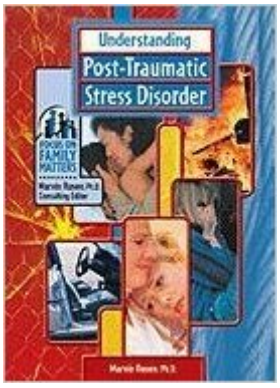
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Understanding Post-Traumatic Stress Disorder (Focus On Family Matters)



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Synopsis

A discussion of the psychological disorder known as Post Traumatic Stress Disorder, how it affects young people, and what can be done to treat this condition.

Book Information

Series: Focus on Family Matters

Hardcover: 64 pages

Publisher: Chelsea House Publications; 1 edition (January 1, 2003)

Language: English

ISBN-10: 0791069516

ISBN-13: 978-0791069516

Product Dimensions: 9.6 x 6.6 x 0.4 inches

Shipping Weight: 10.6 ounces

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Customer Reviews

Grade 6-9-This series title opens with a photograph of the Twin Towers in clouds of smoke on September 11, 2001, illustrating a modern event that has caused many people to suffer from PTSD. The author covers its many causes; the difference among anxiety disorders, phobias, and PTSD; ways to cope with it; and different methods of treatment. Somewhat problematic is a self-diagnostic tool of 20 questions for readers to use to determine if they might have PTSD. The author does, however, include a disclaimer with it, and encourages teens to seek professional help should the possibility of this disorder exist. Questions in the sidebars provide discussion prompts, making the book useful for classroom teaching. There is not much written for this age group on this topic, and the knowledge of this disorder can help provide an understanding of the impact of past wars (this disorder was first diagnosed in soldiers during World War I), and the effect of trauma on individuals in general.Jennifer Ralston, Harford County Public Library, Belcamp, MDCopyright 2003 Reed Business Information, Inc.

"Teens will appreciate the immediacy of the passages that speak directly to them...these

well-designed books contain helpful and useful information."

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