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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title; Copyright; Contents; Foreword; Preface; Acknowledgments; Orientation; Overview of Warrior Renew; Cognitive- Experiential Self-Theory; A Holographic Reprocessing Approach for Healing Trauma; A Transformational Approach to Healing; A Guide for Using This Text; Using This Text in a Group; Setting Expectations; Starting and Ending on Time; Confidentiality; Eating/Drinking During Group; Storing Books Between Sessions; Opening and Closing Group Sessions; Group Format; Benefits of Covering a Single Chapter Over Two Sessions; Group Agreements; Joining the Military Share Warrior Renew: Healing From Military Sexual TraumaChapter 1: What Is Military Sexual Trauma?; Sexual Trauma; You are Not Alone; Military Sexual Trauma; Why is Sexual Trauma Higher in the Military?; Complications of MST; Reporting Sexual Trauma; Sexual Trauma and Men; Understanding Sexual Assaults; Normal Reactions to Sexual Trauma; Common Symptoms After MST; Homelessness and MST; Posttraumatic Stress Disorder; Four Things to Consider When Healing

from MST; Chapter 1 Summary Points; This Week's Closing Exercises (See Appendix B); Signal Breath; Cleansing Breath; Relaxation Sandwich
Chapter 2: Coping With Feelings; Feelings . . .?; Some Common Avoidance Strategies; The Meaning of Feelings; Feelings Come From Our Thoughts; Feelings are Physical Sensations; Feelings Come and They Go; Feelings are Responses, Not Facts; Feelings are Part of Neural Networks; Experience; Skills to Identify and Release Feelings; Your Own Biofeedback Machine; The Biofeedback Machine is Practiced Like This; Decoding Your Feelings; It is Practiced in Six Steps; Step 1: Getting Centered; Step 2: Focusing on Sensations in Your Body; Step 3: Identifying the Feelings; Step 4: Decoding the Message
Step 5: Releasing the Feeling and the Tension
Step 6: Deciding on Your Response; The Box of Feelings; Feelings Come and They Go; Chapter 2 Summary Points; Chapter 3: Nightmares and Getting a Good Night's Sleep; Sleep and Nightmares; Good Sleep Habits; Insomnia ; Presleep Routine; Setting a Good Intention; Engaging Your Senses; Creating an Invisible Negativity Shield; What is a Nightmare?; Nightmare Remedies; The Rational and Experiential Systems; Example of a Symbolic Representation in a Dream; The Lemon Exercise; Understanding Nightmares; Dream Journal; Rescripting a Dream; My Sleep Routine
The Power of Smell
Nightmare Sachets; How to Make a Bedside Sachet; Chapter 3 Summary Points; Chapter 4: Triggers and Anxiety; Triggering Anxiety; Understanding Triggers; Pavlov's Dogs; Normal Reactions to Stress; Normal Versus PTSD Reactions to Stress; Healing Triggers and Anxiety; COPE-ing With Anxiety Caused by Triggers; The Gift of Triggers; Panic Attacks; Phobias; Phobia Treatment: Systematic Desensitization and In Vivo Exposure; Agoraphobia and Social Phobias; Anxiety Worksheet; Step One: Identifying a Relaxing Place; Step Two: Identifying Triggers; Step Three: Gaining Perspective
Step Four: Go Back to Your Relaxed Imagery

Sommario/riassunto

""Knowing the results of Dr. Katz's work and the many lives that she has changed, I feel delighted to endorse [her] Warrior Renew workbook for men and women seeking healing from MST. Although the high prevalence rates of MST are discouraging, I am confident that Warrior Renew can reach many, many MST survivors and provide the hope and healing that they need."" -Lt. Col. Patricia Jackson-Kelley. Los Angeles County Veterans Advisory Commission. Quotes from Past Participants of Warrior Renew: ""Thank you for your efforts in turning my life around. I have faith now that my life will be as it sh
