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# My Daddy Has PTSD

An Illustrated  
Story Book  
to Help  
Children  
Understand  
Post-Traumatic  
Stress  
Disorder



by Casey Sean Harmon

# My Daddy Has Ptsd

**David Morgan**



## **My Daddy Has Ptsd:**

**My Daddy Has Ptsd** Harmon Casey Sean,2015-02-17 Casey Sean Harmon spent seven years on a unit ministry team in the US Army where he witnessed the effects that PTSD has on soldiers and their families He wrote My Daddy has PTSD for his son shortly after he himself was diagnosed with the disorder Back cover **My Daddy Has PTSD** James

Rosone,Miranda Watson,2022-03-30 PTSD is a very serious condition that affects many veterans and other individuals It can have an impact on the entire family including the children This book follows a little girl and her Daddy to explain what PTSD is to a child It aids in building empathy for the condition and opens the door to helpful conversations **My Daddy Has**

**Ptsd** Regina Griffin Burch,2014-04-15 The goal of My Daddy Has PTSD is to provide support and promote outreach for veterans and their families as they cope with the symptoms of Post Traumatic Stress Disorder Full color photos on 52 pages explore the daily life of a young child with strategies to support and solve difficulties that the family experiences due to PTSD symptoms Vets to Vets United a dog training group providing companion dogs for disabled veterans will benefit from the sale of this book The Invisible Trauma David Morgan,2022-06-01 In any war the health of a fit soldier can drastically change

in an instant and so it was for the men and women in the Vietnam war While the consequences of major physical injury from a high velocity gunshot wound or from shrapnel from an exploding anti personnel mine or from the explosive effects of an artillery shell or mortar were obvious the effects of psychological injury were not Adverse psychological effects resulting from war have been known for many years and labels such as Shell Shock or Battle Fatigue were applied However since the Vietnam experience and subsequent research those adverse psychological effects are now known as Post Traumatic Stress Disorder PTSD can result from experiencing a near death incident or the violent injury or death of a mate or from treating the major wounds of battle casualties A high percentage recover from the acute effects of psychological injury but for many the experience may be the start of a chronic disorder that can affect the well being of sufferers for the remainder of their lives Dave Morgan gives a detailed and clear account of his battle with PTSD He describes his traumatic experience in Vietnam and how PTSD gradually emerged after his return to Australia He experienced negative thinking confusion intense anger alcohol abuse and thoughts of suicide This caused great distress He expresses his experience adn that of his family frankly and opens a window to understanding the problems of a man suffering from PTSD In this he has made a valuable contribution and his book adds value to those who are interested in this chronic disorder There is no completely effective treatment for PTSD but people like Dave Morgan are doing all they can to reach that goal **PTSD My Story, Please**

**Listen!** Curtis Butler III,2010-05-28 This book was written by a Soldier with Post Traumatic Stress Disorder PTSD dealing with his daily struggles with this disorder or in his words trying to rid the dancing devils in my head Post Traumatic Stress Disorder is about the silent trauma from which our soldiers are suffering and the author s own experience Symptoms of PTSD include flashbacks intrusive emotions bad memories nightmares explosive outburst and irritability The author will describe

