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March 6th 2018: Overcoming Post Traumatic Stress

By any proper civilized standard (but what does that mean now?) we are objects of horror. But our nerves are completely steady. And we are still alive." — Pat Barker, *The Ghost Road*• Is post traumatic stress disorder really a disorder or is it an illness? Hosts Brigitte Jia and Katie Choo interview Rosemary Sword, co-author of *The Time Cure*™ to find out what PTSD is and what can be done to overcome the challenges. Post-traumatic stress disorder affects as many as 25 million Americans. Whether the scars come from living through war combat, a natural disaster, a tragic accident, or

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Featured Guest



Rosemary Sword

Rosemary Sword is co-developer of Time Perspective Therapy (TPT) and coauthor of *The Time Cure*, 2012; *The Time Cure Therapist Guidebook*, Wiley 2013

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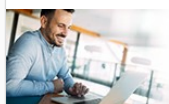
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