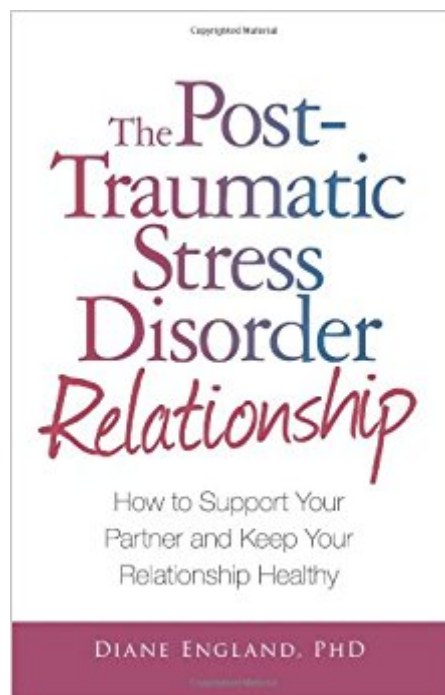




The book was found

# The Post Traumatic Stress Disorder Relationship: How To Support Your Partner And Keep Your Relationship Healthy



## Synopsis

War, physical and sexual abuse, and natural disasters. All crises have one thing in common: Victims often suffer from post-traumatic stress disorder (PTSD) and their loved ones suffer right along with them. In this book, couples will learn how to have a healthy relationship, in spite of a stressful and debilitating disorder. Theyâ™ll learn how to: Deal with emotions regarding their partnerâ™s PTSD Talk about the traumatic event(s) Communicate about the effects of PTSD to their children Handle sexual relations when a PTSD partner has suffered a traumatic sexual event Help their partner cope with everyday life issues When someone has gone through a traumatic event in his or her life, he or she needs a partner more than ever. This is the complete guide to keeping the relationship strong and helping both partners recover in happy, healthy ways.

## Book Information

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Average Customer Review: 4.1 out of 5 starsÂ Â  See all reviewsÂ  (27 customer reviews)

Best Sellers Rank: #91,859 in Books (See Top 100 in Books)   #14 inÂ  Books > Parenting & Relationships > Family Relationships > Military Families   #99 inÂ  Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder   #150 inÂ  Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders

## Customer Reviews

I know this is a very low rating, but I believe it is justified precisely because the book purports to hold out hope for people who really need it. If it were a tawdry novel with the same quality of content, it might earn two stars. I agree with the above commenter who stated that the treatment of the problem was extremely superficial. (I also agree that the book gives the appearance of having initially been written exclusively for veterans, but that strikes me as minor compared to the superficiality problem.) Based on the title, I expected the book (which is a decent length) to go into detail examining THE RELATIONSHIP as affected by one partner's PTSD, and also the effects on the non-diagnosed partner (since the literature on the effects of PTSD on the person who has it is

already extensive). I was disappointed. One chapter, "What are you going through?" (sixteen pages) should probably be about half of the book. One would hope this chapter would address what sorts of symptoms are normal for the partners of PTSD sufferers, what sorts of disorders the partner may develop, whether these are likely to be remedied by the PTSD-suffering partner's treatment or may need independent treatment, and what the interaction might be between the non-PTSD partner's difficulties (or resulting psychological disorders) and the PTSD (I expected the book to contain at least a chapter on the likelihood of a partner developing clinical-level depression as a result of living with a PTSD sufferer and the need for treatment). This is not the case. Instead, the chapter provides a cursory summary of the stages of grieving about as sophisticated as a ninth-grader's science paper. Apparently, the stages of grieving cover the sum total of what a PTSD sufferer's partner might experience.

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