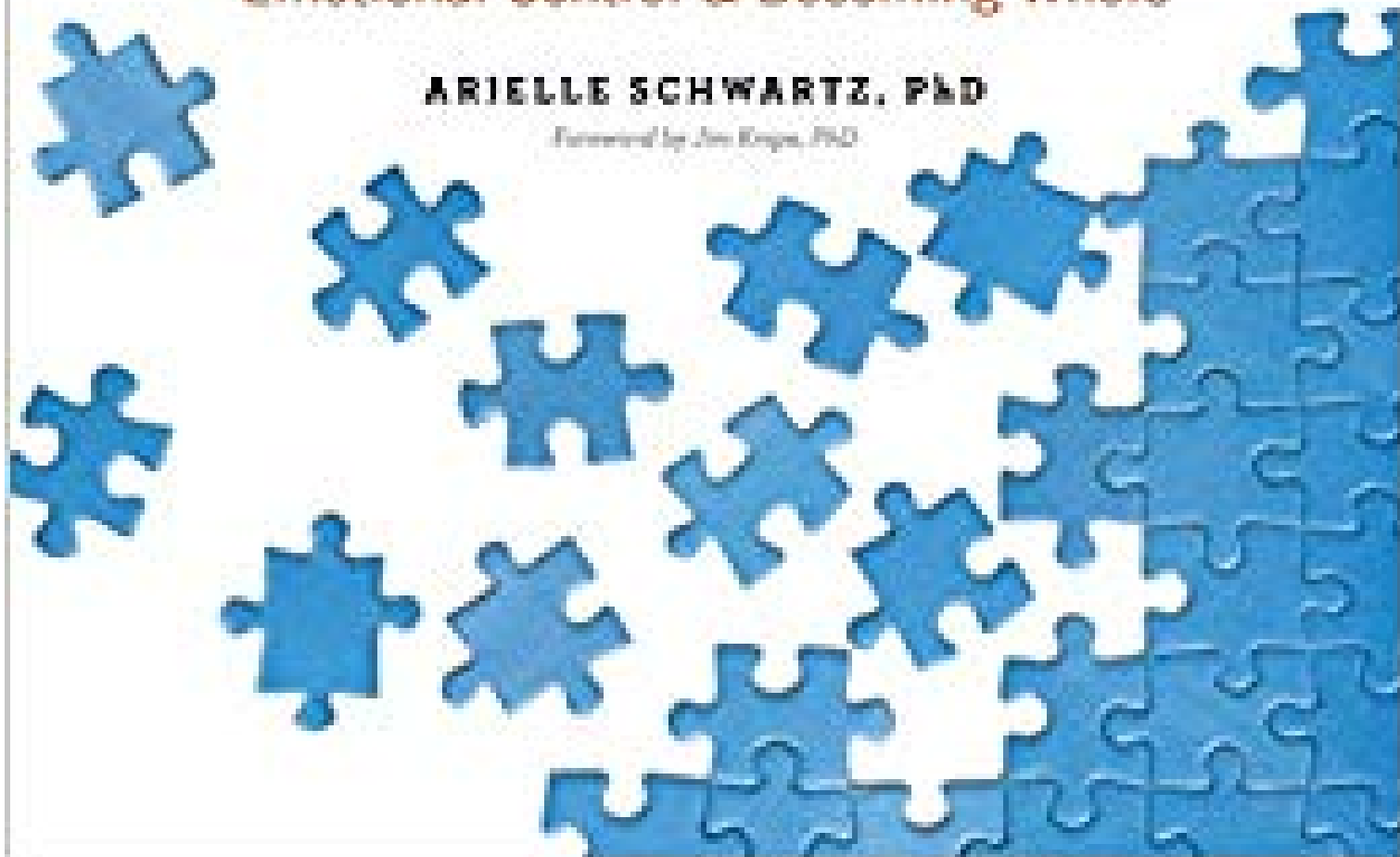


The  
**COMPLEX  
PTSD**  
WORKBOOK

A Mind-Body Approach to Regaining  
Emotional Control & Becoming Whole

**ARIELLE SCHWARTZ, PhD**

*Foreword by Jim Krupar, PhD*



Arielle Schwartz PhD and

## The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole



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"This book is a valuable resource for all those affected by complex PTSD, permitting them to be informed and active as partners in the therapeutic healing process."—from the foreword by Jim Knipe, PhD, writer of *EMDR Toolbox: Theory and Treatment of Complex PTSD and Dissociation*

