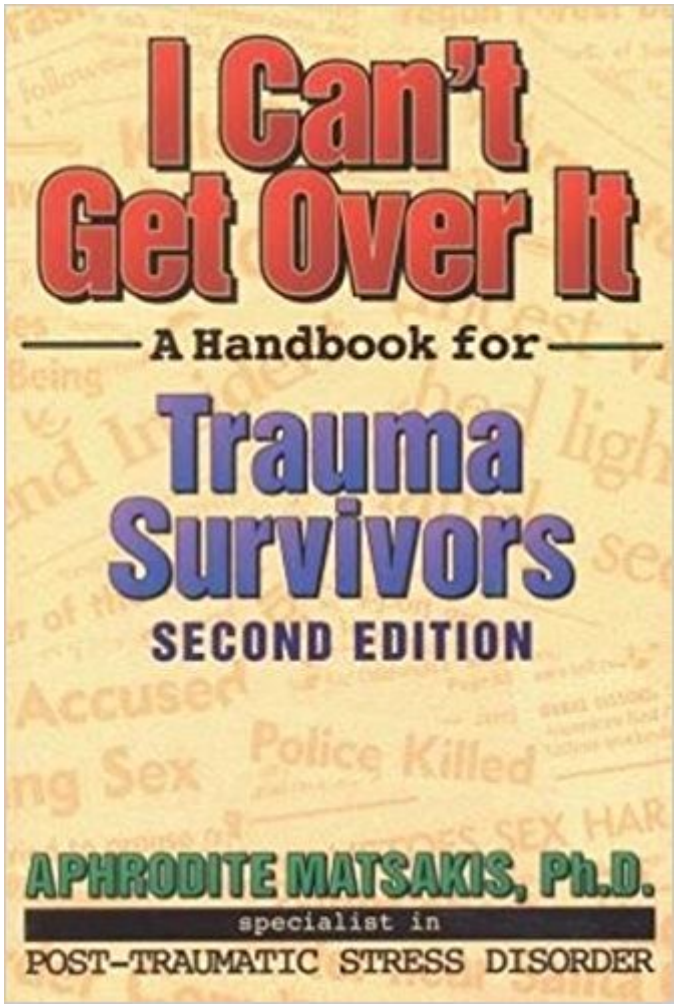
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I Can't Get Over It: A Handbook For Trauma Survivors



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Synopsis

In this ground-breaking book, Dr. Matsakis explains that post-traumatic stress disorder affects not just soldiers, but also suruvivors of many other types of trauma including: crime vehicular accidents rape family violence sexual abuse natural catastrophes I CanÃ¢â ¬â„¢t Get Over It directly addresses survivors of trauma. It explains the nature of PTSD and describes the healing process. This book will help you: Find out whether you have PTSD Cope with post-traumatic anger, grief, and survivor guilt Recognize related problems such as depression, substance abuse , compulsive behavior and low self-esteem Identify Ã¢â ¬Å“triggersÃ¢â ¬Â• that set off flashbacks, anxiety attacks, and other symptoms Relieve wounding caused by othersÃ¢â ¬â„¢ blaming and insensitivity Gain a sense of empowerment and hope for the future

Book Information

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Customer Reviews

Ã¢â ¬Å“The book provides a wealth of information about specific traumas and suggests techniques for dealing with them as well. While many trauma survivors believe they Ã¢â ¬Ëœcan Ã¢â ¬â„¢t get over it,Ã¢â ¬â„¢ use of this book, combined with appropriate therapy, will certainly assist them on their healing journeys.Ã¢â ¬Â• Ã¢â ¬â •Mary Beth Williams, Ph.D., author of Handbook of Post-Traumatic Therapy Ã¢â ¬Å“For the trauma survivor and the field professional, Dr. Matsakis has written on the most informative and sensitive books on surviving violent trauma. I CanÃ¢â ¬â„¢t Get Over It covers most useful techniques and self-help suggestions for safe recovery, empowerment, and growth following trauma.Ã¢â ¬Â• Ã¢â ¬â •Yigal Ben-Haim, Ph.D., Trauma

Specialist with the Veterans Assistance Center and Alta Bates Burn Center in Berkeley, California

I Can’t Get Over It directly addresses survivors of trauma. It explains the nature of SD and describes the healing process. This book will help you find out whether you have PTSD; cope with post-traumatic anger, grief, and survivor guilt; recognize related problems such as depression, substance abuse, compulsive behavior, and low self-esteem; identify "triggers" that set off flashbacks, anxiety attacks, and other symptoms; relieve wounding caused by others’ blaming and insensitivity; and gain a sense of empowerment and hope for the future.

