

Afterword

The purpose of this book is to present you with the latest techniques to help you deal with trauma and PTSD. Chapters 1 and 2 give you an overview of PTSD and trauma, including the prevalence and nature of trauma-related symptoms. Chapters 3 through 6 encourage and equip you to experiment with cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) techniques to find an approach that works for you. It's important to find something that is tailored to your needs, because no one has lived through your exact set of circumstances, and no one has your exact personality. At the same time, you are not alone. Many people have experienced traumatic events, and many people have survived and thrived—using skills and support in a way that works for them. Hopefully, this book has helped you practice a wide variety of approaches to your symptoms. Some exercises here focus on your behavior and others focus on your thoughts. Some exercises encourage you to change your thoughts, while others encourage you to observe and accept difficult thoughts and emotions. With time and commitment, you can find a set of techniques that works best for you. Chapters 7, 8, and 9 remind you that symptom management is not the end of the road. When it comes to recovery and healing, you also need to focus on getting social support, often including professional therapeutic support and help, and on improving your overall health.

Traumatic events are horrible, painful experiences. But human beings have an amazing capacity for growth and resilience. We have an incredible ability to educate others, to form deep bonds with those around us, and to find meaning in our lives. I hope this book has given you some techniques to explore this potential and live the life you truly want.

Resources

General Information

The National Center for Posttraumatic Stress Disorder: www.ptsd.va.gov

Dialectical Behavior Therapy: behavioraltech.org/resources/whatisdbt.cfm

Acceptance and Commitment Therapy: contextualpsychology.org/act

Association for Behavioral and Cognitive Therapies: www.abct.org

Virtual reality treatments for PTSD: ptsd.about.com/od/treatment/a/VRexposure.htm

Healthy Lifestyle

Healthy eating: www.nutrition.gov

www.choosemyplate.gov

Fitness: www.fitness.gov

Issue-Specific Support

Rape, Abuse and Incest National Network: www.rainn.org

Veterans: www.afterdeployment.org

The National Center for Victims of Crime: www.ncvc.org

National Domestic Violence Hotline: thehotline.org

Contacting a Therapist Trained in PTSD

Find a therapist: <http://ptsd.about.com/od/ptsdbasics/tp/txproviders.htm>

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