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Nota di bibliografia	Includes bibliographical references (p. [145]-147) and index.
Nota di contenuto	Beating Combat Stress: 101 Techniques for Recovery; Contents; About the Author; Foreword; Preface - The Book's Purpose; Acknowledgements; Introduction; How to Use This Handbook; Section 1: Dealing with "Triggers"; Section 2: How to Deal with Flashbacks; Section 3: How to Deal with Unwelcome Thoughts; Section 4: Dealing with "The Lows"; Section 5: Dealing with Sleep Disturbance; Section 6: Living Life to the Full (or as Full as Possible); Appendix A: The Evidence Base for Solution-focused Therapy; Appendix B: Helpful Questions and Statements from the Worker Appendix C: What Service Users Have Found to be Helpful in This Work Appendix D: How to Avoid Re-traumatisation and Re-victimisation; Appendix E: Blocks to Disclosing; Appendix F: The Three Stages: Victim - Survivor - Thriver (Living Life to the Full, or as Full as Possible); Appendix G: Benefits of Doing This Important Work; Appendix H: Reassuring Things for Servicemen to Know; Appendix I: Two-day Workshops; Bibliography; Index
Sommario/riassunto	Beating Combat Stress is a one-stop handbook of field-tested

techniques and strategies to help service personnel, veterans and professionals to deal with the psychological effects of combat. Features 101 field-tested techniques and strategies for managing combat-related stress. Designed to be accessible and useful both to serving personnel and veterans, and to the professionals and volunteers who are engaged in helping them.

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