how he deals with PTSD and provide tips that helped him cope with this disorder      **Growing Up in Armyville** Deborah Harrison, Patrizia Albanese, 2016-10-29 It was 2006 and eight hundred soldiers from the Canadian Armed Forces CAF base in pseudonymous Armyville Canada were scheduled to deploy to Kandahar Many students in the Armyville school district were destined to be affected by this and several subsequent deployments These deployments however represented such a new and volatile situation that the school district lacked as indeed most Canadians lacked the understanding required for an optimum organizational response Growing Up in Armyville provides a close up look at the adolescents who attended Armyville High School AHS between 2006 and 2010 How did their mental health compare with that of their peers elsewhere in Canada How were their lives affected by the Afghanistan mission at home at school among their friends and when their parents returned with post traumatic stress disorder How did the youngsters cope with the stress What did their efforts cost them Based on questions from the National Longitudinal Survey of Children and Youth administered to all youth attending AHS in 2008 and on in depth interviews with sixty one of the youth from CAF families this book provides some answers It also documents the partnership that occurred between the school district and the authors research team Beyond its research findings this pioneering book considers the past present and potential role of schools in supporting children who have been affected by military deployments It also assesses the broader human costs to CAF families of their enforced participation in the volatile overseas missions of the twenty first century      **No Mercy Vol. 2** Alex De Campi, 2016-06-08 Lost in Central America after an accident nine teens begin to find their way home and into more trouble Collects NO MERCY 5 9      **How Not to Date a Pop Star** Jada Trainor, 2023-07-11 Aaliyah Preston and Tyler Moore were best friends growing up Tyler played and wrote music and Aaliyah brought that music to life through dance They were convinced their lives would change forever after entering a TV talent show but when Aliyah s mom ended up in hospital Tyler had to go alone and won Suddenly he was thrust into the spotlight while she was left behind in their small seaside town Several years later Tyler is the hottest pop star on the planet and Aaliyah has her heart set on following in her mom s footsteps and attending the Boston Conservatory to study dance However her future becomes hazy when Tyler suddenly comes back home and wants to make up for all the years they lost and even plan a future that includes the two of them together While Tyler may have a lavish lifestyle and fans all the world over he isn t happy What he really wants is a chance at a normal life and he wants Aaliyah to be part of that life However family drama including long buried secrets about both of their fathers threaten any plans for their futures But like the best pop songs when the music and the lyrics come together everything works in perfect harmony Tyler and Aaliyah will need to write a new duet without giving up on their dreams      Everyday Trauma Tracey Shors, PhD, 2021-12-14 A neuroscientist explores how trauma impacts the brain especially for women and how we can learn to heal ourselves Everyone experiences trauma Whether a specific harrowing event or a series of stressful moments that culminate over time trauma can echo and etch itself into our brain as we remember it again and again throughout our lives In Everyday Trauma

neuroscientist Dr Tracey Shors examines trauma with a focus on its pervasive nature how it can happen at any time through big or small events and how it often reappears in the form of encoded memory Her research reveals that when we are reminded of our trauma reliving that tragic moment copies yet another memory of it in our brain making it that much more difficult to forget Dr Shors also explores the neuroscience behind why women in particular are more vulnerable to stress and traumatic events setting them up to be three times more likely than men to suffer PTSD With potential long term consequences such as addiction anxiety depression and PTSD trauma can have a lasting impact on both the brain and body Dr Shors illuminates the effective tools that can reduce the repetitive thoughts that reinforce our traumas including cognitive based therapies and trauma informed care such as her own groundbreaking program a combination of mental and physical training called MAP Training By understanding how our brain responds to trauma and practicing proven techniques that can train our brains and help us let go of our tragic memories whatever they may be we are better equipped to leave our traumatic pasts behind and live in a brighter present

**No Mercy #9** Alex De Campi,2016-04-13 Flashback issue Charlene's parents make inadvisable schooling decisions

**The Impact of the Military** Stephen Pickard,Michael Welker,John Witte,2023-05-31 In an often violent and dangerous world military defense systems exercise a major role in the ways societies and nations function develop their aspirations protect themselves promote their identities and shape their destinies As we are only too aware at this time in global history conflict war and peace are deeply entangled and often morally ambiguous This timely volume of essays offers contributions from Europe Africa and Australia It raises fundamental issues about the indispensability of the virtues in the military the relationship between military and the public good the nature of combatants and a soldier's responsibilities for humanity and peace moral and spiritual injury and new challenges for pastoral care in the armed forces

Rebels David Liss,2016-09-20 A science fiction superfan is heading back to space on a new mission to save Earth in this hilarious follow up to the exhilarating Booklist starred review Randoms It's difficult to return to Earth and live a simple unadventurous life after having seen the wonders of the universe especially when you find yourself with Smelly a self important artificial intelligence living in your head reminding you how much of a primitive meat bag you are But with Smelly's help Zeke is on his way back to space on a new super secret mission Zeke may earn Earth a second chance at intergalactic membership and better yet he'll be reunited with Tamret the alien girl of his dreams However things never go as planned for Zeke Conspiracy abounds as he's once again blamed for destroying a spaceship and sent deep into the dangerous Forbidden Zone to find the military tech tree that the enemy Phands are already using Will his knowledge of pop culture and science fiction that saved him in Randoms help again

