



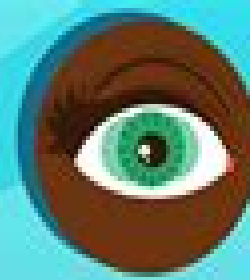
Tension-type headache,
migraine, or some
combination



Dizziness,
lightheadedness,
or vertigo



Sleep disturbances
(excessive, too little,
and sleep apnea)



Blurry vision or
double vision



Impaired memory
and concentration



Personality changes
(mood changes, apathy,
and disinhibition)

Symptoms of Post-Concussion Syndrome

Overcoming Traumatic Injury Post Concussion Symptoms

Vijaya Manicavasagar, Derrick Silove



Overcoming Traumatic Injury Post Concussion Symptoms:

Overcoming Mild Traumatic Brain Injury and Post-Concussion Symptoms Nigel S. King, 2015-10-01 HIGHLY COMMENDED for the British Medical Awards book prize for Popular Medicine Up to 10% of people will suffer a mild head injury or mild traumatic brain injury in their lifetime and up to 50% of those people will also find they have lingering post concussion symptoms in the months or years afterwards These symptoms can include headaches dizziness fatigue irritability sleep disturbance reduced day to day memory poor concentration taking longer to think muzzy headedness depression anxiety tinnitus blurred or double vision sensitivity to light or noise frustration nausea restlessness and sensitivity to alcohol In such circumstances the mild head injury may feel anything but mild This is particularly so if large areas of your day to day life are affected People in these circumstances can have their difficulties compounded by the very different explanations for their persisting difficulties These usually involve receiving contradictory opinions about the extent to which ongoing symptoms are caused by neurological brain injury or other factors These complicating factors can make it very difficult to find the right kind of service or expertise after a TBI Patients can easily feel like they are being pushed from pillar to post when trying to find services that can help with their problems On top of all of this there is a distinct lack of good science based information for patients about the best ways to manage PCS It is therefore very common for those who experience prolonged difficulties to find their situation extremely confusing frustrating and stressful Dr Nigel King is an expert with much experience in this area and has written a very valuable book weaving together the most useful knowledge in this area It clarifies some of the complex issues for those who suffer with prolonged problems and provides practical science based self help guidance for managing TBI difficulties Using cognitive rehabilitation techniques and CBT approaches for the associated mental health complications of PCS this much need book provides help hope and understanding for what can be a highly disabling and misunderstood condition Understanding and Living Well With Post-Concussion Syndrome Priyanka Pradhan, Anna Leggett, 2022-11-24 Concussion even in its mildest form can have lasting effects on the individual in a way we re only just beginning to understand Mild Traumatic Brain Injuries mTBI concussion and post concussion syndrome have previously been conservatively managed with recommendations for rest But even mild brain injuries and post concussion syndrome can have an enormous impact on life long after the 3 months during which they are expected to resolve There are also significant differences between the way in which concussion affects men and women respectively as this new research shows If concussion or an mTBI are affecting you there is much in this book to help and support your symptoms Neuropsychologist Dr Priyanka Pradhan has pulled together the latest research to provide a complete manual for overcoming the impact of any mild brain injury while writer and coach Anna Leggett gives deep insight from her own experiences with post concussion syndrome Their book not only explains what a concussion is and how it may present but also gives comprehensive practical strategies for managing persistent symptoms Such strategies include how to ask for professional

and specialist medical help and where to get it from and also some simple self management techniques Understanding and Living Well with Post Concussion Syndrome also explains the importance of sleep and diet and includes significant psychological and emotional support for mental wellbeing and recovery a support that is often missing from the clinical pathway for post concussion syndrome This book is an essential resource for anyone who feels that they need insight practical help and emotional support into what is often perceived as an almost invisible illness but one which is very real for you or your loved one

