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INVISIBLE WOUNDS The impact of six years of war on the mental health of Syria's children
The children are psychologically crushed and tired. When we do activities like singing with them, they don't respond at all.

~~INVISIBLE WOUNDS—Save the Children~~

He says these workers can be left with invisible wounds much like veterans. "We've now got wounded health care warriors that are coming out that are going to need the same type of care," he says. "It won't all be post-traumatic stress disorder, that level, but there'll certainly be post trauma stress."

~~'Invisible Wounds': Frontline Health Workers Face Recovery ...~~

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Since it was first published, this compassionate and practical self-help guide by Kay Douglas has helped thousands of women suffering from verbal, emotional or physical abuse. With powerful interviews from 50 women Invisible Wounds puts into words the confusion and distress of abuse by a partner, explores the impact and offers practical suggestions about how to address the issue...

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Invisible Wounds. A self-help guide for women in destructive Relationships (Kay Douglas) Joy of Lesbian Sex, The: A tender and liberated guide to the pleasures and problems of a lesbian lifestyle (Dr. Emily L. Sisley & Bertha Harris) Note: This is a rather old book and some of the references and terminology are archaic by today's standard - have a look at the reviews on Amazon

~~Women's issues | Students - UCL - University College London~~

Wounded warriors may soon have extremely miniature devices injected into them that can trigger the body to self-heal from invisible war wounds. In the future, ElectRx tech could potentially detect...

~~Remarkable self-healing tech could tackle invisible war wounds~~

Get this from a library! Invisible wounds : a self-help guide for women in destructive relationships. [Kay Douglas]

Provides insights into how relationships become destructive, and offers encouragement and practical help in enabling women to make positive changes in their lives.

This work examines fully and clearly what constitutes a destructive relationship as well as offering essential guidance in dealing with an abusive partner. Helpful exercises and techniques are included at the end of each chapter.

In these personal reflections on his thirty years of clinical work with victims of genocide, torture, and abuse in the United States, Cambodia, Bosnia, and other parts of the world, Richard Mollica describes the surprising capacity of traumatized people to heal themselves. Here is how Neil Boothby, Director of the Program on Forced Migration and Health at the Mailman School of Public Health, Columbia University, describes the book: "Mollica provides a wealth of ethnographic and clinical evidence that suggests the human capacity to heal is innate--that the 'survival instinct' extends beyond the physical to include the psychological as well. He enables us to see how recovery from 'traumatic life events' needs to be viewed primarily as a 'mystery' to be listened to and explored, rather than solely as a 'problem' to be identified and solved. Healing involves a quest for meaning--with all of its emotional, cultural, religious, spiritual and existential attendants--even when bio-chemical reactions are also operative." Healing Invisible Wounds reveals how trauma survivors, through the telling of their stories, teach all of us how to deal with the tragic events of everyday life. Mollica's important discovery that humiliation--an instrument of violence that also leads to anger and despair--can be transformed through his therapeutic project into solace and redemption is a remarkable new contribution to survivors and clinicians. This book reveals how in every society we have to move away from viewing trauma survivors as "broken people" and "outcasts" to seeing them as courageous people actively contributing to larger social goals. When violence occurs, there is damage not only to individuals but to entire societies, and to the world. Through the journey of self-healing that survivors make, they enable the rest of us not only as individuals but as entire communities to recover from injury in a violent world.

From her own personal and professional journey, Kay Douglas has written a powerful and

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compassionate guide for women who find themselves in an abusive relationship, or are recovering from one. Invisible Wounds will help New Zealand women to identify abuse in their intimate relationships, realise its impact on themselves and their children, and to make changes. A new updated version of a much loved book. Since it was first published Invisible Wounds has helped thousands of New Zealand women. Moving and inspiring quotes are included throughout Invisible Wounds from the stories of 50 New Zealand women who have lived through abusive relationships. Includes sections for family and friends and counsellors. Foreword written by Stephanie Dowrick, and endorsed by several well-known therapists and authors who specialise in this field, including Lundy Bancroft.

In rich and intimate detail Invisible Wounds delivers a powerful message of love and strength. The journey of Anonymous attempting to fill a void to a man who currently is at peace is a groundbreaking story needed to be heard by all.

