

**BOOK LIST**  
**for Anxiety, Depression & related Disorders**

Compiled by ADAVIC, 2005. [www.adavic.org](http://www.adavic.org)



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For a complete booklist with all categories, please see the resources page at the ADAVIC website:

[http://www.adavic.org/resources/booklist\\_complete.pdf](http://www.adavic.org/resources/booklist_complete.pdf)

## POST TRAUMATIC STRESS DISORDER

### **Post Traumatic Stress Disorder. The invisible injury, 2005 edition**

**By David Kinchin**

(2001). Paperback.

David Kinchin's reassuring and sensitively-written book validates, explains and relieves the silent unseen suffering of trauma.

*"Trauma survivors will feel vindicated, supported and reassured by reading this keynote book."*

Dr Gordon Turnbull, PTSD Treatment Unit, Ticehurst House Hospital, Sussex, UK

The only book in the world, we believe, written *by* a former PTSD sufferer *for* PTSD sufferers (and their families, carers and professionals)

### **The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms**

**By Mary Beth Williams (Ph.D.), & Soili Poijula**

(2002). Paperback, 237 pages.

In the PTSD workbook, two psychologists and trauma experts gather together techniques and interventions to offer trauma survivors the most effective tools available to conquer their most distressing trauma-related symptoms.

### **Post-Traumatic Stress Disorder Sourcebook**

**By Glenn R. Schiraldi**

(2000). Paperback, 446 pages.

"I had gone through so much sadness, suffering and despair before coming across this book by chance. When I started reading it, it was as if I had awakened from a long coma, as if I was stepping out of a thick fog. Finally everything was starting to make sense! Schiraldi's writing style is clear and to the point, friendly without being patronizing. His description of the illness and treatment methods inspired me strength and confidence, now I know I can beat this thing! I very highly recommend this book to anyone who suffers from PTSD, as well as to all those who study this illness, there's much to learn from it."

### **Trauma and Recovery**

**By Judith Herman (MD).**

(1997). Paperback, 290 pages.

"This was one of the first books my psychiatrist suggested I read, and I've by now given several copies to friends. My PTSD became full blown when, 9 months after my car accident I was still trying to recover from what had been a misdiagnosed broken neck. I'm fortunate to have found a skilled therapist who values Dr. Herman's work and who recognized in me signs and symptoms of older betrayals. This is an important work."

**Life After Trauma: A Workbook for Healing****By Dena Rosenbloom, Mary Beth Williams, Barbara E. Watkins**

(1999). Paperback, 352 pages.

Fantastic workbook for working through all types of trauma. Basic areas covered include what trauma is and common reactions; ways of coping after the trauma; making sense of your posttraumatic reaction; feeling and being safe; how trust can be an issue after trauma, thinking through beliefs about trust; regaining control over your life; valuing yourself and others, self esteem issues; feeling close to others, intimacy issues; and coping with stress. I cannot recommend this workbook enough if you are ready to work at your own pace on working through your trauma(s). "The authors have written an important book for people recovering from traumatic life experiences. Its outline and helpful guidelines set the stage for healing. Its practical suggestions, exercises, and bibliography can be a source of inspiration and knowledge for those walking this difficult path.

**Children of Trauma: Rediscovering Your Discarded Self****By Jane Middleton-Moz**

(1989). Paperback, 104 pages.

"Imagine what it would be like to become the healthiest person you could be... This is the inherent right of each individual but when lingering emotional trauma from our childhood blocks the normal developmental process, we get stuck. As each of us strives to become the healthiest person we possibly can, we will have to come face-to-face with emotional fears that may be the result of traumatic childhoods. Although that journey may be paved with the pain of unresolved grief and unrecognized loss, this book will serve as the map to guide you and help you rediscover your discarded self... the best self you were always meant to be."

**Posttraumatic Stress Disorder: The Victim's Guide to Healing and Recovery****By Raymond B., Jr., Ph. D. Flannery**

(2004). Paperback, 232 pages.

Raymond B., Jr. Flannery "These acts result in psychological trauma with its states of terror and fear, and symptoms that may include hypervigilance, exaggerated startle response, sleeplessness, and recurring intrusive memories of the event. Such events and their aftermath often lead to avoidance of the traumatic situation and withdrawal from other life activities as well. In time, psychological trauma becomes Post-Traumatic Stress Disorder (PTSD), and the effects of PTSD, if left untreated, may last until death. It need not be this way. There are good interventions that victims can utilize for themselves and with their therapists. For many years, my victim patients asked where they could learn more about PTSD. Since there was no book on the topic, I wrote this one so that the basic information about psychological trauma and PTSD would be available. Many victims and their therapists have found this book to be of remarkable help."

**Why Am I Still So Afraid? Understanding Post Traumatic Stress Disorder**

**By John W. Barnhill, R. K. Rosen, & Roger Granet.**

(1999). Paperback, 192 pages.

Nightmares...headaches...intense reactions you don't understand... Are you unable to "let go" of fear? Do you suffer from depression? Anxiety? Self-destructive tendencies?

It can be a smell, a place, a certain color, or any other "trigger" that results in overwhelming anxiety or fear. If this has happened to you, you may be one of the twenty million Americans suffering from post-traumatic stress disorder. Victims of combat, violent crime, domestic or sexual abuse, or natural disasters often block out the trauma that left them feeling helpless, powerless, and vulnerable. The result can be crippling feelings of alienation, anger, and self-blame. Now this caring, comprehensive guide explains the complex symptoms of this highly treatable disorder and how sufferers can regain happiness and balance in their lives. Find out about:

- The personality types and career choices that put you at the greatest risk
- The kinds of trauma that cause PTSD and the cyclical nature of its symptoms
- Breakthrough therapies and how to choose the one that's right for you
- Information on alternative treatments, plus new techniques for anger management, relaxation, and desensitization to regain feelings of control and move forward with your life

**Copshock: Surviving Posttraumatic Stress Disorder (PTSD)**

**By Allen R. Kates**

(1999). Paperback, 472 pages.

Through gripping stories, extensive research and over 200 support sources, CopShock helps law enforcement officers, their families and all other trauma sufferers survive PTSD. A book for active duty or retired cops, police recruits, war veterans, corrections officers, paramedics, firefighters, nurses, doctors, security guards, crime victims--anyone suffering from trauma.