



Crash Course: A Self-Healing Guide to Auto Accident Trauma and Recovery

By Diane Poole Heller, Laurence Heller, Laurence S. Heller

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Trauma following automobile accidents can persist for weeks, months, or longer. Symptoms include nervousness, sleep disorders, loss of appetite, and sexual dysfunction. In *Crash Course*, Diane Poole Heller and Laurence Heller take readers through a series of case histories and exercises to explain and treat the health problems and trauma brought on by car accidents.

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Editorial Review

Review

"The Hellers' ground-breaking new book, *Crash Course*, provides both a rational background to the concept of symptoms based on actual changes in brain function resulting from traumatic experience, and a potent means of beginning the healing process. It is a must read for victims of motor vehicle accidents, and for the practitioners who treat them."

—Robert C. Scaer, M.D. P.C.

About the Author

Dr. Diane Heller received her Ph.D. from the Western Institute for Social Research in Berkeley, California. She is a Licensed Professional Counselor and a Nationally Certified Counselor.

Dr. Laurence Heller is a Phi Beta Kappa graduate of the University of Colorado. He has an M.A. in Linguistics and a Ph.D. in Psychology. He and his wife, Diane, recently taught their Auto Accident Recovery Program at Sarah Herzop Hospital in Jerusalem.

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