Post-traumatic Stress: The Facts

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Post-traumatic stress and its associated disorders, including Post-traumatic Stress disorder (PTSD) can develop after exposure to one or more traumatic events. It is a severe and ongoing emotional reaction to an extreme psychological trauma, such as a death or a threat to life, serious physical injury, or threat to physical and/or psychological integrity.

The book begins with a description of PTSD and other related problems often experienced by survivors, and a short history of developments in the field. Information on assessment, theory, research findings, and treatment procedures are provided. Further chapters reflect new theoretical thinking and directions in the field of trauma, e.g. growth following adversity. It discusses the types of support that should be provided at an early stage for individuals and families affected by sudden traumatic events (e.g., road traffic collisions, disasters), and presents this information in a practical and accessible way.

Though mainly intended for sufferers of post-traumatic stress, and their families and friends, it will also be of interest to the general reader. The book will be an invaluable resource for professionals, particularly those who want to know about the psychological impact and management of trauma in a variety of contexts, such as general practitioners, psychologists, psychiatric nurses, counsellors, police officers, paramedics and those in the voluntary sector.

‘This book is not only extremely digestable for the curious novice but also acts as a first-class aide memoire for post-trauma support professionals. I will recommend that each of my Welfare Officers have their own copy to help remain focused on what their role is about.’

MARK WOODLAND, WELFARE MANAGER, GREATER MANCHESTER POLICE

• Features a foreword by Terry Waite, former hostage and Chairman of Hostage UK
• Endorsed by Anxiety UK and by the Police Service of Northern Ireland
• Includes real-life case studies to empathize with the reader’s situation

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