



Genesing vir trauma: In die Suid-Afrikaanse konteks (Afrikaans Edition)

Yvonne Retief

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Die woor 'trauma' beteken letterlik 'gewond'. In Suid-Afrika – met sy hoë voorkoms van gewelddadige egskeding en ander vorme van trauma – word die meeste mense in een of ander stadium emosioneel gewond. Indien daardie wonde nie onmiddellik behandel word nie, kan dit – net soos fisiese wonde – lei tot erge letsels wat later 'n mens se funksionering strem. Genesing vir trauma sal slagoffers van trauma en hul naasbestandes help om die gevolge daarvan effektief en planmatig te hanteer. Dit behandel verskeie spesifieke trauma-situasies soos bankroof, kaping, selfmoord van 'n geliefde, verkragting, veelvuldige trauma en plaasmoorde, maar verskaf ook riglyne vir algemene emosionele herstel waarby elke mens sal baat. Genesing vir trauma is 'n nuttige hulpmiddel vir elke persoon wat ander wil help om trauma te verwerk en hul lewensreis weer doelgerig en met vreugde voort te sit.

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