An Exciting New Approach to Helping Those Who Suffer From PTSD

It’s no secret that Post-Traumatic Stress Disorder is a problem that needs a rapid solution. Almost daily we hear heartbreaking reports of those who suffer from it—whether it is veterans who can’t stop the cascade of violence once their fuse has been lit, adults who’ve endured childhood abuse or neglect, or individuals who have been victims of (or merely witnessed) horrific events. In fact, a reported 25 million Americans display symptoms of PTSD and traditional therapies often don’t work; in some cases, they may actually make the problem worse. The increase in suicides among veterans and civilians is a morbid testimony to this rapidly escalating crisis.

What’s needed is a new approach and THE TIME CURE (Jossey-Bass; 9781118205679; October 2012; also available in ebook format) provides one. Written by internationally known psychologist Philip Zimbardo and PTSD specialists Richard and Rosemary Sword, the book is filled with techniques that offer PTSD sufferers hope for tomorrow. It shows how those living with PTSD can shift their Time Perspectives to change the way they think about past traumatic experiences, get away from the “fatalistic present” mindset, and focus more on a positive future.

This effective approach can be used by individuals seeking self-help or their loved ones (including veterans, victims of abuse, assault, incest, and survivors of accidents and natural disasters), therapists and counselors, or anybody who wants to move forward to a more positive future. It’s based on Zimbardo’s Temporal Theory (popularized in his landmark book The Time Paradox, which helped people transform the way they think about time to attain greater success in life) and the Swords’ decades of experience counseling veterans as well as civilians suffering from PTSD.

“In our clinical practice we had a vision for finding a simple and effective way to help people suffering from mental distress. We noted that most happy, well-adjusted people look both to the past for lessons and to the future for building a better life for themselves. The problem is, those with PTSD have difficulty thinking about the future—they ruminate over negative past events and exist day-to-day in what we call the ‘fatalistic present.’ Because they don’t think positively about the future, there’s no way for PTSD sufferers to build a better life for themselves. When we took Dr. Zimbardo’s workshop we were inspired to marry our vision and knowledge to his original Temporal Theory—that’s how Time Perspective Therapy was born,” says co-author Rosemary Sword.

A blend of science, research, and stories told through the eyes of severe PTSD sufferers as well as clinicians come together to make THE TIME CURE a fascinating and inspiring read.