

A NEW HARBINGER SELF-HELP WORKBOOK

THE  
Cognitive  
Behavioral  
Coping Skills  
Workbook  
*for* PTSD

Overcome Fear and Anxiety  
and Reclaim Your Life

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*Includes effective therapeutic strategies from DBT, ACT, PE, and CPT*

Matthew T Tull PhD and

# The Cognitive Behavioral Coping Skills Workbook for PTSD: Overcome Fear and Anxiety and Reclaim Your Life



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Written by a team of specialists in the treatment of post-traumatic stress disorder (PTSD), this workbook offers powerful, symptom-specific skills from a variety of empirically backed cognitive behavioral therapy (CBT) treatments, including acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and for the first time. But there's been rapid development in the study and treatment of PTSD. You may know flashbacks and traumatic memories, suffer with sleep difficulties and nightmares, and battle to manage intense emotions, impulses, and the desire to avoid closeness. PTSD is a debilitating condition that can keep you feeling numb, irritable, on guard, and distant. Cognitive processing therapy (CPT). This book combines the most effective in proven-effective treatments to address specific symptoms, from the least disruptive to probably the most severe. Such as for example ACT, DBT, mindfulness-based cognitive therapy (MBCT), exposure treatment, behavioral activation, imagery rehearsal therapy, and an efficient, twelve-session cognitive processing therapy (CPT) program, The Cognitive Behavioral Coping Skills Workbook for PTSD will help you overcome the most common & most difficult challenges people who have PTSD face. Presenting equipment drawn from a number of methods and treatment models. This practical direct is loaded with research-based skills from the very best PTSD treatments available to help you deal with your symptoms, reclaim your well-being, and keep maintaining your recovery.



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