



I Can't Get Over It: A Handbook for Trauma Survivors

By Aphrodite T. Matsakis PhD

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I Can't Get Over It: A Handbook for Trauma Survivors By Aphrodite T. Matsakis PhD

In this ground-breaking book, Dr. Matsakis explains that post-traumatic stress disorder affects not just soldiers, but also survivors of many other types of trauma including:

- crime
- vehicular accidents
- rape
- family violence
- sexual abuse
- natural catastrophes

I Can't Get Over It directly addresses survivors of trauma. It explains the nature of PTSD and describes the healing process. This book will help you:

- Find out whether you have PTSD
- Cope with post-traumatic anger, grief, and survivor guilt
- Recognize related problems such as depression, substance abuse, compulsive behavior and low self-esteem
- Identify “triggers” that set off flashbacks, anxiety attacks, and other symptoms
- Relieve wounding caused by others’ blaming and insensitivity
- Gain a sense of empowerment and hope for the future

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Editorial Review

Review

“The book provides a wealth of information about specific traumas and suggests techniques for dealing with them as well. While many trauma survivors believe they ‘can’t get over it,’ use of this book, combined with appropriate therapy, will certainly assist them on their healing journeys.”

—Mary Beth Williams, Ph.D., author of *Handbook of Post-Traumatic Therapy*

“For the trauma survivor and the field professional, Dr. Matsakis has written on the most informative and sensitive books on surviving violent trauma. *I Can't Get Over It* covers most useful techniques and self-help suggestions for safe recovery, empowerment, and growth following trauma.”

—Yigal Ben-Haim, Ph.D., Trauma Specialist with the Veterans Assistance Center and Alta Bates Burn Center in Berkeley, California

From the Back Cover

I Can't Get Over It directly addresses survivors of trauma. It explains the nature of SD and describes the healing process. This book will help you find out whether you have PTSD; cope with post-traumatic anger, grief, and survivor guilt; recognize related problems such as depression, substance abuse, compulsive behavior, and low self-esteem; identify "triggers" that set off flashbacks, anxiety attacks, and other symptoms; relieve wounding caused by others' blaming and insensitivity; and gain a sense of empowerment and hope for the future.

About the Author

Aphrodite T. Matsakis, PhD, is an internationally recognized expert in trauma and the author of several books dealing with traumatic reactions, including *I Can't Get Over It!*, *Trust After Trauma*, *The Rape Recovery Handbook*, and *Vietnam Wives: Women and Children Facing the Challenge of Living with Veterans with Post-Traumatic Stress Disorder*. Matsakis has over thirty-five years of experience working with veterans, abused persons, and other trauma survivors; has taught at several major universities; and has conducted dozens of seminars for trauma survivors and trauma therapists.

Users Review

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Woodrow Harker:

Do you have favorite book? For those who have, what is your favorite's book? Guide is very important thing for us to know everything in the world. Each guide has different aim or maybe goal; it means that publication has different type. Some people truly feel enjoy to spend their a chance to read a book. They are really reading whatever they consider because their hobby will be reading a book. Why not the person who don't

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