



**Post-Traumatic Stress Disorder**  
Consumer Health Books, Audiovisuals,  
and Internet Sites

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**On behalf of the**

**CONSUMER HEALTH LIBRARY PANEL**

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According to the American Psychiatric Association, “a recent study of 300,000 troops returning from Iraq and Afghanistan revealed that around 20% reported mental health concerns and one-third accessed mental health services in the first year home. Of those, 12% were found to have a mental health problem. Those exposed to the most combat and risk to their life are at greatest risk of mental health problems on return. Early identification and help-seeking in large numbers is good news, but we do not know the mental health effects on families and the degree to which they are seeking and receiving treatment” (<http://healthyminds.org/couragetocare.cfm>).

It is important for every VHA facility to have access to adequate resources for veterans AND their families, so that these individuals may supplement their clinical treatment with independent readings and information. VA staff should also benefit, since through educating themselves they will be better able to recognize, understand and communicate with affected veterans.

This listing has been compiled to assist educators and librarians in locating consumer health books and audiovisuals on PTSD for their veteran patients and families. No evaluations of the materials for quality or currency have been conducted. While most of the items are tailored specifically for laypersons, some may be directed toward both professionals and patients or have relevance to the patient/family population.

## Books

Allen, Jon G. **Coping With Trauma: Hope Through Understanding (Paperback)** 354 pages. American Psychiatric Publishing; 2<sup>nd</sup> edition (October 20, 2004). ISBN: 1585621692

Armstrong, Keith. **Courage After Fire: Coping Strategies for Returning Soldiers and Their Families (Paperback)** 280 pages. Ulysses Press. (December 10, 2005) ISBN: 1569755132

Bartholomew, Rick C. **Vietnam Battlefield For The Soul (Paperback)**. 119 pages. Truman Publishing Company (May 30, 2004). ISBN: 0971992940

Bedford, Stewart. **War and PTSD (Post Traumatic Stress Disorder) (Paperback)**. 108 pages. PublishAmerica (June 2002). ISBN: 1591290988

Cantrell, Bridget. **Down Range: To Iraq and Back (Paperback)**. 160 pages. Wordsmith Publishing (July 2005) ISBN: 1933150068

Coleman, Penny. **Flashback: Posttraumatic Stress Disorder, Suicide, and the Lessons of War** 224 pages. Beacon Press (May 15, 2006). ISBN: 0807050407

Daniels, Linda. **Healing Journeys: How Trauma Survivors Learn to Live Again (Paperback)**. 215 pages. New Horizon Press (April 2004). ISBN: 088282239X

Dean, Chuck. **Nam Vet: Making Peace with Your Past (Paperback)** 176 pages. ACW Press (February 11, 2000). ISBN: 0967937108

Dean, Eric T. **Shook Over Hell: Post-Traumatic Stress, Vietnam, and the Civil War (Hardcover)**. 352 pages. Harvard University Press (October 10, 1997). ISBN: 0674806514

Dewey, Larry. **War and Redemption: Treatment and Recovery in Combat-Related Traumatic Stress Disorder (Hardcover)**. 264 pages. Ashgate Publishing (May 2004). ISBN: 0754641651

Flannery, Raymond B. **Becoming Stress-Resistant Through Project SMART Program (Paperback)**. 216 pages. Chevron Pub Corp (September 2003). ISBN 1883581370

Flannery, Raymond B. **Posttraumatic Stress Disorder: The Victim's Guide to Healing and Recovery (Paperback)**. 232 pages. Chevron Pub Corp; 2nd edition (February 2004). ISBN: 1883581389

Friedman, Matthew J. **Post-traumatic and Acute Stress Disorders: The Latest Assessment and Treatment Strategies (Paperback)**. 89 pages. Compact Clinicals; 4<sup>th</sup> edition (November 1, 2005). ISBN: 1887537228

Grossman, Dave. **On Killing: The Psychological Cost of Learning to Kill in War and Society (Paperback)**. 400 pages. Back Bay Books (November 1996). ISBN: 0316330116

Grossman, Dave. **On Combat**. 395 pages. PPCT Research Publications (September 2004). ISBN: 0964920514

Hart, Ashley B. **An Operators Manual for Combat PTSD: Essays for Coping (Paperback)**. 180 pages. Writer's Showcase Press (November 2000). ISBN: 0595137989

Helle, Gregory A. **The Enemy Within: One Vietnam Veteran Helps Others Cope With PTSD (Hardcover)**. 178 pages. Authorhouse (July 30, 2004). ISBN: 1418410985

