



Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner after Trauma

Aphrodite Matsakis

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Post-traumatic stress disorder (PTSD) can present with a number of symptoms, including anxiety, depression, flashbacks, and trouble sleeping. If your partner has PTSD, you may want to help, but find yourself at a loss.

The simple truth is that PTSD can be extremely debilitating—not just for the person who has experienced trauma first-hand, but for their partners as well. And while there are many books written for those suffering from PTSD, there are few written for the people who love them. In *Loving Someone with PTSD*, renowned trauma expert and author of *I Can't Get Over It!*, Aphrodite Matsakis, presents concrete skills and strategies for the partners of those with PTSD.

With this informative and practical book, you will increase your understanding of the signs and symptoms of PTSD, improve your communication skills with your loved one, set realistic expectations, and work to create a healthy environment for the both of you. In addition, you will learn to manage your own grief, helplessness, and fear regarding your partner's condition.

PTSD is a manageable disability. While it isn't your responsibility to rescue your partner or act as his or her therapist, this book will help you be supportive and implement strategies for lessening the negative impact of PTSD—not just for your partner, but for your relationship, and, importantly, for yourself.

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From Reader Review Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner after Trauma for online ebook

Tony Parsons says

a must win for a counselor

PWRL says

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Kendra Nichols says

I May not have someone in my immediate family at this time with PTSD but my friend does and her family is like my second one so I read this because I was interested in learning all I could. I'm glad I did too because now when I see them interacting its easier for me to understand the situation. I definitely recommend this book to anyone that has a loved one with PTSD.

Shelley says

The title of this book is accurate. It covers the important issues for people in that situation. It addresses the daily ongoing issues of reacting to triggers and needing help to calm down, as well as crisis situations that are dangerous.

If your partner has a history of any kind of trauma, including abuse, rape, war, immigration, victim of crime, witness to violence, etc. this book is likely to be useful to you.....

Sara says

I think this is a helpful introduction but will need following up for me. It took a lot of simple concepts that I was aware of in my situation and added some more explanation to it so that I felt like I could understand some of the struggles I was encountering a little more.

That being said, I really felt like it made me want more in-depth science into how PTSD can affect an individual. This book definitely focuses on how you can show support through words and actions. Considering this is the first book I've read about PTSD, I think it was a good jumping off place and I'll be more prepared to dive into more complex books later on.

If you are reading this because, as the title suggests, you love someone with PTSD, then be prepared. It was an emotional struggle for me to bring forth all of these things and think about them deeply. And then it made me feel worse to think about how I felt just from secondhand exposure.

Sherril Sipes says

I think, as with most books that address these types of subjects, it was helpful. I myself tried to use the suggestions, but my attention span these days is "Short", unless it is a book that takes me away in my mind..;)

As for the people in my family I was hoping it would help more.....they did not finish reading the book yet.

So, I do not think I can give a valuable review.

Thanks

S

Angel Graham says

Received an ARC from NetGalley in exchange for an honest review.

As a person who is married to a PTSD survivor and as a PTSD survivor myself, I knew this was one book I wanted a chance to review, and am thankful the Publishers decided to allow me to do so.

This book uses examples throughout to help illustrate what it is trying to say. I believe it is what keeps this from being a dry, text book read.

I found it helpful in many ways, and the author gives us a bit of homework to do at times, such as writing down things that can be helpful to remember as you try to love a survivor with PTSD. It isn't easy, loving us. We often have some emotion problems that cause our loved ones to question if we love them at all.

My biggest problem with this book is something that is in the publishers hands, not the author's. The formatting of the book. Like a number of books I have been reviewing for NetGalley, the publisher appears to have taken the Print ARC and stuck it into a file and labeled it a digital ARC...except that's not what it is. It becomes a hot mess when you do this. While not as horrible as several other books I have just reviewed, or am reading now, it makes it difficult at times to read this book.

Loving Someone with PTSD has so much to offer the reader, that the publisher needs to take the time to have a proper Digital ARC created for reviewers, so that we have one less thing to count against a book. Formatting matters, it affects who easily we can actually read the book you have put in our hands.

Joanna says

I found this book very helpful for me personally. To help me deal with my PTSD. Good communicating exercise in it. If a person would really like to understand people that have PTSD this is a good place to start. I recommend this book to any person who has or knows someone who has PTSD.

Carlos Vasconcellos says

This guide is very informative in living with a person with PTSD and techniques in communication as an active listener and speaker. The subject matter is a current hot topic while getting older and interacting with family and people, I have to learn how to communicate with my loved ones who were victims of a very Traumatic experience. I am seeing many similar patterns with my 40+ peers that grew up with tons of tuff love in Jamaica,Queens amongst heavy family drug abuse, violence resulting from additions to drugs and in some cases due to selling the drugs. The little people that were exposed to all these evils in the 80s were forced to carry the repercussions.

Nicole says

I've been working through this workbook, slowly, for the past year. There was no neon sign when my boyfriend experienced his first post traumatic episode in front of me. What I didn't know about loving someone with PTSD is that it will often present itself in disguise. It's not just difficult to love someone with PTSD, it can be difficult to recognize triggers, symptoms, and learn how to help.

I was angry, distant, and emotional. This book transformed me into someone who is patient, understanding, and kind. It helped me understand how PTSD effects him personally and how to help him. Sometimes I didn't understand him completely. I would occasionally do things to trigger him by accident (i.e. dropping a plate and swearing). I didn't always know how I could be more careful, or what I could do to make him feel safe again regardless of who or what triggered him.

I partnered this book with a journal because it does give a bit of homework. I think that recording events, how we felt, and how we tackled a situation played a huge part in strengthening our relationship. This, in turn, also helped him tackle his inner demons. I also purchased a separate workbook called The PTSD Workbook, 3rd Edition, by Willims Poijula for him to work on at his own pace. He kept his own journal, which he would often ask me to read.

For me, it was my boyfriend. For you, it may be a close friend, relative, or child. No book is perfect in terms of mapping out the inner demons a person with PTSD battles against, but this was my favorite of all the books I've read. It truly helped both me and the person I bought it to help.

Theresa says

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by Aphrodite t Matsakia

learning how to save yourself, how to find your connections with those who have gone through challenges and hardships

Ellie C says

This is a solid primer for people in relationships where a partner has PTSD. The writing is straightforward and empathetic, and there are lots of homework exercises. Reading through it, however, I feel as though many of the communication and behavioral modification tools would be best implemented in conjunction with therapy. PTSD is not an easy walk for both the person with a past trauma nor those who love them. Having additional support to process the work would be beneficial.

Sinclair says

This one could be useful
