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Understanding Trauma and Resilience

Louise Harms

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People's lives can be turned upside down in a moment. Whether it's a car accident, a terminal illness or the death of a family member, practitioners working across the people professions frequently find themselves working with service users, patients and clients who are survivors of trauma. How people deal with these life changes differs from one person to the next and there is no blanket explanation.

Understanding Trauma and Resilience addresses the multifaceted nature of trauma by bringing together the many theoretical perspectives that explain how people cope with traumatic life experiences. Ranging between attachment, person-centred and anti-oppressive approaches, each chapter takes a contemporary approach and provides students and practitioners with an in-depth analysis of the histories, core assumptions and critiques of each perspective. Rich in theory and practice, case examples and case scenarios run throughout to demonstrate the integration of each approach in to real-life practice and to illustrate the different responses to trauma.

Whether you are a student or practitioner of counselling, social work or mental health, this book provides the foundations for understanding people's responses and resilience against traumatic life experiences.

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