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Wiley Concise Guides to Mental Health: Posttraumatic Stress Disorder

Adam Cash

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The new, quick reference for understanding Posttraumatic Stress Disorder

The *Wiley Concise Guides to Mental Health: Posttraumatic Stress Disorder* uses clear, highly accessible language to comprehensively guide the reader through posttraumatic stress disorder (PTSD) and related issues. This concise, informative reference provides a complete overview of the history of the field, diagnosis, treatment, research, emerging trends, and other critical information about PTSD. Examining both theory and practice, the text offers a multifaceted look at the disorder, outlining biological, cognitive, psychosocial, psychodynamic, integrated, and other relevant approaches.

Like all the books in the *Wiley Concise Guides to Mental Health Series*, *Posttraumatic Stress Disorder* features a compact, easy-to-use format that includes:

- Vignettes and case illustrations
- A practical approach that emphasizes real-life treatment over theory
- Resources for specific readers such as clinicians, students, or patients

In addition to the fundamentals of treatment, *Posttraumatic Stress Disorder* covers some of today's most important and cutting-edge issues in the field, such as war and terrorism; PTSD in children, adolescents, and families; professional and ethical issues; and relevant positive psychological findings. This straightforward resource is admirably suited for a wide variety of readers including students and practicing mental health professionals, as well as first responders, military personnel, and other individuals that regularly deal with traumatic situations and their aftermath.

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