Herman, Judith. **Trauma and Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror (Paperback)**. 290 pages. Basic Books; Reprint edition (May 1997). ISBN: 0465087302

Johnson, Kendall. **After the Storm : Healing After Trauma, Tragedy, and Terror (Paperback)**. 256 pages. Hunter House (September 9, 2005). ISBN: 0897934741

Kates, Allen R. **Copshock, Surviving Posttraumatic Stress Disorder: Surviving Posttraumatic Stress Disorder (PTSD) (Paperback)**. 472 pages. Holbrook Street Pr (May 1, 1999). ISBN: 0966850106

Kuenning, Delores A. **Life After Vietnam: How Veterans and Their Loved Ones Can Heal the Psychological Wounds of War (Hardcover)**. 389 pages. Paragon House Publishers (May 1991). ISBN:1557782318

Levine, Peter A. **Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body (Hardcover)**. 91 pages, Sounds True; Book & CD edition (March 2005). ISBN: 1591792479

Levine, Peter A. **Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences (Paperback)**. 274 pages. North Atlantic Books (September 1997). ISBN: 155643233X

Lewis, Lisa. **Restoring Hope And Trust: An Illustrated Guide To Mastering Trauma (Paperback)**. 145 pages. Sidran Press (November 30, 2004). ISBN: 1886968152

Mason, Patience H **Recovering from the War: A Guide for all Veterans, Family Members, Friends and Therapists**. 440 pages. Patience Press trade pbk. edition (1999) ISBN: N/A <http://www.patiencepress.com/store-books01.html#Anchor-Recovering-50707>

Mason, Patience H. **Recovering from the War: A Woman's Guide to Helping Your Vietnam Vet, Your Family, and Yourself (Paperback)**. 444 pages. Patience Press trade edition (1990). ISBN: 1892220075

Matsakis, Aphrodite. **I Can't Get over It: A Handbook for Trauma Survivors (Paperback)**. 395 pages. New Harbinger Publications; 2nd edition (September 1996). ISBN: 157224058X

Matsakis, Aphrodite. **Trust After Trauma: A Guide to Relationships for Survivors and Those Who Love Them (Paperback)**. 344 pages. New Harbinger Publications (April 1998). ISBN: 1572241012

Matsakis, Aphrodite. **Vietnam Wives: Facing the Challenges of Life With Veterans Suffering Post-Traumatic Stress (Paperback)**. 440 pages. Sidran Press; 2nd edition (May 1996). ISBN: 1886968004

McCarty-Gould, Colleen. **Crisis and Chaos: Life with the Combat Veteran. The Stories of Families Living and Coping with Posttraumatic Stress Disorder (PTSD) (Paperback)**. 189 pages. Nova Science Publishers (1999). ISBN: 1560726172

Miller, Dusty. **Your Surviving Spirit: A Spiritual Workbook for Coping with Trauma (Paperback)**. 200 pages. New Harbinger Publications (May 2003). ISBN: 1572243570

Mines, Stephanie. **We Are All in Shock: How Overwhelming Experiences Shatter You and What You Can Do About It (Paperback)**. 251 pages. New Page Books (July 2003). ISBN: 156414657X

Naparstek, Belleruth. **Invisible Heroes : Survivors of Trauma and How They Heal (Hardcover)**. 400 pages. Bantam (August 31, 2004). ISBN: 0553803506

Parkinson, Frank. **Post-Trauma Stress: A Personal Guide to Reduce the Long-Term Effects and Hidden Emotional Damage Caused by Violence and Disaster (Paperback)**. 200 pages. Fisher Books (February 2000). ISBN: 1555612490

Parrish, I. S. **Military Veterans PTSD Reference Manual (Paperback)**. 244 pages. Infinity Pub (March 1999). ISBN: 0741400774

Porterfield, Kay Marie. **Straight Talk About Post-Traumatic Stress Disorder: Coping With the Aftermath of Trauma (Straight Talk) (Hardcover)**. Reading level: Young Adult. 144 pages. Facts on File (January 1996). ISBN: 0816032580

Roberts, Cheryl A. **Coping With Post-Traumatic Stress Disorder (Paperback)**. 184 pages. McFarland & Company (September 2003). ISBN: 0786417366

Rosenbloom, Dena. **Life After Trauma: A Workbook for Healing (Paperback)**. 352 pages. The Guilford Press; 1st edition (April 19, 1999). ISBN: 1572302399

Ruiz, John. **Living With Post Traumatic Stress Disorder (Paperback)**. 180 pages. Authorhouse (October 15, 2004). ISBN: 1418480851

Schiraldi, Glenn R. **Post-Traumatic Stress Disorder Sourcebook (Paperback)**. 446 pages. McGraw-Hill; 1st edition (January 1, 2000). ISBN: 0737302658.

