

Download The Ptsd Workbook For Teens Simple Effective Skills For Healing Trauma

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. 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. *The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma* by Libbi Palmer. 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. *The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma* by Libbi Palmer PsyD (2012-11-01) [aa] on Amazon.com. *FREE* shipping on qualifying offers.