

PTSD – Post Traumatic Stress Disorder

1. *The Posttraumatic Stress Disorder Sourcebook – A Guide to Healing, Recovery, and Growth*
Glenn R. Schiraldi, Ph.D.; 2016
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Judith Lewis Herman MD, Kaveh Bevrani, et al.; 2016
3. *When Bad Things Happen to Good People*
Harold S. Kushner; 2004
4. *Complex PTSD: From Surviving to Thriving – A Guide and Map for Recovering from Childhood Trauma*
Pete Walker; 2013
5. *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*
Mary Beth Williams PhD LCSW CTS and Soili Poijula PhD; 2016
6. *PTSD: Time To Heal*
Cathy O'Brien; 2016
7. *Recovering from Workplace PTSD Workbook: A Recovery Workbook for Mental Health Professionals and PTSD Survivors*
Kevin William Grant; 2019
8. *Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner after Trauma*
Aphrodite T. Matsakis PhD; 2014
9. *The Courage to Heal – A Guide for Women Survivors of Child Sexual Abuse*
Ellen Bass and Laura Davis; 2008
10. *The Dance of Intimacy – A Woman's Guide to Courageous Acts of Change in Key Relationships*
Harriet G. Lerner, Ph.D.; 1997
11. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*
Bessel van der Kolk M.D.; 2015
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Lisa Campbell PhD, Karie A. Kermath, et al.; 2018

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