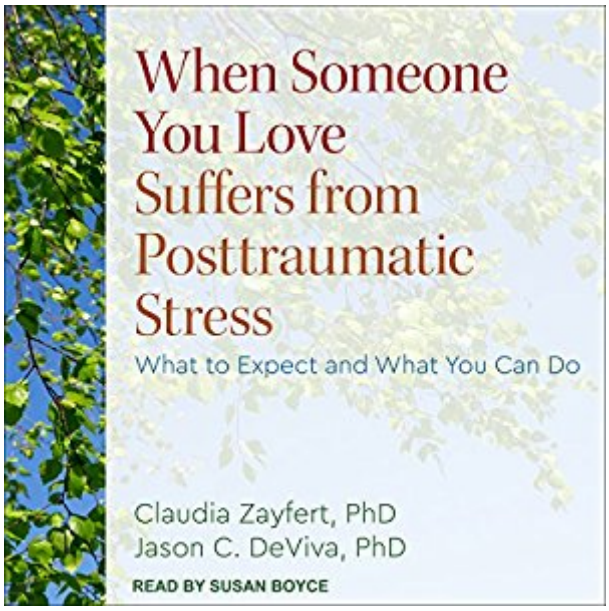
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# When Someone You Love Suffers From Posttraumatic Stress: What To Expect And What You Can Do




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## Synopsis

For trauma survivors struggling with intense memories and emotions, it often feels like life won’t ever be "normal" again. Effective treatments are out there, but the needs of family members are often overlooked. Will the person you love ever get better? What can you do to promote healing? Where can you turn when you just can’t cope? From experienced trauma specialists Claudia Zayfert, PhD, and Jason C. DeViva, PhD, this compassionate guide is packed with information, support, vivid stories, and specific advice. Learn to navigate the rough spots day by day and help your loved one find a brighter tomorrow.

## Book Information

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## Customer Reviews

I wish I had found this book earlier. I lost my husband in a motorcycle accident earlier this year. We were together four years. He was a vet with PTSD and I came along after he retired from the Army, not having been around the military myself for the most part.. This book explained so much about all of the different things he and I experienced. I struggled every day trying to keep my normal happy demeanor, to understand what he was going through, to know how best to react and respond to what was happening. He was such a giving person and I really wanted to understand it and be able to work through it with him. As I read the different chapters in this book, I saw things that I had done right, things I wish I’d done differently, things I knew were associated with PTSD and other things that I had no idea were associated. My eyes were totally opened to a much more in-depth understanding of it and to seeing that PTSD involves all kinds of trauma, not just combat situations,

which makes sense, but which I had never stopped to consider.The book uses real life examples of people and situations to help us understand what the different symptoms are, what causes them and why we may or may not be able to do anything about the different aspects. It also helps us to understand what type of things we can do to keep ourselves mentally and physically healthy and able to be there for our loved one. Although my husband is no longer here, I had to understand it and what I could have done differently. This book gave me the information I had been looking for, but in the wrong places. I did do some things right, but I could have done more. I read the Kindle version and have purchased a hard copy so that I can read it again and jump around easier. I don't have any crazy lingering guilt complex or anything. We do what we know and I did go through a lot with him. With it having been so much a part of my life, and having been so unprepared, I really wanted to understand it. If I'm in that place again, whether with a family member, spouse, friend or whomever, I'll be better prepared with what I learned in this book, which will be good for both of us.

This is a great book especially for those of us who are supporting family member with PTSD especially since it is difficult to find support groups for family and friends.

So helpful for me and my fiancÃƒÂ© to both read. He was diagnosed with PTSD last year after severing two tours in Afghanistan, and I have tried to read any and everything I can to understand what he's feeling. Because of this, some of it was already familiar to me, but it's a great introductory book that also parses out different ways that PTSD can present based on the underlying trauma. I rented it from the local library first and then decided to buy a copy for myself.

Another good reference for the loved ones of one who suffers. Provides ways of dealing with what a loved one is going through.

The book is very helpful and explains what a person with PTSD is going through and the people that live with that person.

this has been insightful - i have seem may similarities between this book and my partner

FANTASTIC BOOK. Must have for someone that has a Loved one with PTSD. Helps you understand what they are going through & how to deal with it.

Definitely worth reading. It gives you a better perspective on what someone with PTSD goes thru and what you can do to support them.

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