



The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma

Libbi Palmer PsyD

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If you have traumatic memories from an extremely upsetting, stressful, or painful experience in your life, you are not alone. In fact, many young people have been exposed to traumatic events. As a result, you might have lingering flashbacks, trouble sleeping, or a constant feeling that you are in danger. These are common symptoms of post-traumatic stress disorder (PTSD).

Based in cognitive behavioral therapy, this user-friendly workbook for teens with PTSD and other trauma-related difficulties will help you work through your experience and make sense of your thoughts and feelings. The book includes worksheets and activities to help you reestablish a sense of safety, gain control over your emotions, make peace with your traumatic experience, and reconnect with a positive sense of self. If you are ready to start recovering from traumatic memories and take back your life, the *PTSD Workbook for Teens* will show you the way.

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