



# Trauma Recovery Handbook: A Recovery Guide For Yourself, Your Colleagues & Those You Love

*Charlene Slover, Debra Tasci*

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## **Trauma Recovery Handbook: A Recovery Guide For Yourself, Your Colleagues & Those You Love**

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Trauma Recovery Handbook, 2nd Edition, is an indispensable and easy to read guide for yourself or someone you care about who has survived a traumatic event. Insightful and direct, this guide helps make sense of a wide range of traumatic experiences from the mild to severe, and identifies warning signs and symptoms left in the wake of trauma and prepares you to begin the road toward recovery and healing. Psychologists and trauma experts Debra Tasci and Charlene Slover draw on more than 35 years of field experience helping people during, in the aftermath, and in the recovery process of living through a traumatic event. This book includes insights on the stages of trauma recovery, recognizing vicarious stress, children and trauma, juror distress and support strategies for friends, colleagues and those you love.

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