



## GETTING BACK ON YOUR FEET AFTER TRAUMA (NEW EDITION)

Learn to live and trust once again

Dr. Pascale Brillon, Psychologist

How to regain a taste for life after post-traumatic stress disorder.

264 pages

February 2023

Éditions de l'Homme

We live quiet little lives. We feel like we are in control, safe. Then we experience a traumatic event and it's a shock. Our faith in life, in human nature, is dashed. Our world view collapses. There's nothing but confusion and chaos. We're overwhelmed by fear and are permanently on the alert. We have flashbacks to the event. We no longer recognize ourselves and we feel stripped of our resilience. We experience incapacitating, painful, hurtful symptoms: post-traumatic symptoms. Suffering from a post-traumatic stress disorder is painful. Our body rebels, our soul revolts. How can we understand what is happening to us? Why do we experience these kinds of reactions? How can our behaviours at the time of the event be explained? Why do others react to us the way they do? How can we take control in certain situations that we now avoid? What can we do to begin to live and trust once again?

This practical guide is designed for anyone who has gone through a traumatizing experience. It will help them better understand what is happening to them and will gently guide them on their path. In this book they will find strategies for rebuilding confidence in life and in other people, as well as points to ponder as they regain all of their resilience and strength.

### Strong points

- A complete guide, updated according to DSM-5, for anyone who has experienced a physical assault (attack, armed robbery), a sexual assault, a natural disaster, an accident, war trauma, imprisonment, etc.
- The author has broad expertise with PTSD, is recognized internationally, and present in the media.
- This is the seventh edition of a bestseller which has sold 17,000 copies since it was first published in 2004.

**Subjects:** mental health, post-traumatic stress disorder (PTSD), trauma symptom, flashback, therapy

*Pascale Brillon is a psychologist and psychotherapist, and a professor in the Department of Psychology at the Université du Québec à Montréal, where she directs the trauma and resilience research laboratory. She has received many awards for the excellence and influence of her career and has been invited to train mental health personnel, psychologists, and psychiatrists in Canada, France, Switzerland, Belgium, Luxembourg, and the French West Indies. She is originally from Lausanne.*

By the same author:

**MAINTAINING MY ENERGY  
AS A CAREGIVER**

> Over 8800 copies sold in  
French

**HELPING POST-TRAUMATIC  
STRESS PATIENTS**

> Over 5900 copies sold in  
French

