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Titolo	The PTSD survival guide for teens : strategies to overcome trauma, build resilience & take back your life // Sheela Raja, PhD, Jaya Raja Ashrafi
Pubbl/distr/stampa	Oakland, CA : , : Instant Help Books, , [2018] ©2018
ISBN	1-62625-991-7
Descrizione fisica	1 online resource (162 pages)
Collana	The instant help solutions series
Disciplina	616.8521
Soggetti	Post-traumatic stress disorder in adolescence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Introduction -- Trauma and negative coping -- Why can't I forget? -- Why me? -- Unwanted thoughts, nightmares, and flashbacks -- Is my fear healthy? -- How do I deal with my feelings? -- Anger -- Depression and social support -- Anxiety -- Hope, resilience, and growth.
Sommario/riassunto	In this compassionate guide, you'll find skills based in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help you tackle anxiety and harmful avoidance behaviors; manage negative emotions; cope with flashbacks and nightmares; and develop trusting, healthy relationships--even if your trust in others has been shaken to the core. You'll also learn more about the diagnosis and symptoms of PTSD and understand what kind of help is available to you.