

What Mental Health Experts Say About DisasterShock: How to Cope with the Emotional Stress of a Major Disaster:

"The value of this relatively brief book lies in its comprehensive and down to earth nature. Comprehensive in its coverage of a wide range of strategies to manage emotional stress, as well as its focus on helping children of different ages relax and cope with emotional stress. It is down to earth in that all activities suggested are practical and easy to put into action – especially when you right there, shocked and tense. A book to have on your shelf for when the unforeseen strikes."

Hans Everts, PhD
Emeritus Professor
Faculty of Education
University of Auckland
Auckland, New Zealand

"This is one of the most useful books that I have used in my 28 years as a professor of family therapy and 34 years as a licensed psychotherapist. It is highly informative about the conditions of trauma and its effect on a wide variety of clients. More importantly, it has many useful and effective techniques for minimizing the development of Post-Traumatic Stress Disorder (PTSD) in children and adults. It has stood the test of time because of its utility, and it is an important foundation for training practitioners in the treatment of diverse trauma."

Michael J. Carter, LMFT, PhD
Associate Professor
Department of Special Education & Counseling
Charter College of Education
California State University, Los Angeles
Los Angeles, California

"A must-have resource for disaster management agencies, workers and victims of natural and human catastrophes. A compact manual, it provides practical information for mental and emotional recuperation to cope with the aftermath of life-threatening events and situations."

Nyna Amin, PhD
Associate Professor: Curriculum Studies
University Distinguished Teacher
School of Education
University of KwaZulu-Natal
South Africa

"This is an excellent book and a much needed one as it provides a simple and practical guide to handling emotional shock from disaster. Children are voiceless in time of disaster and the impact can be lifelong. I congratulate the authors for making a difference by sharing their skills and techniques in empowering children and youth."

Professor Cecilia L.W. Chan, Ph.D., R.S.W., J.P.
Si Yuan Chair Professor in Health and Social Work
Chair and Professor:
Department of Social Work and Social Administration
The University of Hong Kong, Hong Kong (SAR).

"Disastershock draws on informed practical interventions for both adults, children and therapists to better navigate the minefield of emotional stress. The book provides many effective tools that can be interwoven into any therapist's existing conceptual framework."

Huda Ayyash-Abdo, PhD
Associate Professor of Psychology
Department of Social Sciences
Lebanese American University
Beirut Campus, Lebanon

"This book (manual) is brilliant in its clarity and simplicity, with easy to follow evidence-based procedures on how parents can immediately help their child/children facing a major disaster. Although addressed specifically to parents, this comprehensive resource is also enormously helpful to professionals involved in providing compassionate care and healing to children experiencing emotional stress especially following a disaster. I will certainly continue to talk about, and recommend, this invaluable resource rich book to my mental health colleagues, friends and family."

Teresita A. Jose, Ph.D., R. Psych.
Psychologist
Calgary, Alberta

"In a simple and sensitive way, the authors of this book supply the readers with tools to help them cope with difficult moments. They give the readers a feeling that they are not alone in this world. Their message is very clear: the authors believe in you! They trust your power to overcome any disaster whether you are an adult, a parent or a child. Therefore, they help the readers to identify responses to disaster shock and encourage the individual to act in order to reduce stress. The authors expose us to variety of stress reduction methods and give us a sense of mastery and control of our life especially in time of crisis. This book conveys a message of optimism: the majority of adults and children can cope with fears and anxieties which follow a disaster. The solution is in our hands! I highly recommend this book as part of our disaster preparatory kit."

Nurit Kaplan Toren, PhD
Associate Professor
Department of Learning, Instruction, and Teacher
Education
Faculty of Education
University of Haifa
Haifa, Israel

“This handbook is an excellent resource for any counsellor or therapist who works with clients who have experienced a major disaster. Although the authors focus on disasters such as terrorist incidents, earthquakes, train or car accidents, I believe this manual can be utilized with lesser fearful or frightening exposure to trauma. Recently in the United Kingdom we have had the Grenfell fire disaster, 'scary clown' social media anxieties, in addition to terrorism in the UK and Europe where children and young people have been exposed to shocking and graphic news reports. This has been difficult for many children and parents.

This is a superb and practical guide with advice and strategies drawn from evidence based theory and practice. I believe this book will help parents, teachers, and counsellors to support children’s emotional and psychological resilience. There are clear pragmatic strategies to address the shock to adult witnesses or survivors of a wide range of challenging shocks or disasters. I will be circulating this excellent and informative guide to 300 school based counsellors and 1200 volunteer counsellors all over the United Kingdom and I believe it will be useful to schools parents and counsellors who are confronted by clients who have experienced the trauma of shock or disasters.”

Stephen Adams Langley, PhD
Senior Clinical Consultant
Place2Be
London, United Kingdom