Overcoming Body Dysmorphic Disorder 2nd Edition Rob Willson, David Veale, Alexandra Clarke, 2025-07-03 Don't allow a negative body image to ruin your life Not only a truly comprehensive self help guide but an enormously helpful resource for professionals With this book the authors have made a great contribution to the alleviation of suffering Kevin Gournay CBE emeritus professor King's College London Few of us are happy with our bodies but three in every hundred people have a body image problem One that frequently occurs is body dysmorphic disorder BDD a recognised psychological condition when people become fixated on perceived defects in their appearance very real to them but not apparent to others Other body image problems can arise from difficulty in dealing with a disfigurement eating disorders or dissatisfaction with weight or shape Such preoccupations not only cause distress but can lead to anxiety or social phobia This guide is written by authors who are highly experienced in treating BDD and will provide you with A clear step by step course based on cognitive behavioural therapy CBT techniques The tools to enable you to understand work through and take control of your life again Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well scheme

Overcoming Health Anxiety 2nd Edition Rob Willson, David Veale, 2022-10-27 How you can stop worrying about your health and enjoy life This book not only helps sufferers to better understand the nature of the problem but also provides them with the skills necessary to overcome it and to regain quality of life Professor Paul Salkovskis Professor of Experimental Psychology University of Oxford Many of us have a tendency to worry unnecessarily about our health For some the anxiety becomes severe and persistent This can involve spending many hours checking for symptoms seeking reassurance from others surfing the internet for information about different diseases or repeatedly visiting the doctor It is distressing for them and for everyone around them In fact health anxiety can be very successfully treated with cognitive behavioural therapy CBT the approach taken in this self help guide Using a structured step by step approach the authors explain how the problem develops how to recognise what feeds it and how to develop effective methods of dealing with it This book includes Questionnaires case studies and exercises Chapters on fear of death and on medication Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical **READING WELL** This book is recommended by the national Reading Well scheme for England and Wales delivered by The Reading Agency and the Society of Chief Librarians with funding from Arts Council England and Wellcome www.readingwell.org.uk Series

Editor Emeritus Professor Peter Cooper Overcoming Relationship Problems 2nd Edition Michael Crowe, Kevan Wylie, 2017-11-30 Everyday problems such as financial pressures sexual and emotional problems fidelity issues or the complications of second marriages can cause unbearable pressure on relationships and family life In this highly effective self help guide internationally respected couples therapist Dr Michael Crowe and Professor of Sexual Medicine Kevan Wylie use proven cognitive behavioural therapy CBT methods along with systemic approaches derived from family therapy to help you to overcome your relationship problems Specifically you will learn about Sustaining a long term relationship Improving communication with your partner and family Dealing with sexual problems Developing negotiating skills Coping with jealousy and other negative emotions Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical **READING WELL** This book is recommended by the national Reading Well Books on Prescription scheme for England delivered by The Reading Agency and the Society of Chief Librarians with funding from Arts Council England and Wellcome Series Editor Professor Peter Cooper **Overcoming Depersonalisation and Feelings of Unreality, 2nd Edition** Anthony David, Emma Lawrence, Dawn Baker, Elaine Hunter, 2018-12-27 The first of its kind this self help book will offer guidance help and solace to the many sufferers of depersonalization disorder Daphne Simeon Depersonalisation and Dissociation Program Mount Sinai School of Medicine New York Depersonalization disorder can make you feel detached from life and many people describe feeling emotionally numb unreal or even as if their body doesn't belong to them It can be a symptom of another problem such as anxiety depression post traumatic stress disorder and particularly of panic disorder or of an illness like epilepsy or migraine It can also occur in its own right and or as a side effect of certain drugs This self help book written by leading experts will help you to understand what causes depersonalization disorder and what can keep it going and will introduce you to effective strategies to overcome it Based on clinically proven cognitive behavioural therapy CBT techniques Clear and accessible step by step exercises and tools including diary keeping and problem solving Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme Series Editor Professor Peter Cooper Overcoming Distressing Voices, 2nd Edition Mark Hayward, David Kingdon, Clara Strauss, 2018-03-08 Practical help for managing distressing voice hearing experiences Have you ever heard someone talking to you but when you turned around no one was there Voice hearing is more common than might be expected Many of those who experience this phenomenon won't find it distressing while some may find it extremely upsetting and even debilitating Although the causes of voice hearing are many and varied cognitive behavioural therapy CBT has been found to be a highly effective treatment for distressing voices CBT can provide a powerful and positive way of coping with distressing voices helping people to live well even though the voice hearing may continue Written by experts this accessible self help manual takes those affected by distressing voices on a journey of

