



Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society

Bessel A. van der Kolk (Editor) , Alexander C. McFarlane (Editor) , Lars Weisaeth (Editor)

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This bestselling classic presents seminal theory and research on posttraumatic stress disorder (PTSD). Together, the leading editors and contributors comprehensively examine how trauma affects an individual's biology, conceptions of the world, and psychological functioning. Key topics include why certain people cope successfully with traumatic experiences while others do not, the neurobiological processes underlying PTSD symptomatology, enduring questions surrounding traumatic memories and dissociation, and the core components of effective interventions. A highly influential work that laid the foundation for many of the field's continuing advances, this volume remains an immensely informative and thought-provoking clinical reference and text. The preface to the 2007 paperback edition situates the book within the context of contemporary research developments.

Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society Details

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From Reader Review Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society for online ebook

Louise Silk says

I heard van der Kolk on "On Being". He is a sensitive capable scientist and this book sums up all of the research on Post Traumatic Stress. It is very dense and detailed, yet very understandable and would be a great resource for both the suffer and the practitioner.

Listen to him here:<http://www.onbeing.org/program/restor...>

Sarah says

very research based and informative. useful for practice.

Leonard says

The dedication on one of the first pages says: "This book is dedicated to Nelson Mandela and all of those who, after having been hurt, work on transforming the trauma of others, rather than seeking oblivion or revenge." Great dedication of a great resource for anyone interested in knowing about the impact of traumatic experiences on people.

Melanie says

An excellent read.

Sam Holmes says

very heavy clinical reading, not for the casual reader in the slightest.

Linda says

An excellent text. Admittedly, I read the first edition many years back, so can't comment on how up to date it is now. It looks like the most recent edition is 2006, so it's probably worth catching up on developments since then.

Kenneth Miller says

An outstanding compendium of essays by top researchers in the field of psychological trauma.

Kelly says

Van Der Kolk is the man when it comes to this topic. Like another review noted, he is a very thoughtful scientist.

Zac Stojcevski says

Like a Monsters of Rock Festival, this is the Demons of My Head Tour De Force by three of the most capable names in the field. Heavy, heavy, heavy stuff - if you are affected by trauma, a clinician or perhaps both; intriguing science for those that are curious. The authors transcend the ordinary dryness of a massive volume like this and integrate the biology, physiology, psychology, sociology, philosophy, mythology, politics, ethnology and biases of trauma with the clinician perspective mixed with a clinician's wisdom to give us a broader understanding of the field. Unfortunately, the field grows daily and we try to tend, weed and nurture as necessary with the authors providing some custodianship and direction.

Eris Field says

This is a superb book for learning more about how people respond to stress. Two chapters should be required reading: The Black Hole of Trauma and The Body Keeps the Score. The authors manage to present information about the interaction of trauma, individual characteristics, and cultural influences in a manner that is both easy to read and compelling.

Beth says

I know I read this but honestly can't remember much about it--could be my medication. No. I attributed this book to Lars Van der Kolk who actually did write it but I think this is either the translator or an alias. The is absolutely the best book currently out there on Post Traumatic Stress. It is multi-disciplinary and not biased. An excellent resource
