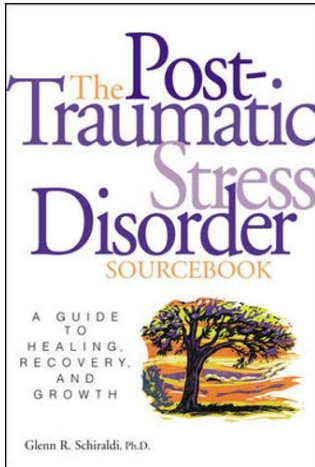


# [PDF] The Post-Traumatic Stress Disorder Sourcebook

Glenn Schiraldi - book free

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## Books Details:

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## Description:

### Review

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The recent terrorist attacks have led to widespread anxiety and distress throughout the country. For those who need help, McGraw-Hill Professional is pleased to offer a free eBook version of this book. --This text refers to the edition.

## About the Author

**Glenn R. Schiraldi, Ph.D.**, has served on the stress management faculty at the U.S. Pentagon and the University of Maryland, where he received the Outstanding Teacher

Award in the College of Health and Human Performance. He is the author of various articles and books on human mental and physical health, including *Conquer Anxiety, Worry and Nervous Fatigue: A Guide to Greater Peace; Hope and Help for Depression: A Practical Guide; Facts to Relax By: A Guide to Relaxation and Stress Reduction;* and *Building Self-Esteem: A 125-Day Program*. He serves on the Board of Directors of the Depression and Related Affective Disorders Association. He is a graduate of the U.S. Military Academy, West Point, and holds graduate degrees in Health Education from Brigham Young University and the University of Maryland.

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You can get Post-Traumatic Stress Disorder (PTSD) after experiencing a traumatic event. PTSD starts at different times for different people. Post-traumatic stress disorder (PTSD) is a mental health disorder that some people develop after they experience or see a traumatic event. The traumatic event may be life-threatening, such as combat, a natural disaster, a car accident, or sexual assault. But sometimes the event is not necessarily a dangerous one. For example, the sudden, unexpected death of a loved one can also cause PTSD. Post-traumatic Stress Disorder (PTSD) is a persistent and sometimes crippling condition precipitated by psychologically overwhelming experience. It develops in a significant proportion of individuals exposed to trauma, and untreated, can continue for years. Its symptoms can affect every life domain – physiological, psychological, occupational, and social. Post-trauma stress reactions have been recognized throughout history. They are described in classical Greek literature and in the early literature of scientific medicine, but it was first diagnostically defined in modern times in the 1980s. Post-traumatic stress disorder (PTSD) occurs in 5–10% of the population and is twice as common in women as in men. Although trauma exposure is the precipitating event for PTSD to develop, biological and psychosocial risk factors are increasingly viewed as predictors of symptom onset, severity and chronicity. PTSD affects multiple biological systems, such as brain circuitry and neurochemistry, and cellular, immune, endocrine and metabolic function. Treatment approaches involve a combination of medications and psychotherapy, with psychotherapy overall showing greatest efficacy. Studies of PTSD p