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Overcoming Anorexia Nervosa 2nd Edition Patricia Graham,Christopher Freeman,2019-03-07 Break free from the vicious cycle of anorexia nervosa Anorexia nervosa affects both men and women of all age groups and social classes internationally For both the sufferer and the friends and family who care for them the impact of the illness can be devastating However it can be treated effectively using cognitive behavioural therapy CBT This self help book provides support to battle this notorious and widespread eating disorder and has been used effectively with many patients in clinical settings Using CBT techniques you will learn to Understand the many forms and causes of anorexia nervosa Challenge negative thinking and behaviour Improve your body image Develop coping strategies for the future These clinically proven tools form a complete recovery programme with practical exercises and worksheets Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well scheme Series Editor Professor Peter Cooper

Overcoming Obsessive Compulsive Disorder, 2nd Edition David Veale,Rob Willson,2021-08-26 Break free from unhelpful rituals and take control of your life Clear practical focused and useful extremely helpful both for those who suffer from obsessive compulsive disorder and those who care for them Paul Salkovkis University of Bath Are you plagued by a recurring thought or idea that just won't go away or feel the need to wash your hands repeatedly to hoard things or to repeatedly check all appliances in the house have been turned off before you leave These are common symptoms of obsessive compulsive disorder OCD a condition that causes distress to hundreds of thousands of people Using methods based on real clinical practice and proven cognitive behavioural therapy CBT techniques this revised and updated edition teaches you How to face fears and avoided situations How to control disturbing thoughts images and urges Strategies to break free from the destructive cycle of obsessive behaviour Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical **READING WELL** This book is recommended by the national Reading Well Books on Prescription scheme for England delivered by The Reading Agency and the Society of Chief Librarians with funding from Arts Council England and Wellcome www.readingwell.org.uk Series editor Professor Peter Cooper

Overcoming Mood Swings 2nd Edition Jan Scott,2022-02-03 Most of us know about extreme highs or lows For some people however emotional extremes can seriously disrupt our lives either because they happen too frequently or because the

mood swings are intense and accompanied by other symptoms of depression or mania such as changes in energy and activity levels This valuable self help guide teaches tried and tested strategies that will help anyone troubled by mood swings to effectively identify and manage their moods and achieve a more stable and comfortable emotional balance It includes Information on depression and mania A step by step structured self help programme and monitoring sheets Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical **READING WELL** This book is recommended by the national Reading Well scheme for England and Wales delivered by the Reading Agency and the Society of Chief Librarians with funding from Arts Council England and Wellcome www.readingwell.org.uk Series Editor Emeritus professor Peter Cooper **An Introduction to Coping with Brain Injury** Nigel S.

King,2023-04-06 Just the facts for coping with the after effects of a brain injury Acquired Brain Injury ABI usually refers to people who have suffered a head injury or stroke but also includes those who have had brain tumours an anoxic injury where the brain has been starved of oxygen or brain illnesses like encephalitis and meningitis After an ABI the brain undergoes a very slow healing process before improvements slow down and eventually plateau This is different to other forms of brain conditions where the journey is more of a deteriorating one over time ABI is commonly called a hidden disability as it can easily be missed or misunderstood by others Also it can significantly affect those close to the person and therefore it is frequently called a family affair too As the issues are often hidden complicated and affect patients and families alike this book can act as a roadmap to help you and your loved ones navigate through the complex and often unexpected challenges that can arise following a brain injury using Cognitive rehabilitation approaches to understand and manage changes in our thinking abilities Cognitive behavioural approaches to address ways in which our thoughts feelings actions and physical reactions relate to each other **Overcoming Childhood Trauma 2nd Edition** Helen Kennerley,2023-10-26 Emotional

