



Complementary and Alternative Medicine for PTSD (Hardback)

By -

Oxford University Press Inc, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. The number of individuals diagnosed with posttraumatic stress disorder has increased in the past decade, not only in the military and veteran population but within the civilian population as well. Traditional treatments such as pharmacotherapy and psychotherapy have provided less-than-ideal results proving to be less effective when used alone to treat the disorder. Complementary and Alternative Medicine for PTSD supplements these traditional treatments, using new and effective techniques to fill the therapeutic void. The alternative therapies covered include acceptance and commitment therapy, acupuncture, alternative pharmacology, canine assistive therapy, family focused interventions, internet and computer-based therapy, meditation techniques, mobile applications, recreational therapy, resilience training, transracial magnetic stimulation, virtual reality exposure therapy, and yoga. Each chapter delivers the most up-to-date understanding of neurobiology, best practices, and key points for clinicians and patients considering inclusion of these treatments in patient care. COL David Benedek and LTC Gary Wynn offer insight into the future of complementary and alternative medicine, shining a light onto how these techniques fit into clinical practice to create the most beneficial treatments for the patient. This book is both an essential resource and practical...



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