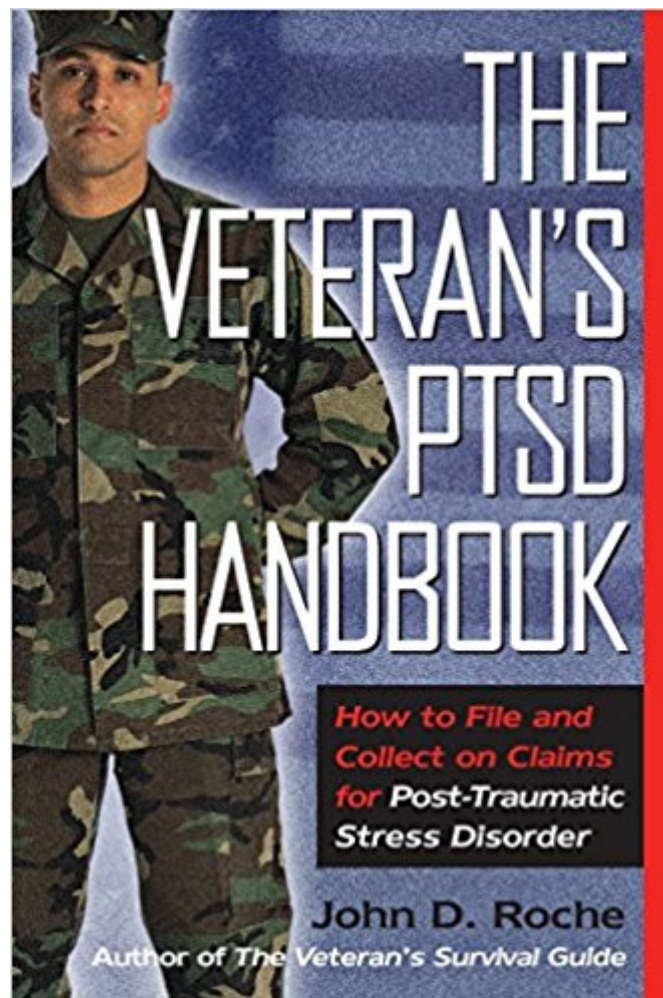




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# Veterans's PTSD Handbook: How To File And Collect On Claims For Post-Traumatic Stress Disorder



## Synopsis

From the author of *The Veteran's Survival Guide*, *The Veteran's PTSD Handbook* addresses the obstacles that veterans face when filing for benefits related to post-traumatic stress disorder (PTSD). One of the greatest obstacles, John Roche writes, is establishing a connection between a veteran's service and PTSD. Because both combat stressors and noncombat stressors can cause PTSD and because of the difficulties in diagnosing the condition, filing a successful claim for benefits based on PTSD is difficult. In the same accessible, self-help style used in *The Veteran's Survival Guide*, Roche offers detailed instructions on how to prepare a well-grounded claim for veterans' benefits relating to PTSD. He also discusses the four years he spent helping one veteran establish a "service connection" for his PTSD claim with Veterans Affairs. This book will be required reading for any veteran or veteran-dependent who wishes to obtain his or her well-earned benefits and for those officials of veterans' service organizations who assist veterans with their claims.

## Book Information

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## Customer Reviews

"Any collection strong in military resources and many general-interest lending library needs *The Veteran's PTSD Handbook*. . . . Essential

reading." *Midwest Book Review* (*Midwest Book Review* 2008-03-06) "Brutally

honest about VA reluctance to approve claims." *Reference & Research Book News*

(*Reference & Research Book News* 2010-04-30) "This is truly the best and most helpful

book on the subject that I have come across in my three decades of helping veterans. Author John

D. Roche has taken all his personal experience of having worked for the VA and for veterans in Florida and put it into . . . easy-to-follow language. BEST DAMN BOOK ON VA CLAIMS EVER WRITTEN! •Military Writer •Society of America (Military Writer •Society of America 2010-04-30) "I've been filing disability claims with the Department of Veterans Affairs for thirteen years, and I wish this book had been available when I first started. John Roche goes beyond just regurgitating federal regulations and gives the reader a step-by-step guide to establishing a well-grounded claim. •Vicki Foley, veterans disability claims consultant (Vicki Foley 2010-04-30)

Describes PTSD, how it occurs, who is most likely to develop it, and how it is treated Offers step-by-step instructions on how to prepare a well-grounded claim for veterans' benefits relating to PTSD Provides an insider's look at one veteran's four-year struggle to obtain VA benefits for PTSD

Read all three of Mr. John D. Roche's books before you read any other author, period, end of discussion. Read Asknod afterwards and use him as Representative if you need. His books are old but the information is timeless and very well laid out in a completely understandable fashion. The forms etc. mentioned are out of date but the information is timeless. If you want to go to a Veterans Service Organization Representative (VSO) with 12 hours training to fill out forms and get denied have at it or read all three books and get what you deserve.

It took me 15 years to wade through all the paperwork, fine print, delays and all the rest of the bureaucracy to get my disability. This book has condensed all the vital information into one book so that anyone can get the disability that they earned the hard way. It shouldn't be so hard to get help, but it is. So the best way to fight 'them' is with this info. I have already helped 2 other veterans get started on appealing the claim on which they were about to give up. This tells you which of your forms you need, the forms from the government that they need, and how to fill in all the spaces with the right information and, more importantly, IN THE RIGHT WAY that is needed to make your claim effective and understandable. I highly recommend this for any veteran or family member for filing and getting the disability rating earned and deserved. John - Sgt., US Army 1969-1972; -Vietnam 70-71- 100% disabled since 2001 but still fighting!

I suffer from PTSD and still throwing bricks upstream with the VA. I think among the strongest points I picked up was the initial meeting with the C&P doctor. I wish I had asked him for his credentials

and experience. Making sure he read my therapists report before interviewing me. Reviewing my C-file. Once I received my report, I thought he was interviewing a different veteran than me. The saga continues...

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Thank you to the author, I am a disabled veteran, and I would encourage anyone to buy this book. The information in the book is a valuable asset to anyone filing claims with the VA. The author did a phenomenal job in creating this book, and his advice helped me win my hearing, forever grateful.

Although interesting reading, it was not exactly what I was looking for. But it is informative and offers some viewpoints on the subject of and what some may want to do about PTSD. Not a BAD book, but just now what I expected. Books are always subject to individual opinion of the reader; just because I did not find it to be excellent is not to say someone else may not. You really can't judge a book from its title.

For veterans who have left the service and did not understand the need to register any PTSD symptoms, this book was written for you. It helps you identify that anyone living through traumatic situations will have to deal with the implications for the rest of their life. The VA is a tricky wicket to manage, so you may need this guide to help you navigate the process and understand that you may need help for a while to recover. Get the help you need and deserve from your country's support network.

Roche has written another book on filing for service connection in general. This book covers the specifics of filing for service connection for Posttraumatic Stress Disorder. If only every veteran had a copy of this prior to filing, there would be a lot less frustration and the process would be a lot smoother. Most veterans are not fully informed of this process and their rights. This book outlines these things in an appropriate manner where he does not coach or give advice on how to ensure a diagnosis, but he does present information on filing a solid legitimate claim. Well worth the money.

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