physical and sexual abuse in childhood can result in a range of problems and lead to long term difficulties that make life a struggle With this in mind clinical psychologist Dr Helen Kennerley has devised this highly acclaimed self help programme based on the principles of cognitive behavioural therapy CBT to help you to understand the links between your past trauma and any present difficulties It offers you the means to gain control of your life and your feelings enabling you to deal with any intrusive memories and mood swings and develop healthy better relationships in adulthood Anyone who has endured childhood abuse and continues to battle with its aftermath will find this book supportive and liberating The book gives you An understanding of the range of problems childhood abuse can create Advice on how to build healthy relationships in adulthood A structured step by step self help guide **OVERCOMING** self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well scheme Series Editor Emeritus Professor Peter Cooper **Overcoming Panic, 2nd Edition** Vijaya Manicavasagar,Derrick Silove,2017-10-05 Overcome the crippling effects of panic attacks and agoraphobia Do you

sometimes feel overwhelmed by feelings of panic that seem to come from nowhere and yet feel terrifyingly real Do you avoid certain situations because you think you ll experience a panic attack If so this step by step self help course can give you the necessary skills to overcome and prevent such attacks and the associated agoraphobia Based on cognitive behavioural therapy CBT techniques and the authors many years of experience and expertise in treating this disabling condition it offers an indispensable guide for anyone affected including sufferers their friends and families psychologists and those working in the medical profession Explains the many forms and causes of panic Contains a complete self help program and monitoring sheets Based on clinically proven techniques of cognitive therapy **Overcoming Perfectionism 2nd Edition** Roz Shafran,Sarah Egan,Tracey Wade,2018-05-10 How to break the circle of never good enough Striving for something can be a healthy and positive attribute it s good to aim high But sometimes whatever we do just isn t good enough we want to be too perfect and start setting unrealistic goals Such high levels of perfectionism often driven by low self esteem can turn against success and develop into unhealthy obsession triggering serious mental health problems such as anxiety depression and eating disorders Cognitive behavioural therapy CBT on which this self help book is based has been found to be a highly effective treatment and provides relief from that disabling sense of not being good enough In this essential self help guide you will learn How clinical perfectionism manifests itself Effective coping strategies with invaluable guidance on how to avoid future relapse OVERCOMING self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme Series Editor Professor Peter Cooper *Overcoming Gambling Addiction, 2nd Edition* Alex Blaszczynski,2017-10-19 Take control of your habit and your life Struggling with a gambling habit If you feel that a flutter has evolved into something out of your control this indispensable book is for you This self help manual uses cognitive behavioural therapy CBT techniques aspects of which were pioneered by clinical psychologist Professor Alex Blaszczynski and now used all over the world to help with gambling addiction It will help you to understand how your own gambling problem has developed and what is keeping it going also crucially how to develop the motivation to stop and control any future urges to gamble again This fully revised and updated new edition takes into account the growth of sport betting and the increased ease of online gambling as well improvements in clinical interventions Specifically you will learn Who is put at risk by gambling with support given to friends and families Step by step recovery techniques OVERCOMING self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme Series Editor Professor Peter Cooper Overcoming Chronic Pain 2nd Edition Frances Cole,Helen Macdonald,Catherine Carus,2020-02-06 Take control of your life take control of your pain Chronic pain can be extremely debilitating however it does not need to dominate your life This self help book is based on highly effective self help methods developed by specialists and used in community

and hospital pain management programmes Your experience of pain can be greatly reduced by pacing daily activities reducing stress learning relaxation techniques and effective ways to cope with depression anxiety worry anger and frustration This easy to follow book sets out Why pain can persist when there s no injury or disease present How to become fitter and pace your activities Practical ways to improve sleep and relaxation Tips for returning to work study and gaining a life you value Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical This book is recommended by the national Reading Well scheme for England delivered by The Reading Agency and the Society of Chief Librarians with funding from Arts Council England and Wellcome