This book was written in the 1970’s and what is so amazing about it is that is still the best book I have yet to read to help me through my suffering, trauma, and untreated PTSD. I was the victim of a violent crime that was sexual in nature and perpetrated by a stranger in my own home. Law enforcement, my family, my friends, and the justice system failed to point me to the resources I might need to survive such an horrific ordeal. Twelve years later, I realized there was something very wrong with me and I needed to get some help. This was the book suggestion given to me by my psychotherapist and it is extremely helpful in understanding how PTSD transforms people, changes them, and makes their very physiology different from everyone else. If you have suffered trauma of any kind, this guide will assist you greatly as you move through the grief and healing processes necessary to recover from post traumatic stress disorder. Most importantly, it may help you to see that you are not crazy, and not alone by any means. You can learn to cope and thrive and coexist with the world again.

Helps explain the process of what PTSD is and how to sort out your triggers, understand your feelings, and help give yourself a framework to think critically about personal traumas. I have read it twice over and see a therapist, the book is very helpful but for being new to the diagnosis and treatment, find little relief from using or remembering the practices within the book. I would still recommend this to friends. Completing the book was very challenging but found it to be a huge help in treatment

Trauma comes in many shapes and sizes, but I Can’t Get Over It serves as a handbook for those suffering from PTSD. From recognizing triggers and methods of coping with them to recognition of victimhood Matsakis does a masterful job. The second half of the book deals more specifically with different kinds of trauma, and the aftereffects sufferers are likely to encounter. A must have. I’ve

read it twice, once on the recommendation of my therapist and then again recently as a refresher course. Magnificent book.

Author Aphrodite Matsakis is one of the foremost experts on post-traumatic stress disorder and its many aspects. She covers many topics in this book, such as:* Find out if you have PTSD.* How to cope with ptsd, anger, grief, and survivor guilt.* Recognize related problems such as depression, substance abuse, compulsive behavior, and low self-esteem.* Identify "triggers" that set off flashbacks, anxiety attacks, and other symptoms.* Gain a sense of empowerment and hope.Chapter 1, "What is PTSD? Do I Have It?" and Chapter 2, "The Biochemistry of PTSD"are designed to help you determine if you suffer from PTSD and whether you have a clinical depression or engage in some addictive behavior as a result of PTSD.Chapter 1 will help you decide if you have full-blown or partial PTSD, or just a few PTSD symptoms.In Chapter 2 you will find a questionnaire which will help you know whether you are suffering from a clinical depression, one of the various addictions, or both.Matsakis writes: "If you discover that you suffer from one or more of the problems described in these chapters, do not disparage yourself; you are more than your problem. You, as a human being, are more than just a PTSD case, an alcoholic, or a compulsive eater. These are but parts of yourself. But left unattended these problems can consume more of your life than you want to give them. One reason for reading this book is to understand your conflicts and pain surrounding the trauma, and to prevent the symptoms you so despise from dominating your life (p.11.)Some other chapter titles are:* Feelings, Thoughts, and Traumatic Events* Why Am I Acting This Way? Triggers* Understanding Grief and Sorrow* War and Combat* Domestic Violence and Sexual Abuse* Getting Help- Survivor Groups and Therapy ProgramsThis is one of the most educational and comprehensive books on PTSD that I have found. It contains great information about specific traumas and suggests techniques for dealing with them. It offers lots of references and resources.This is an excellent book for both professionals and lay people. Plus it is a "must-have" for anyone living with PTSD, and for those who love them. Very highly recommended reading!

As a woman dealing with PTSD, I’ve read many books & articles. I’ve been in & out of therapy. This book, within the first few pages changed the way I deal with PTSD. I’ve gone back to therapy & because of this book, I’m healing. This book did more for me in one chapter than most of the therapists I’ve seen. To realize that PTSD is something that happened to me but doesn’t define me was beautiful.For anyone dealing with PTSD or anyone that loves someone with PTSD, this is a

must read.

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