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Bereavement,
Trauma & Abuse 3.3

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Bereavement, Trauma & Abuse

3.3 

Title: **Understanding Your Reactions to Trauma**

Author(s): **Herbert & Grand**

Publisher: **Blue Stallion**

Year: **2003** ISBN: **1904127029**

A good clear introduction for survivors of trauma and their families, this book helps the reader understand what happens when people have experienced a traumatic event, and how to cope with it.

Part 1 looks at how people make sense of, and adjust to trauma, as well as the common reactions to trauma (e.g. nightmares, flashbacks, depression).

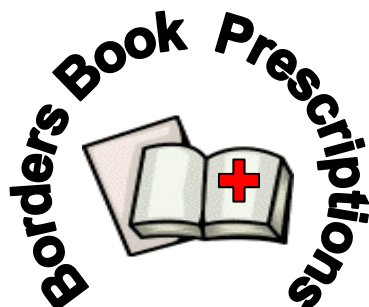
Part 2 examines how the reader can cope with the trauma; discussing the process of recovery and what to do to help them start this process.

(76 pages)

Readability:



Cover Price: **£5.50**



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