

Post-Traumatic Stress - Not a Life Sentence: (Viewing Trauma and Its Effects Through a Resilience Lens) - Nola Anne Hennessy (Author)

A quick review by Gary Bergman and edited by Sally Gregory

A goggle search would show there is a significant range of books containing 100s of approaches to deal with Post-Traumatic Stress (PTS), and an even wider array of complex treatments with most requiring professional expertise. There are even books and research papers defining PTS as a chronic (persisting for a long time or constantly recurring) and disabling condition. If this were the case, it would be easy to conclude that PTS is a life sentence.

In contrast, Nola Hennessy's book *Post-Traumatic Stress (PTS) - Not a Life Sentence* is a refreshing and easy to read book with just enough technical information to be helpful but not overwhelming. It's refreshing because in this book Nola offers through a new easily relatable perspective a 'SENSE OF HOPE'. She builds this sense of hope through many new ways of looking at PTS, simple explanations or clarification of facts and, most importantly, useful analogies. There are three key aspects of Nola Hennessy's work that make this book, for those of us without professional expertise, an important guide. They are:

It's not a disorder. Yes! Here I definitely agree; it is not a disorder. Nola argues that PTS is a normal response to the adverse psychological and physical consequences of exposure to circumstances and situations which present threat or challenge to the individual (stressors). A great starting point for all of us!

It's an injury. Nola asks us to stop looking at it as a mental health issue, it's an injury. Then when you start looking at it as an injury, as Nola asserts, treatment and rehabilitation become so much easier to understand, plan and follow. And this leads to the next point.

You, You and You. Nola constantly reminds you, that YOU are the most important person in your treatment and rehabilitation. She boldly states "Taking control of your future is pivotal to achieving the goals that you set and having a sense of purpose." She justifies that statement well, and goes on to highlight that helping yourself, setting, planning and staying in control your treatment and rehabilitation is essential. It's clearly empowering, and it's also good for building resilience and achieving personal growth.

In her book Nola does not offer a silver bullet to PTS, and she does not suggest that her techniques can replace professional expertise. Nola's book instead provides the complimentary tools to reappraise what it is you are experiencing, help you to visualize your 'best-case' outcome and for you to become positive and active in choosing a path to recovery. Most importantly, I think that through *Post-Traumatic Stress - Not a Life Sentence* Nola gives you a 'SENSE OF HOPE', and ENCOURAGES and EMPOWERS you.

I am so impressed by this book that I propose that if you follow the techniques for dealing with your PTS, you can become stronger and more resilient, as well as better equipped to help others. I recommend this book to you!