



# Understanding Combat Related Post Traumatic Stress Disorder

*Walter F. McDermott*

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## **Understanding Combat Related Post Traumatic Stress Disorder** Walter F. McDermott

This introduction to the invisible wound of war, Post Traumatic Stress Disorder, explains the historical development of PTSD, its myriad symptoms and the most effective psychological and medical treatments. Combining the basic tenets of cognitive psychotherapy and his own military experience, the author explores such topics as PTSD's effects on families and spouses, fear and anxiety, memory difficulties, feelings of guilt or anger, depression and suicidal thoughts, and others.

Because it is a hidden, psychological wound, veterans afflicted with PTSD may find it difficult to understand their symptoms. Veterans and their families can better understand PTSD by reading this book.

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