



Surviving the Valley: Trauma and Beyond

Now Available!

Nearly ten per cent of the population will suffer Post-Traumatic Stress Disorder (PTSD) in their lifetimes and require help during a difficult journey that this book likens to an ascent of out of the valley of the shadow of death. The author deals with PTSD in plain language and strives to assure trauma survivors that their suffering is not the result of a personal weakness or a defect of character but rather is a by-product of the devastating physiological, emotional, cognitive and sometimes spiritual manifestations of traumatic stress.

Surviving the Valley: Trauma and Beyond is a unique resource for survivors of trauma, their loved ones and the professionals and organizations who support them. It offers:

- an easy-to-understand explanation of how trauma affects the mind and body and description of the stages of healing from trauma;
- evidence-based information and strategies to decrease distress and enhance coping strategies; and
- gentle illustrations and quotes from trauma survivors that offer support and "normalize" trauma reactions.

From the Foreword by Dr. Ruth Lanius:

"Throughout the book, survivors of trauma are offered hope and guidance through the recovery process that will eventually lead them out of the valley of the shadow of death. Specific exercises to manage extreme emotions, pain, and distress are discussed, and making meaning of the traumatic past is encouraged to help the traumatized individuals to see themselves in a new light. Traumatized persons are encouraged to persist in their journey to recovery until they see a way out of their suffering. This book offers hope, inspiration, and an escape from the valley of the shadow of death"

This book is now available through Amazon.com, Chapters-Indigo, and other on-line book sellers. Shirley also has copies available for sale at a discounted price and will have some at the CCVPS conference in May.