



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

By Aphrodite Matsakis



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I Can't Get over It: A Handbook for Trauma Survivors By Aphrodite Matsakis

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

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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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Sadie McBride:

Information is provisions for people to get better life, information nowadays can get by anyone in everywhere. The information can be a information or any news even a concern. What people must be consider if those information which is from the former life are difficult to be find than now is taking seriously which one is appropriate to believe or which one the actual resource are convinced. If you receive

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