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REBOOT! Confronting PTSD on Your Terms: A Workbook

David W. Powell

Loving Healing Press (2011)

ISBN 9781615990849

Reviewed by Joseph Yurt for Reader Views (7/11)

Author David W. Powell was a former U.S. Infantryman whose memoir, “My Tour in Hell: A Marine’s Battle with Combat Trauma,” is a highly acclaimed chronicle of his struggle with Post Traumatic Stress Disorder (PTSD). Before his recent passing, he completed a follow-up, reference workbook entitled “REBOOT! Confronting PTSD on Your Terms.”

While Powell always highly recommended that those suffering from the effects of PTSD work with a trained therapist or facilitator, he also felt strongly about properly preparing for the recovery process through inner, self-evaluation, which a therapist cannot do, and by becoming familiar with available therapeutic approaches. His goal for this workbook was to guide the reader through these important first steps. He begins in his Introduction with a summary Survey of Therapeutic Approaches.

In Sections 1 – 6, Powell’s guidance relies heavily on the completion of inventories, a reflection of his military experience. A review of Maslow’s Hierarchy of Needs, coupled with direction for taking one’s own Needs Inventory, are practical and beneficial resources to use in starting the recovery preparation process. PTSD inventories and self-tests for military casualties follow.

Also included is a valuable self-test for all casualties along with a top line exploration of the Emotional Scale. Apart from the trauma caused by military combat, the American Psychological Association, via an e-medicine health site, has determined that: “Traumatic events that may trigger PTSD include violent and non-violent personal assaults, natural or human-caused disasters, such as terrorist attacks, and motor vehicle accidents.” Those suffering from these non-military combat related events will benefit from this content in Powell’s book.

In the book’s concluding Section 7, Powell explains why he chose the therapeutic approach, Traumatic Incident Reduction (TIR). In addition to outlining the workings of this therapy and the tangible benefits that it provided to the author, this section also underscores the importance of recognizing that best results are achieved by matching a particular therapy to one’s own particular profile.

As with his personal memoir, David Powell’s reference workbook, “REBOOT! Confronting PTSD on Your Terms,” is written in a straight forward, easy to read manner. Realistic action steps create a strong feeling that progress and significant successes can be achieved in managing PTSD. This small, yet compelling volume will add to David Powell’s legacy for many years to come.