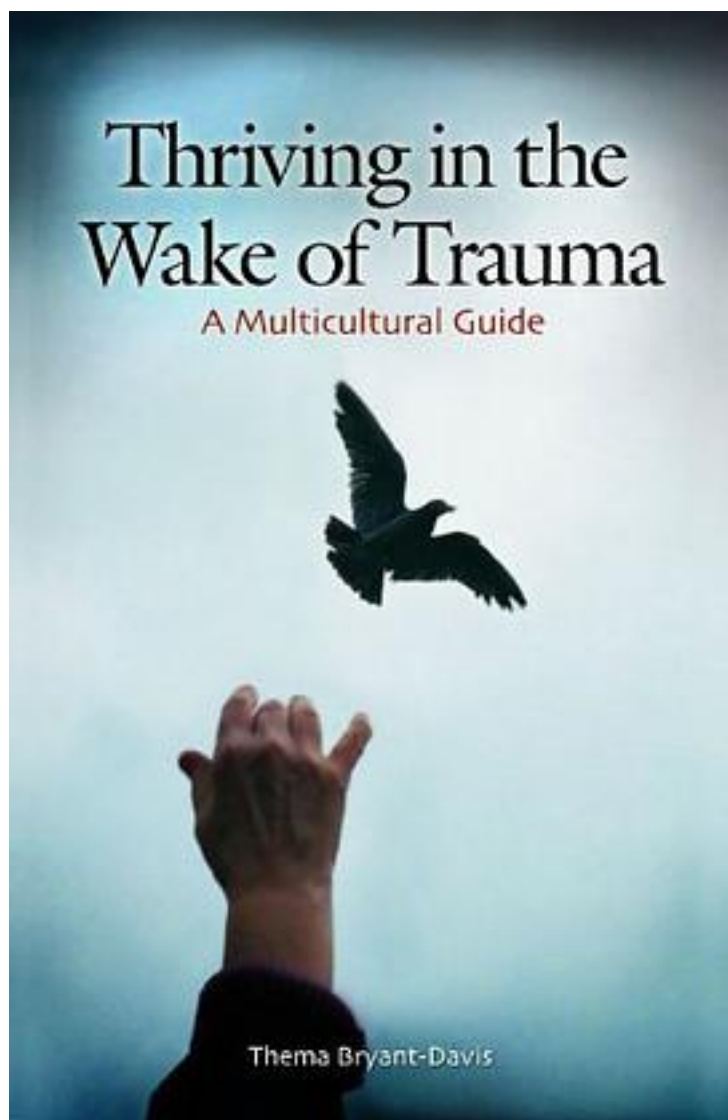


Thriving in the Wake of Trauma



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Explains how cultural factors affect our perception of, and recovery from, trauma Race, ethnicity, sexual orientation, migration status, religion and many other cultural factors play an important role in recovery from a traumatic event. Most conventional attempts to help people recover from trauma do not anticipate or address these factors. Here, a psychologist describes how to recognize the cultural issues that need to be considered for healing. The author offers vignettes illustrating these issues, as well as activities for traumatized people to regain their sense of self-esteem, safety, strength and calm. Each chapter offers activities to aid recovery - from writing a journal, movement, music and spirituality to activism and social support. Part of the Contributions in Psychology series; Addresses a topic with strong contemporary and multicultural angles; The author is well known and widely respected in the field; Includes a foreword by Harvard psychiatrist Dr. Judith Herman

作者介绍:

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