Recovery from Trauma, Addiction, Or Both Lisa M. Najavits,2017-08-20 Leading trauma and addiction specialist Lisa Najavits creator of the evidence based Seeking Safety treatment model has trained thousands of therapists in innovative techniques to help people heal and reclaim their lives Now she puts an array of science based self help strategies directly in the hands of readers This motivating book is packed with

compassionate stories and carefully designed reflection questions exercises and practical tools that can be downloaded and printed for ease of use Dr Najavits explains the links between trauma and addiction and guides people experiencing either or both to make meaningful changes Each concise chapter offers practical ideas that readers will return to again and again to keep themselves safe while building skills for coping with painful past events and finding a brighter way forward Mental health professionals see also the author s Seeking Safety A Treatment Manual for PTSD and Substance Abuse which presents an evidence based treatment approach developed specifically for PTSD and substance abuse

### **The Undetected**

**Narcissist** Angela Myer,2022-03-30 Do you have a hard time grasping the difference between normal and abnormal behavior Has anyone suggested that you need to educate yourself about narcissistic abuse traits and behaviors This book will wake you up and answer your confusing questions Written for everyone even the narcissist A must read for all mental health professionals people within the legal systems medical professionals law enforcement and anyone that works with families The Undetected Narcissist is the most comprehensive and enlightening book on the topic of narcissistic traits behaviors and how tips and how to reduce trauma This book conveys Learn to read between the lines with written documents Tools to support law enforcement mental health professionals and family law attorneys Decode and detect the difference between a victim and a narcissist Decode and detect traits and behaviors so you are not blindsides or left in the dark How to create a victim profile and what questions to ask Discover the difference between normal and abnormal relationships Realize what a healthy relationship looks like Learn the differences between an NPD and a covert narcissist Examples of real life stories to prove what these traits look like when dealing with a narcissist Connect the dots between childhood trauma and how a narcissist is created The Undetected Narcissist is a novel of shocking narrative jubilation and resiliency If you are a narcissist it is never too late to stop hurting the one s you care about This book can change your life as well as someone you love It is time to start living instead of existing We need to stop being trauma ignorant and become trauma informed This book reveals how one covert narcissist fooled over a dozen professionals within the system I wrote this book to save lives empower people and support families in living a better life Become empowered with a newfound strength and awareness I know because my son and I are survivors This book will change your reality and give you a newfound sense of HOPE

### **You Don't Need to**

**Forgive** Amanda Ann Gregory,2025 Feeling pressured to forgive offenders is a common reason why trauma survivors avoid mental health services and support Trauma psychotherapist Amanda Ann Gregory explores the dangers of forced forgiveness and the benefits of elective forgiveness which gives survivors the agency to progress in their recovery on their own terms

**Psychology of Trauma 101** Lesia Ruglass,Kathleen Kendall-Tackett,2014-10-10 Psychology of Trauma 101 is exceptionally well written easy to read and enriched with empirical findings and discussions related to trauma psychology Therefore this book would help any beginning mental health professional better understand the current state of trauma research theory and treatment and thus Psychology of Trauma 101 is highly recommended Erin K Poindexter Journal of Loss

and Trauma As trauma research and practice grow practitioners trainees and others struggle to acquire and apply critical information to help the traumatized In *Psychology of Trauma 101* Lesia Ruglass and Kathleen Kendall Tackett fill this void with a highly readable and reliable guide for practitioners and students in promoting posttraumatic growth and resilience Charles R Figley PhD Tulane University Our knowledge about the psychological effects of traumatic events has grown dramatically over the past three decades *Psychology of Trauma 101* is a concise current and accessible overview of this critical issue including posttraumatic stress disorder PTSD its causes and its physical and mental consequences Grounded in the most up to date research and theories on trauma and its effects this text not only covers the concepts of what trauma is and the ways in which different kinds of traumas affect people but also considers how it is diagnosed in the wake of DSM 5 and is treated with both conventional and alternative methods Richly illustrated with first person accounts from trauma survivors this book encompasses theories diagnosis and treatment as well as how trauma affects family members and caregivers It also addresses the variables of gender race ethnicity and culture as they bear on trauma psychology and the potential health consequences of trauma In addition the book illuminates controversies in the field and such emerging topics as posttraumatic growth multiple traumas and how traumatic events affect communities Written by a team of leading researchers and clinicians in the field the book is an ideal introduction to this critical topic for students and practitioners

