



The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma

By Libbi Palmer

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If you have traumatic memories from an extremely upsetting, stressful, or painful experience in your life, you are not alone. In fact, many young people have been exposed to traumatic events. As a result, you might have lingering flashbacks, trouble sleeping, or a constant feeling that you are in danger. These are common symptoms of post-traumatic stress disorder (PTSD).

Based in cognitive behavioral therapy, this user-friendly workbook for teens with PTSD and other trauma-related difficulties will help you work through your experience and make sense of your thoughts and feelings. The book includes worksheets and activities to help you reestablish a sense of safety, gain control over your emotions, make peace with your traumatic experience, and reconnect with a positive sense of self. If you are ready to start recovering from traumatic memories and take back your life, the *PTSD Workbook for Teens* will show you the way.

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Bibliography

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Editorial Review

Review

“To date, resources specifically for traumatized teens have not been readily available, despite the fact that many experience traumatic events during childhood and into their teen years. This book, *The PTSD Workbook for Teens*, offers much-needed information aimed at the special needs of this population. Author Libbi Palmer addresses the main after-effects of trauma and offers practical information and worksheets to help teen readers work through their symptoms and reestablish safety, personal control, and positive self-esteem. I highly recommend it.”

—Christine A. Courtois, PhD, ABPP, psychologist and author of *Treating Complex Traumatic Stress Disorder*, and *The Treatment of Complex Trauma*

“Palmer has a powerful grasp on the needs of teenagers and a user-friendly approach to trauma recovery. This workbook provides hands-on tools, easily accessible by a teen working through trauma alone, or for treatment providers looking for a framework to help adolescent clients overcome trauma. Work through this book and find a road to peace.”

—Ambra Born, PsyD, Director of child psychological services at Reaching HOPE in Lakewood, CO

“Palmer has provided teens with a terrific resource to understand, process, and heal from trauma. The book is quite comprehensive but easy to use, and gives teens the power to choose at what level they want to work through their issues. These are techniques that really work to help teens move on from bad experiences and feel better.”

—Carrie Merscham, PsyD, psychologist and author of the blog selfhelponthego.com

About the Author

Libbi Palmer, PsyD, is a licensed psychologist in the Denver, CO, area. She specializes in working with victims of crimes and other trauma. She is also an adjunct professor at the University of Northern Colorado, where she teaches a course about recovery from disaster and trauma.

Users Review

From reader reviews:

Mark Cabrera:

Have you spare time for a day? What do you do when you have considerably more or little spare time? Sure,

you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a walk, shopping, or went to the actual Mall. How about open or read a book allowed The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma? Maybe it is to become best activity for you. You understand beside you can spend your time using your favorite's book, you can better than before. Do you agree with it is opinion or you have various other opinion?

Todd Pfeifer:

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Sandra Alexander:

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Phillip Elliott:

A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you need to try to find a new activity this is look different you can read any book. It is really fun for yourself. If you enjoy the book that you read you can spent the whole day to reading a guide. The book The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma it doesn't matter what good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space to bring this book you can buy the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to fund but this book offers high quality.

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