Those affected by complex PTSD commonly experience as though there's something fundamentally wrong with them—that somewhere inside there exists a component of them that should be fixed. Though untrue, such beliefs can experience extremely genuine and frightening. Arielle Schwartz provides spent years helping people that have C-PTSD find their way to wholeness. Clinical psychologist Dr. Difficult as it may end up being, facing one's PTSD from unresolved childhood trauma is certainly a brave, courageous work—and with the right guidance, healing from PTSD is possible. Take some period to write down any associations you possess. This book provides a map to the challenging, and often overpowering, terrain of C-PTSD with Dr. Schwartz's educated guidance helping you stay on course. In *The Complex PTSD Workbook*, you'll find out all about C-PTSD and gain valuable insight in to the types of symptoms connected with unresolved childhood trauma, while applying a strength-based perspective to integrate positive beliefs and behaviors.

Useful top features of *The Complex PTSD Workbook* include:

- Examples and exercises by which you'll discover your personal instances of trauma through associated with PTSD experiences other than your own, like the subsequent: [Example] Diane was very qualified at avoiding dealing with her traumatic past.
- Explorations of common methods of PTSD therapy including somatic therapy, EMDR, CBT, DBT, and mind-body perspectives. It just hurt an excessive amount of. [Exercise] In what ways can you relate to Diane's story? She also understands the territory of the healing firsthand, having walked it herself.
- Chapter takeaways that encourage thoughtful account and writing to explore the method that you feel seeing that you review the material presented with regards to your PTSD symptoms. To endure, she had discovered to bury her painful feelings and recollections, preferring not to discuss her childhood.
- Information about common PTSD misdiagnoses such as for example bipolar disorder, ADHD, stress disorders, major depressive disorder, and substance abuse, among others.

*The Complex PTSD Workbook* aims to empower you with a thorough knowledge of the psychology and physiology of C-PTSD so that you can make informed choices about the path to healing that is right for you and discover a life of wellness, free of C-PTSD, that used to seem simply out of reach.



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Waste of time and money EASILY had no understanding of C-PTSD, this book might be a helpful introduction. But it can be ineffective as a workbook because it treats the problem in pieces rather than all together. common information about C-PTSD, but it additionally offers you a rundown of your treatment plans and goal setting. The back cover of the book presents two assertions: 1) "The exercises and good examples in The Complex PTSD Workbook will properly direct yu to explore the feelings and manifestations of your PTSD" and 2) "The Complex PTSD Workbook aims to empower you with an intensive knowledge of the psychology and physiology of trauma.. Passages in blue text message convey the true experiences of individuals healing from C-PTSD and thus, reminding the reader that they are not, in fact, alone.." Neither of these statements is true. The summary resource list (pages 163 and 164 of the publication) includes things such as "replace negative self-statements with positive beliefs, consciously breathe with a 4-count inhale and a 4-count exhale, half-smile to cultivate a feeling of serenity, allow you to ultimately be vulnerable, get a savoring walk, reassert healthy boundaries by stating no or asking for what you need." These are perfectly viable things you can do, but they don't, in my opinion, help me "navigate the challenging and often overwhelming terrain of complex PTSD" or empower me "with an intensive understanding of the psychology and physiology of trauma. This is a book I'll recommend to future clients. Schwartz's workbook could be regarded a physical manifestation of the wish that we hold for our clients in their most troublesome of that time period... My doctors had me convinced that non-e of my problems had been related, but after reading through this, the exercises helped me begin controlling my mental and physical complications stemming from my C-PTSD. Schwartz's book offers a golden thread of desire to help guide people through curing from childhood trauma. Individuals struggling with C-PTSD frequently have spent a lot of their lives shrouded in fear, isolation, anxiety, melancholy, and hopelessness. I've found it useful to just explore a couple web pages at the same time, and sit down with each activity for a couple days, instead of rush through it. The size of this workbook is usually smaller than the usual 8. Schwartz validates the often confusing and mind-boggling experience of those that who have experienced childhood trauma and empowers them to be a part of their healing. I was in a at once collision where that they had to bring me back again to life. Schwartz's book feels similar to a reserve that you might curl up with on . It is a guide that provides concrete information regarding the etiology, symptoms, feasible barriers, and pathways to recovery from C-PTSD. Dr. Schwartz's warmth and compassion are evident in her writing, offering an expansion of the healing romantic relationship experienced in the therapist's office. Aesthetically, this workbook is different from what you might expect from a self-help workbook. The cover includes a lovely softness that invites you to hold it in the hands and just notice. Through accessible education, affirmation, and mild prompts toward self-exploration, Dr.5 x 11 where you may feel compelled to sit at a desk and "do your homework. Broke everything internally except my human brain last year, along with every limb, my throat, & Schwartz's publication feels more like a book that you might relax with on the sofa, along with your preferred pen, to reflect at the end of chapters and notice the passages that resonate together with your knowledge. As a survivor of narcissistic abuse, I found that the experience stirred up a lot of childhood stuff, and I saw parallels between the romantic relationship with my ex, and the partnership I experienced with my mother. Short passages of wisdom and reassurance are often accessible by just flipping through the publication and noticing the orange text message near your fingertips.. This workbook is empowering and a companion for those who have observed childhood trauma, a thorough overview for those thinking about understanding more about C-PTSD, and a valuable tool for professionals to share with their