**Key Features** Provides a comprehensive yet concise overview of trauma and PTSD Considers theoretical frameworks for understanding trauma and its impact on physical and mental health Addresses how trauma is diagnosed and treated with both conventional and alternative approaches Covers posttraumatic growth multiple traumas and caregiver issues such as burnout and self care Includes plentiful firsthand accounts from trauma survivors

**The Psych 101 Series** Short reader friendly introductions to cutting edge topics in psychology With key concepts controversial topics and fascinating accounts of up to the minute research The Psych 101 Series is a valuable resource for all students of psychology and anyone interested in the field

**Firefighter Emotional Wellness** Jada Hudson, 2022-03-15 *Firefighter Emotional Wellness Reconnecting with Yourself and Others* is a training exercise for your heart and mind It s an excellent evidence based self help book with boots on the ground sharing interviews with firefighters and how they adapt You are looking at a critical part of your success as a first responder and human being and it doesn t mean that you will have perfect understanding right away or ever but what it means is you will begin to find tools that help you grapple with what you have seen Jada Hudson What others are saying By sharing personal stories of her clients emotional wellness struggles Jada Hudson takes away the stigma of talking about things like depression anxiety addiction suicidal ideation said Dr Thomas E Joiner an academic psychologist author and professor of psychology Florida State University *Firefighter Emotional Wellness Reconnecting with Yourself and Others* is a must read for every academy recruit newlywed leader retiree spouse and individual who wants to become or remain emotionally well Jada Hudson s years of critically important work with counseling first responders has come full circle in this

book Her insight guidance and examination of the issues facing the men and women on the front lines is both remarkable and humbling This book should be a must read for any first responder or medical professional Dr Robert Langman Northwestern Medicine Chicago I highly recommend this book for first responders peer support programs chaplains and clinicians said Dr Joel Fay who teaches intervention case law PTSD Suicide by Cop and Self Care for Sacramento PD CIT Jada Hudson brings a considerable wealth of information regarding the mental health and treatment of first responders She covers a broad range of topics including PTSD suicide stress and trauma resiliency and treatment She shares her professional knowledge and writes from her personal experience and the book is richer for it Jada Hudson draws upon her personal and professional experience as well as research and theory in writing Firefighter Emotional Wellness a book that is timely and important says Dr Stanley McCracken author and lecturer at The University of Chicago Just as first responders drill to prepare them for the physical demands of their jobs reading this book should be considered a preparation for the emotional demands they will face

*My Journey of Life with Ptsd* Daniel Osborne, 2021-05-28 This is my autobiography about my journey in life that leads me to living with ptsd and the complexities of a life with this infliction it is a journey that takes a happy man in life to a life of despair and desperation a cry for help a journey that had destroyed my soul but also helped me rebuild it and become the person that I have become today a positive focused man with a new lease of life and vigour and through my experience I am trying to help others overcome similar issues and to try recapture there own life and not to take there life due to depression or ptsd or anxieties to give a sense of hope and realism in a world that is difficult enough **Girl Overboard** Sandra Block, 2022-05-03 This fast paced thriller about a girl who investigates her friend s disappearance during their cruise ship vacation is Ruth Ware s *The Woman in Cabin 10* for teens and it s a paperback original When Izzy meets Jade on a cruise to Bermuda her new daredevil friend turns Izzy s boring family vacation into the trip of a lifetime Until Jade goes missing The investigators claim Jade fell overboard but Izzy knows better Her friend had secrets secrets that might have gotten her killed As Izzy digs deeper into Jade s disappearance she realizes that someone doesn t want her to find the truth And if she s not careful Izzy might not get off this ship alive Underlined is a line of totally addictive romance thriller and horror paperback original titles coming to you fast and furious each month Enjoy everything you want to read the way you want to read it

*Wings of Hope* Hillary E. Peak, 2011-12-09 The bond of a father and daughter is special When Jules father asks her to come be stay with him because he s terminally ill she goes for the remarkable opportunity to really know her father She never dreamed he had liberated a concentration camp dealt cards to Bugsy Siegel or saved the life of a Black Panther *Wings of Hope* takes you on a road trip through the memories of a man making peace with his life through his conversations with his daughter Teaching her that death is sometimes the most heartbreakingly beautiful part of life Hope is the last gift of a father to his daughter the power to reach for her dreams



## **My Daddy Has Ptsd** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**My Daddy Has Ptsd**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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