Beating Combat Stress: 101 Techniques for Recovery
John Henden

DESCRIPTION

*Beating Combat Stress* is a one-stop handbook of field-tested techniques and strategies to help service personnel, veterans and professionals to deal with the psychological effects of combat.

- Features 101 field-tested techniques and strategies for managing combat-related stress
- Designed to be accessible and useful both to serving personnel and veterans, and to the professionals and volunteers who are engaged in helping them
- Takes a solution-focused approach to dealing with combat-related problems, promoting simplicity and proven techniques over complex theories and psychological jargon
- User-friendly style and layout, with specially-commissioned illustrations throughout

ABOUT THE AUTHOR

*John Henden* is an internationally renowned author, trainer and therapist. Prior to founding the John Henden Consultancy he worked in NHS mental health services for over 20 years, as both a manager and practitioner. He is a member of the British Association of Counselling and Psychotherapy (BACP) and the author of *Preventing Suicide: The Solution Focused Approach* (Wiley-Blackwell, 2008).
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