Overcoming Chronic Fatigue 2nd Edition Mary Burgess,2019-04-11 Cognitive behaviour therapy appears to be an effective and acceptable treatment for adult out patients with CFS Its sufferers deserve to be more aware of the potential of this therapy to bring lasting functional benefit Cochrane Review This valuable self help guide offers ways of improving long lasting fatigue associated with a range of long term conditions including chronic fatigue syndrome Using recognised techniques cognitive behavioural therapy CBT helps to change coping strategies The approach described helps people break the vicious circle of fatigue and for many results in a reduction in symptoms and disability This fully updated new edition provides Guidance on how to improve sleep Practical strategies for balancing activity and rest Tips on setting and working towards targets that would improve your life Step by step advice on dealing with blocks to recovery Tools for coping with worry and stress Ways to challenge unhelpful thoughts Suggestions for how partners relatives and friends can help Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical **READING WELL** This book is recommended by the National Reading Well Books on Prescription scheme for England delivered by The Reading Agency and the Society of Chief Librarians with funding from Arts Council England and Wellcome www.readingwell.org.uk Series Editor Professor Peter Cooper **The Overcoming Low**

Self-esteem Handbook Melanie Fennell,2021-05-06 Boost your confidence and change your life for the better Low self esteem can make life difficult in all sorts of ways It can make you anxious and unhappy tormented by doubts and self critical thoughts It can get in the way of feeling at ease with other people and stop you from leading the life you want to lead It makes it hard to value and appreciate yourself in the same way you would another person you care about Melanie Fennell s acclaimed and bestselling self help guide Overcoming Low Self esteem has become a classic of self help literature winning widespread praise for its practical and user friendly approach At last this benchmark work is available as a large format practical manual complete with worksheets diaries and exercises The Overcoming Low Self esteem Handbook will help you to understand your low self esteem and break out of the vicious circle of self destructive thinking distress and unhelpful behaviour Using practical techniques from cognitive behavioural therapy CBT this book will help you learn the art of self acceptance and so transform your sense of yourself for the better Specifically you will Find out how low self esteem develops

and what keeps it going Question your negative thoughts and the attitudes that underlie them Identify your strengths and good qualities allow yourself to enjoy life to the full and discover a more balanced kindly view of yourself Trace your progress monitor your behaviour and record step by step improvements Ideal for working through on your own or with guided assistance this is a complete step by step treatment guide Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well scheme Series Editor Emeritus Professor Peter Cooper *Overcoming Bulimia Nervosa 4th Edition* Peter Cooper,Patricia Graham,2025-05-01 Step by step the proven path to recovery from bulimia nervosa Stringent dieting and making yourself vomit after overeating are common features of bulimia nervosa as are depression anxiety and feelings of worthlessness This illness causes great distress to sufferers and those who care about them but in recent years there have been real advances in treatment In the fourth edition of this sympathetic and highly acclaimed guide you will find a clear explanation of the disorder and the serious health issues that can result from it as well as learning about the treatments available today Most importantly this book offers a step by step programme for those who want to tackle their difficulties This programme has been found in independent clinical research to be of substantial benefit to people with bulimia nervosa Psychological Medicine 2005 This book will also give friends and family a much clearer understanding of the illness and its treatment OVERCOMING self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical This book is recommended by the national Reading Well scheme for England and Wales delivered by the Reading Agency and the Society of Chief Librarians with funding from Arts Council England and Wellcome www.readingwell.org.uk Series editor Emeritus professor Peter Cooper Overcoming Alcohol Misuse, 2nd Edition Marcantonio Spada,2017-03-02 How to regain control when alcohol is taking over your life Statistics show that misuse of alcohol is a very common problem Using alcohol unwisely can have long term effects on your health career and family life This self help book helps you take a healthier approach to drinking Using methods based on real clinical practice and proven cognitive behavioural therapy CBT techniques this revised and updated edition shows you how to regain control of your alcohol consumption

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