



VeteranCaregiver.com Video Resources

Recommended Resources for Signals for PTS(D) Alerts

PTSD is better understood over time, and there is positive potential in communicating your rising anxiety or that of your family member in a simple signal or gesture. When practiced judiciously, you may be able to mitigate or avoid a full blown PTSD episode by removing yourself and family member from the situation with your planned-for signal.

Resources

http://www.familyofavet.com/ptsd_marriage_communication.html

<http://www.brainlinemilitary.org/content/2012/05/tips-for-communicating-with-people-with-traumatic-brain-injury-and-post-traumatic-stress-disorder-.html>

<http://www.ptsd.va.gov/public/family/ptsd-and-relationships.asp>

http://www.9linellc.com/resources/201005_Destin/THE%20BOWEN%20GROUPOUP%20-%20PTSD%20TBI%20Slides.pdf

<http://healmyptsd.com/10-tips>

<https://www.myptsd.com/c/threads/help-on-communicating.61481/>

<http://www.helpguide.org/articles/ptsd-trauma/ptsd-in-the-family.htm>

<http://www.loveourvets.org/category/communication/>

<http://www.healingcombattrauma.com/communication-skills/>

http://www.amazon.com/Silent-Cages-Breaking-Psychological-Debilitating-ebook/dp/B01AIOZGHY/ref=sr_1_2?s=books&ie=UTF8&qid=1462305121&sr=1-2&keywords=healing+from+combat+ptsd

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