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PTSD stands for post traumatic stress disorder. PTSD worksheets aim to provide help to individuals who have experienced a traumatic event and feel difficulty in regulating their emotions. These worksheets help individuals deal with uncomfortable

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emotions by using effective coping strategies.

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The PTSD Workbook: Simple, Effective Techniques for ...

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you ' ll discover your own instances of trauma by relating to PTSD experiences other than your own. Information about common PTSD misdiagnoses such as bipolar disorder, ADHD, anxiety disorders, major depressive disorder, and substance abuse, among others.



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Features of The Complex PTSD Workbook include: Information about common PTSD misdiagnoses such as bipolar disorder, ADHD, anxiety disorders, major depressive disorder, and substance abuse, among others. Explorations of common methods of PTSD therapy including somatic therapy,



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The Complex PTSD Workbook  
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PTSD symptoms include emotional numbness and sleep disturbances, poor concentration, depression, anxiety, and

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irritability or outbursts of anger. See details -  
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