

## News Release November 7, 2012:

### Trauma Specialist Raises awareness of PTSD

*FOR IMMEDIATE RELEASE:*

*Wednesday, November 7, 2012*

*Toronto, ON*

#### ***Trauma Specialist Dr. Baranowsky raises awareness of PTSD & Trauma Care***

November 7, 2012, Toronto, ON – The headlines herald the tragedies: A mall shooting, a sexual assault following a kidnapping, a military combat veteran suffering the effects of Post-Traumatic Stress Disorder. But these headlines tell only part of the story: What is the aftermath of traumatic events? Post-Traumatic Stress Disorder is an anxiety disorder that occurs after exposure to an extreme stressor where we feel at risk of serious illness, injury or loss or life. The disorder can leave the sufferer with flashbacks, nightmares, extreme fear and a tendency to isolate. More than 800,000 people search the Internet each month for “PTSD” and millions more search for relief from depression and anxiety, two debilitating results of PTSD left untreated. Behind each search is a person whose life has been shattered by a traumatic experience.

We cannot deny the terrible cost to trauma left untreated. The October 2012 Ombudsman’s report captured some of the costs when reviewing a system wide failure to care for Operational Stress Injuries among Ontario Provincial Police resulting in emotional strain, job disability, broken marriages and in some cases even suicide. Unfortunately, exposure to trauma is actually more common than we realize whether it comes about through exposure to extreme events among Canadian military members discharging from service; bullying among youth; the impact of natural disasters like Hurricane Sandy; motor vehicle accidents; diagnosis of a serious illness; acts of war and violence.

Baranowsky says “silence is at times the first response by those in the position to help. This might be within a family where a child has been sexually abused by a family member or within a culture where a police officer is encouraged to grin and bear it rather than seek care.”

She continues by explaining that “for those struggling, shame, vulnerability, confusion or poor access to appropriate care can hinder a decision to seek the treatment required to work through trauma. And yet, without a direct care approach those who have been traumatized can sometimes feel like they are expected to pull out a bullet from a wound with their own bare hands.”



In response to the need, Baranowsky published *“What Is PTSD? 3 Steps to Healing Trauma” (Baranowsky & Lauer, 2012)*. The practical book was written with trauma survivors in mind. It is an excellent guide to post-trauma symptoms and recovery, filled with client stories and carefully crafted approaches that the authors have used successfully with 1000’s of clients. The book website is filled with resources and book reviews from trauma survivors and leading trauma experts, visit [WhatIsPTSD.com](http://WhatIsPTSD.com).

Toronto bookseller Caversham recognizes Baranowsky at the November 22, 2012 book launch (6:00 – 8:00 pm). Dr. Anna Baranowsky will meet with the public, sign copies of her book, offer a brief book reading and share tips on how to move forward from the past traumatic experiences.

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Dr. Anna Baranowsky, Ph.D., C.Psych, CEO [Traumatology Institute](http://TraumatologyInstitute.com) has been providing training, consultation and service since 1999. In her role with the Institute, she provides comprehensive trauma care training and compassion fatigue resiliency programs to trauma care providers and mental health professionals.

*“What Is PTSD? 3 Steps to Healing Trauma”* is available in paperback at [Caversham Booksellers](http://CavershamBooksellers.com) and Kindle on [Amazon.com](http://Amazon.com) and through retailers, libraries, and academic institutions throughout the US and Canada. The [WhatIsPTSD.com](http://WhatIsPTSD.com) website is committed to helping survivors of Post-Traumatic Stress Disorder.

**Event:**

*What:* Dr. Anna Baranowsky, author *“What is PTSD? 3 Steps to Healing Trauma”*

*Where:* **Caversham Booksellers**, 98 Harbord St, Toronto, ON M5S 1G6 Canada

*When:* 6pm to 8pm Thursday, November 22, 2012

*Details:* <http://whatisptsd.eventbrite.ca/>

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[www.WhatIsPTSD.com](http://www.WhatIsPTSD.com)

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