



Primary Care Psychological Therapy Service

Self-Help Reading List

Trauma

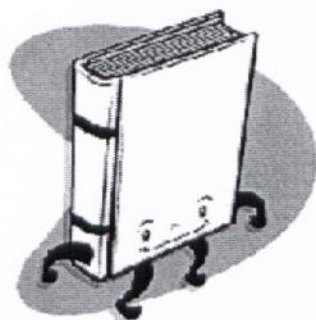
These books can help if you have problems with trauma:

Overcoming Traumatic Stress

Claudia Herbert

Robinson, 1999

ISBN 1841190160



Overcoming Childhood Trauma

Helen Kennerly

Constable & Robinson, 2000

ISBN 1841190810

Breaking Free: Help for Survivors of Child Sexual Abuse

Carolyn Ainscough & Kay Toon

Sheldon, 2000

ISBN 0859698106

