finding Signifying. Rates: The trauma you experienced is only a small part of who all you are. This publication and the others in this series have become good. Besides simply her Aunt explaining and listening and explaining PTSD this publication really appear to click with her. Short I'm a therapist. Great workbook. Short, clear to see chapters. It is a great starter book. Good book I purchased this for my niece. I dont know if she is still using it but what I could tell you is within 2 weeks of offering it to her and getting started on

the first few lessons she got it upon herself to get a counselor. I got begged her parents going back few years through suicide attempts, run aways, and a failed attempt at Job Corps. Great workbook. Its written in an exceedingly gentle manner, it is a workbook but it explains in the easiest terms what PTSD is usually and its effects. Just wish it didn't feel like it had been written primarily toward sexual abuse.



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