As seen in military documents, medical journals, novels, films, television shows, and memoirs, soldiers' invisible wounds are not innate cracks in individual psyches that break under the stress of war. Instead, the generation of weary warriors is caught up in wider social and political networks and institutions—families, activist groups, government bureaucracies, welfare state programs—mediated through a military hierarchy, psychiatry rooted in mind-body sciences, and various cultural constructs of masculinity. This book offers a history of military psychiatry from the American Civil War to the latest Afghanistan conflict. The authors trace the effects of power and knowledge in relation to the emotional and psychological trauma that shapes soldiers' bodies, minds, and souls, developing an extensive account of the emergence, diagnosis, and treatment of soldiers' invisible wounds.

Adult survivors of childhood sexual abuse suffer from a deep and invisible wound. Left untreated, they will carry emotional and physical scars that last a lifetime. Unique in its focus on healing physical-energy blockages and body memories, *The Invisible Wound* also offers an exception tool for recovery, *The Healing Journal*, which includes dozens of techniques for self-exploration, memory recall, and healing. Clearly outlining the stages of recovery also offers readers much needed reassurance that the pain of the process does end and that they can find hope, peace, empowerment, and a new sense of control over their future.

Invisible Wounds: Guilt is the first installment of the new Freedom Series from James Maloney. Using James' notably simplistic and concise manner of writing, this booklet presents a life-changing lesson on the necessity of being free from guilt and the ways in which the enemy of your soul would like nothing better than to trap you in the wounding of self-condemnation. The material inside outlines three ways we deal with guilt: having our consciences seared with repeated sinning; passing the blame off on others; and rationalizing our guilt away as something that "doesn't really matter." But the truth is the blood of Jesus was shed to cleanse our condemnation, awaken our conscience, and overcome the invisible wound of guilt. This booklet can help make that real in your life.

There's no real homecoming for many of our veterans returning from the wars in Iraq and Afghanistan. They may go through the motions of daily life in their hometowns, but the terrible sights and sounds of war are still fresh in their minds. This empathic, inside look into the lives of our combat veterans reveals the lingering impact that the longest wars in our nation's history continue to have on far too many of our finest young people. Basing her account on numerous interviews with veterans and their families, the author examines the factors that have made these recent conflicts especially trying. A major focus of the book is the extreme duress that is

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a daily part of a soldier's life in combat zones with no clear frontlines or perimeters. Having to cope with unrecognizable enemies in the midst of civilian populations and attacks from hidden weapons like improvised explosive devices exacts a heavy toll. Compounding the problem is the all-volunteer nature of our armed forces, which often demands multiple deployments of enlistees. This results in frequent cases of post-traumatic stress disorder and families disrupted by the long absence of one and sometimes both parents. The author also discusses the lack of connectedness between civilian society and military personnel, leading to inadequate healthcare for many veterans. This deficiency has been highlighted by the urgent need to treat traumatic brain injuries in survivors of explosions and the high veteran suicide rate. Bouvard concludes on a positive note by discussing some of the surprising and encouraging ways that the chasm between civilian and military life is being bridged to help reintegrate our returning soldiers. For veterans, their families, and especially for civilians unaware of how much our soldiers have endured, *The Invisible Wounds of War* is important reading.

How does someone recover from the worst school shooting in U.S. history? On April 20, 1999, Kristen Long Krueger survived the Columbine High School shooting, which took the lives of thirteen people plus the two teenaged shooters. For the next five years, Kristen lived in a fog. Then she decided she was ready to grow, heal, and rebuild her life. In *Healing the Invisible Wounds of Trauma*, Kristen recounts her story of the tragic events of that day and the brave steps she made to find healing and freedom. She explains: Time does not heal all wounds The symptoms and struggles of PTSD are normal, not pathological People react to their trauma in different ways Krueger demystifies the misunderstandings and distortions about trauma, bridging the gap between what professionals and talking heads want you to believe and the truth from a survivor. Your true identity-including your past-lies on the other side of your healing. Kristen Krueger shows you how to find it.

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