Schmitt, Art. **The Man I Didn't Know: The Stories of Veterans Who Are Affected With Post Traumatic Stress Disorder (Paperback)**. 170 pages. BookSurge (February 15, 2006). ISBN: 1419624520.

Scurlock, Raymond M. **A Vietnam Trilogy: Veterans And Post Traumatic Stress : 1968, 1989, 2000 (Paperback)**. 232 pages. Algora Publishing (October 30, 2004). ISBN: 0875863221

Shay, Jonathan. **Achilles in Vietnam: Combat Trauma and the Undoing of Character (Paperback)**. 272 pages. Scribner (October 1, 1995). ISBN: 0684813211

Shay, Jonathan. **Odysseus in America (Hardcover)**. 352 pages. Scribner. (November 11, 2002). ISBN: 0743211561

Sherman, Michelle D. **Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma.(Paperback)**. 142 pages. Seeds of Hope Books (January 2006) ISBN: 1592981178

Simpson, Carolyn. **Coping With Post-Traumatic Stress Disorder: Dealing With Tragedy (Coping) (Library Binding)**. 139 pages. Rosen Publishing Group; Revised edition (September 2001). ISBN: 082393456X

Steidle, Ann. **Soldier's Heart: Survivors' View of Combat Trauma (Paperback)**. 242 pages. Sidran Press (May 1995). ISBN: 0962916463

Tick, Edward. **War and the Soul: Healing Our Nation's Veterans from Post-traumatic Stress Disorder (Paperback)**. 272 pages. Quest Books (November 25, 2005). ISBN: 083560831X

Vermilyea, Elizabeth. **Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress (Paperback)**. 208 pages. Sidran Press (October 2000). ISBN: 1886968098

Williams, Mary Beth. **The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms (Paperback)**. 237 pages. New Harbinger Publications; 1st edition (May 15, 2002). ISBN: 1572242825

Wilson, Ritchie. **I'm Just a Survivor: My Life, Before & After My Tour of Vietnam (Paperback)**. 67 pages. PublishAmerican (June 27, 2005). ISBN: 1413766579

Zaczek, Ron. **Farewell, Darkness: A Veteran's Triumph over Combat Trauma (Hardcover)**. 344 pages. Naval Institute Press (November 1994). ISBN: 1557509891

## Audio/Video

### Frontline: The Soldier's Heart (2005)

Run Time: 60 minutes. Edited and unedited versions, in VHS and DVD.  
WGBH Educational Foundation dist. By PBS Video <http://www.shoppbs.org>

\*The program may also be viewed online at  
<http://www.pbs.org/wgbh/pages/frontline/shows/heart/>

**Living with PTSD: Lessons for Partners, Friends and Supporters (2004)**

Run Time: 18 minutes. Closed Captioned

\$30.00 plus shipping. Available in VHS, DVD

Gift from Within, 16 Cobb Hill Rd., Camden, Maine 04843. 207-236-8858

Fax: 207-236-2818 <http://www.giftfromwithin.org/html/video2.html>

**National Center for Post Traumatic Stress**

<http://www.ncptsd.va.gov/video/index.html>

A number of online videos for both professionals and patients can be viewed here.

**Numbing the Pain: Substance Abuse and Psychological Trauma (1998)**

By Najavists, Lisa M. Run Time: 30 minutes, VHS: \$39.50

Item # 255. Calvalcade Production, PO Box 2480 Nevada City, CA 95959

Phone/Fax: 800-345-5530

<http://www.cavalcadeproductions.com/adult-survivors.html>

**Post Traumatic Stress Disorder DVD (1998)**

By Gazley, Jef. Run Time: 31 minutes. VHS or DVD. \$59.99.

Studio: AskTheInternetTherapist.com Available from <http://www.amazon.com>

**Post Traumatic Stress Disorder (1990)**

Run Time: 30 minutes. Available in VHS, DVD. \$99.95

Item#: BVL2872. ISBN: 1-4213-3758-4

Films for the Humanities, P.O. Box 2053 Princeton, NJ 08543-2053.