clients because they partner on the journey toward healing from C-PTSD. The actions in the workbook are helpful without being challenging, if you are someone who is fairly self-aware. Dr. The chapters are organized very well and also have a number of helpful exercises throughout, as well as a chapter review at the end of each chapter. It not merely gives you coping resources and both little known & It offers a nice summary of the number of interventions a therapist might use to treat C-PTSD, but the major concentrate of the "exercises" would be to question the reader to write their thoughts in regards to a specific intervention. This is by far the best book I've read about C-PTSD and my therapist agrees. We've in fact proved helpful it into my therapy because it's therefore helpful! Do yourself a favour and read this in the event that you struggle with C-PTSD. I'm taking pleasure in this workbook. I'm only 68 pages in, out of 165 (not really counting glossary/appendix/references), and I like this workbook. The author explains things in an exceedingly straight-forward, easy to understand manner. Example - Trauma and Grief section uses Kubler-Ross that is 40 years previous and not evidence structured practice. Each chapter begins with an image, a window into character, a place of simple but profound beauty. It had been at that point, that I realized I would need additional help resolve these issues. I read plenty of narcissistic abuse survivor books however they didn't explore the underlying causes like this one will. Also, I didn't realize that most of the symptoms of C-PTSD are similar to those of BPD, that i was diagnosed with 20+ years ago. I understand many individuals who have C-PTSD (most have no idea) and would benefit from this read. The very best book for C-PTSD This book is a life saver. There's actually s section on breathwork, meditation, and mindfulness, for individuals who perhaps are not really acquainted with those practices. EASILY had to pick one key takeaway from this workbook, it would be validation." The reserve wasn't worth my money and time. In addition to my extreme child abuse as I was raised this book has helped me manage to work with my therapists to truly deal with my C-PTSD. It's heloed me modification my detox is slowly. For the professional, Dr." Rather, Dr. back. Well Worth The Purchase I like how this reserve starts with self treatment. It's a tool I'd advice anyone to purchase. Its iffy It certainly wasnt what i was longing for in all honesty not worth the purchase price Very helpful! Great browse for emotional abuse victims ? ? 5 stars 5 stars Very intriguing read This book touched my heart and I will add it to your home library. The knowledge provided is priceless. Clearly they gleened through the research and DIDN'T effortfully investigate it therefore watch out for what you take from this book. After reading this book, I began to wonder if maybe I was misdiagnosed and have resided with this label my life, one that my psych professors and therapist possess often questioned. Must buy in my opinion ? It looks really helpful It looks like a good and help publication and I anticipate reading it. Grief theory is certainly by far from stage based versions and the liturature is quite clear that Kubler Ross did not study grief, but dying. The study put into this reserve is lazy. It's useful that I have a level in psychology and am focusing on a masters in counseling, however the subject of Complex Trauma isn't taught in my own program. Not appropriate/poorly researched Interesting components. Therefore did they read more than enough to understand that or did they gleen through it? Thank you for sharing your work w/us Arielle Schwartz!



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