



Dream Therapy for PTSD: The Proven System for Ending Your Nightmares and Recovering from Trauma: The Proven System for Ending Your Nightmares and Recovering from Trauma

Bruce Dow

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In this series of clinical vignettes, a board-certified psychiatrist and life fellow of the American Psychiatric Association illustrates the effectiveness of dream therapy in treating posttraumatic stress disorder (PTSD).

- Shares techniques to end PTSD nightmares and flashbacks
- Lessens the exposure to trauma, making the treatment more benign than most other methods
- Offers strategies for treating individual patients as well as groups of patients
- Features complete descriptions of 140 dreams along with approaches for lessening their detrimental effects
- Provides a comparison between common stress and PTSD

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