Phone: 1-800-257-5126. Fax: 609-671-0266 [http://www.films.com/id/4051/Post-Traumatic Stress Disorder.htm](http://www.films.com/id/4051/Post-Traumatic%20Stress%20Disorder.htm)

**Post Traumatic Stress Disorder: Families Matter (2001)**

Run time: 29 minutes

WM170 P657 2001 ALL/HCF

Austin, AK: Dixon Video Productions, Central Arkansas Veterans Healthcare System

**Post Traumatic Stress Disorder: the Woman's Perspective (1996)**

Run Time: 20 minutes. Available in VHS, DVD \$99.95

Item#: BVL7397 ISBN: 0-7365-3828-3 Films for the Humanities, P.O. Box 2053 Princeton, NJ 08543-2053. Phone: 1-800-257-5126. Fax: 609-671-0266

[http://www.films.com/id/9437/Post-Traumatic Stress Disorder The Womans Perspective.htm](http://www.films.com/id/9437/Post-Traumatic%20Stress%20Disorder%20The%20Womans%20Perspective.htm)

**Post Traumatic Stress Disorder: When the Memories Won't Go Away (2000)**

Run Time: 53 minutes. Available in VHS, DVD. \$149.95

Item#: BVL29358 ISBN 0-7365-4264-7 Films for the Humanities, P.O. Box 2053 Princeton, NJ 08543-2053. Phone: 1-800-257-5126. Fax: 609-671-0266

[http://www.films.com/id/4260/Post-Traumatic Stress Disorder When the Memories Wont Go Away.htm](http://www.films.com/id/4260/Post-Traumatic%20Stress%20Disorder%20When%20the%20Memories%20Wont%20Go%20Away.htm)

### **Recovering From Traumatic Events: The Healing Process (2001)**

- Professional Version: Run Time: 33 minutes, includes 10 min. presentation - \$65.00 (closed captioned, VHS or DVD)
- Survivor Version: Run Time: 23 Minutes - \$30.00 (closed captioned, VHS only) Gift from Within, 16 Cobb Hill Rd., Camden, Maine 04843. 207-236-8858 Fax: 207-236-2818 <http://www.giftfromwithin.org/html/video2.html>

### **Rediscovering Resilience: Spiritual Reflections (2002)**

ISBN: 1-58140-253-8 Run Time: 16 minutes, Price on VHS: \$90  
Aquarius Health Care Videos, 18 North Main Street, Sherborn, MA 01770  
<http://www.aquariusproductions.com/>

### **True/Not True: When Memories Can be Trusted (1993)**

By Van der Kolk, Bessel A. Run Time: 30 minutes, Price on VHS: \$39.50  
Item # 236. Calvalcade Production, PO Box 2480 Nevada City, CA 95959  
Phone/Fax: 800-345-5530  
<http://www.cavalcadeproductions.com/adult-survivors.html>

## **Internet Sites**

While most mental health web sites, such as the National Institute of Mental Health (<http://www.nimh.nih.gov/>) contain some information on PTSD, the sites listed below are more focused and provide more in-depth resources.

### **Courage to Care**

<http://centerforthestudyoftraumaticstress.org/education.courage.shtml>

Courage to Care is an electronic, health communication campaign of the Uniformed Services University of the Health Sciences (<http://www.usuhs.mil/>). It provides physicians and medical leadership with information on topics related to military unique healthcare issues, as well as issues pertaining to homeland security and the nation's health. The fact sheets provided on the site are in the public domain, and include one version for healthcare professionals and another for families and patients. Courage to Care materials can be distributed in office waiting areas, or on an organization's website.

### **National Center for PTSD**

<http://www.ncptsd.va.gov/>

This site of the Department of Veterans' Affairs was created within the Department of Veterans Affairs in 1989, in response to a Congressional mandate to address the needs of veterans with military-related PTSD. Its mission is to advance the clinical care and social welfare of America's veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders. It is provided as an educational resource concerning PTSD and other enduring consequences of traumatic stress, for a variety of audiences. It also contains the PILOTS database, and electronic index to traumatic stress literature.

**PTSD Alliance**

<http://www.ptsdalliance.org/>

The Posttraumatic Stress Disorder (PTSD) Alliance is a group of professional and advocacy organizations (including the American College of Obstetricians and Gynecologists, Anxiety Disorders Association of America, International Society for Traumatic Stress Studies, and Sidran Institute) that have joined forces to provide educational resources to individuals diagnosed with PTSD and their loved ones, those at risk for developing PTSD, and medical, healthcare and other frontline professionals. Pamphlets and other information are available at the site.

**Sidran Institute**

<http://www.sidran.org/>

The Sidran Institute is a nationally-focused nonprofit organization devoted to helping people who have experienced traumatic life events. Its online articles on trauma and PTSD are free, and the resources section contains information for victims, family members and professionals.