

## SHOCK WAVES

A Practical Guide to Living  
with a Loved One's PTSD



### SHOCK WAVES: LIVING WITH A LOVED ONE'S PTSD

by Cynthia Orange

Published by Hazelden at £11.95 and available  
from Eurospan ([www.eurospan.com/hazelden](http://www.eurospan.com/hazelden)).

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*Shock Waves* is a gift for people struggling with the strain of supporting a loved one through the after-effects of trauma. It distils much of what is understood about post-traumatic stress disorder and brings to life the disturbing personal and family dynamics it creates. Above all, it offers the experience, hope and practical wisdom of those who faced the problems and overcome them.

Orange has created a valuable resource out of her own and other's direct experience. The use of stories normalises trauma responses and the surrounding behaviours in a way that humanises the more academic information provided. It also brings to life the natural loss and grief experienced when a loved one changes. The combination gives permission to family members to honour their own feelings and learn to take care of themselves as a necessary step in their loved one's recovery.

*Shock Waves* makes explicit the links between trauma and addiction in an easy and accessible way. This opens up the possibility for readers to identify and feel less ashamed about addictive acting out within their families and offers practical ways of tackling it head on.

This is a book I will offer to clients struggling to live with trauma and addiction in their family. It offers direct, practical suggestions that hold out the hope of transforming what can seem like a hopeless situation.

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