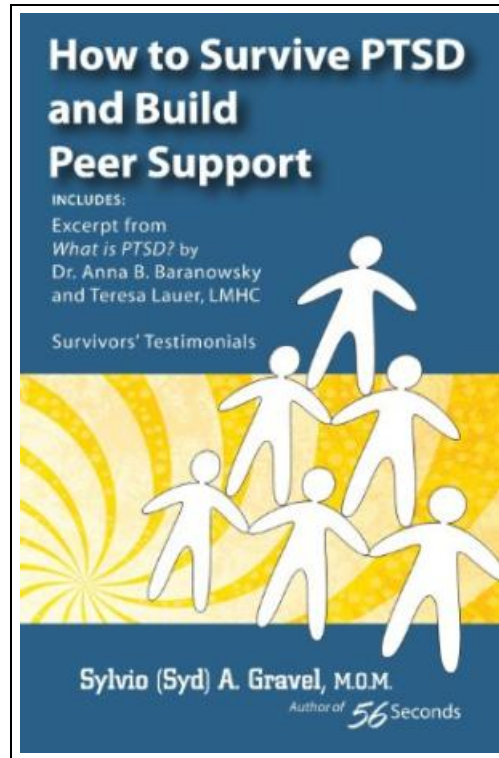


How to Survive Ptsd and Build Peer Support (Paperback)



Filesize: 9.69 MB

Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.

(Melany Goyette)

HOW TO SURVIVE PTSD AND BUILD PEER SUPPORT (PAPERBACK)



1799455 Ont. Inc., United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In this revised edition, there is information for both police and emergency services recruiters, trainers and college/university professors who prepare people to work in police and emergency services and other stress-related environments. This book provides 25 teaching points and insightful techniques to address the correlation between recruiting and new recruit-training practices, and the ability of employees and organizations to address trauma within the workplace, as well as build peer support. These techniques were acquired over 10 years of recruiting and training, when Syd was the officer-in-charge, and 22 years as a PTSD survivor. It also includes the five key questions that senior police and emergency services executives should ask to help their employees survive trauma and address post-traumatic stress disorder (PTSD). As in 56 Seconds, Syd shares his story, and what he learned over 25 years of reacting to PTSD and in developing peer-driven infrastructure to provide peer support. This edition also includes stories from the spouses of PTSD and other survivors. As a bonus, this edition includes comprehensive information, written and previously published by Dr. Anna Baranowsky, clinical psychologist and CEO of the Traumatology Institute; and Teresa Lauer, LMHC. This information includes: > what is PTSD > how the brain and body work after trauma > and much more . . . As an added bonus, this edition discusses whether survivor experience and certification is required for peers.

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