

Wiley Concise Guides to Mental Health: Posttraumatic Stress Disorder

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Wiley Concise Guides to Mental Health: Posttraumatic Stress Disorder Adam Cash The new, quick reference for understanding Posttraumatic Stress Disorder

The Wiley Concise Guides to Mental Health: Posttraumatic Stress Disorder uses clear, highly accessible language to comprehensively guide the reader through posttraumatic stress disorder (PTSD) and related issues. This concise, informative reference provides a complete overview of the history of the field, diagnosis, treatment, research, emerging trends, and other critical information about PTSD. Examining both theory and practice, the text offers a multifaceted look at the disorder, outlining biological, cognitive, psychosocial, psychodynamic, integrated, and other relevant approaches.

Like all the books in the Wiley Concise Guides to Mental Health Series, Posttraumatic Stress Disorder features a compact, easy-to-use format that includes:

- Vignettes and case illustrations
- A practical approach that emphasizes real-life treatment over theory
- Resources for specific readers such as clinicians, students, or patients

In addition to the fundamentals of treatment, Posttraumatic Stress Disorder covers some of today's most important and cutting-edge issues in the field, such as war and terrorism; PTSD in children, adolescents, and families; professional and ethical issues; and relevant positive psychological findings. This straightforward resource is admirably suited for a wide variety of readers including students and practicing mental health professionals, as well as first responders, military personnel, and other individuals that regularly deal with traumatic situations and their aftermath.



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