



## Reclaiming Your Life from a Traumatic Experience: A Prolonged Exposure Treatment Program: Workbook (Treatments That Work)

By Barbara Rothbaum, Edna Foa, Elizabeth Hembree

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**Reclaiming Your Life from a Traumatic Experience: A Prolonged Exposure Treatment Program: Workbook (Treatments That Work)** By Barbara Rothbaum, Edna Foa, Elizabeth Hembree

If you've experienced a traumatic event and are having trouble moving past feelings of fear and helplessness, you may be suffering from Posttraumatic Stress Disorder (PTSD). This workbook will help you overcome your PTSD and reclaim your life.

Best used in combination with treatment by a mental health professional, this workbook will help you work through your PTSD regardless of the type of trauma you've experienced. Whether you have been in a motor vehicle accident, or are a veteran of combat, or have been the victim of a physical or sexual assault, the program outlined in this book will reduce your anxiety and distress. You will learn to face the memories of your trauma, while processing your emotions about the event using a scientifically-tested and proven technique called Prolonged Exposure Therapy (PE).

Instead of avoiding or escaping situations that provoke anxiety, you will learn how to confront these situations and begin to reevaluate your feelings and beliefs to think differently about what happened to you. You will participate in exposure exercises where you will face the memories of your trauma, as well as any real-life situations that bring about feelings of fear in a step-by-step controllable way. Breathing retraining exercises will keep you calm and relaxed. As time goes on and you practice these exercises, you will notice a marked decrease in your levels of anxiety.

Complete with information on PTSD, as well as case examples, self-assessment tools, and homework assignments, *Reclaiming Your Life from a Traumatic Experience*, Workbook is an invaluable tool on the road to recovery.

**TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions!**

- All programs have been rigorously tested in clinical trials and are backed by years of research
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- Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated
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### Editorial Review

Review

"A very strong contribution to this series. When coupled with a thoughtful therapist, the workbook is a thoughtful resource that may substantially improve the caliber of brief, focused treatments for PTSD."--*PsycCRITIQUES*

About the Author

**Barbara Rothbaum** is affiliated with Emory University.

**Edna B. Foa** is affiliated with the Center for the Treatment and Study of Anxiety at the University of Pennsylvania.

### Users Review

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**Harold Froelich:**

The book Reclaiming Your Life from a Traumatic Experience: A Prolonged Exposure Treatment Program: Workbook (Treatments That Work) make one feel enjoy for your spare time. You can utilize to make your capable far more increase. Book can to get your best friend when you getting stress or having big problem using your subject. If you can make reading through a book Reclaiming Your Life from a Traumatic Experience: A Prolonged Exposure Treatment Program: Workbook (Treatments That Work) being your habit, you can get much more advantages, like add your current capable, increase your knowledge about some or all subjects. It is possible to know everything if you like wide open and read a book Reclaiming Your Life from a Traumatic Experience: A Prolonged Exposure Treatment Program: Workbook (Treatments That Work). Kinds of book are several. It means that, science publication or encyclopedia or other people. So , how do you think about this publication?

**James Fletcher:**

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**Dennis Taylor:**

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