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Autore	Lee Sharice A
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Nota di contenuto	Cover; Contents; Chapter 1 - Beginnings; Chapter 2 - Triggers; Chapter 3 - Panic Attacks; Chapter 4 - Flashbacks and Intrusive Memories; Chapter 5 - Bad Dreams; Chapter 6 - Memory Gaps; Chapter 7 - Self-Harm; Chapter 8 - Drugs and Alcohol; Chapter 9 - Power and Control; Chapter 10 - Blaming Yourself; Chapter 11 - Damaged-Goods Syndrome; Chapter 12 - Lying; Chapter 13 - Dissociation; Chapter 14 - Emotions; Chapter 15 - Trust; Chapter 16 - Self-Image; Chapter 17 - Relationships and Sexuality; Chapter 18 - School Problems; Chapter 19 - Recovery; Chapter 20 - Glossary . . . in Plain English Appendix - Effects of Post-Traumatic Stress Disorder on Learning in the Classroom For the Therapist; About the Author
Sommario/riassunto	Designed for adolescent survivors of sexual abuse who are in group or individual counselling and written in a style appropriate for this age group, this book provides information on how survivors may have been affected by abuse. 'The Survivor's Guide' will also be valuable to counsellors, psychotherapists and others helping survivors.