



# Posttraumatic and Acute Stress Disorders

*Matthew Friedman*

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## **Posttraumatic and Acute Stress Disorders** Matthew Friedman

A handy, easy-to-read reference for the diagnosis and treatment of posttraumatic and acute stress disorders, this important 6th edition has been revised and updated extensively, offering a wealth of new information in a concise format of 6 sections. The new DSM-5 diagnostic criteria for PTSD and Acute Stress Disorder (ASD) are discussed, in depth, in Chapters 2 and 6, respectively. In addition, updated tables listing instruments for assessing diagnosis and symptom severity are cited and annotated in seven appendices, as in previous editions. Chapters 3-5 have been revised to keep pace with the ever-expanding literature on treatment of PTSD. This is especially true in Chapter 4 where, in addition to a focus on evidence-based cognitive-behavioral therapy, CBT and other individual psychosocial treatments (e.g. eye movement desensitization and reprocessing, EMDR), the growing literature is presented on couples, family, group and school-based treatments for adults, children and adolescents. Chapter 5 reviews the pathophysiology of PTSD and evidence-based pharmacotherapy for the disorder. Chapter 6 addresses both normal acute stress reactions and clinically significant ASD, as well as effective interventions for each.

A comprehensive, sophisticated, practical reference for all clinicians, *Posttraumatic and Acute Stress Disorders, 6th Edition* is an invaluable resource designed to guide the best clinical attention for individuals suffering from posttraumatic an

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