



Working with Trauma: Systemic Approaches (Basic Texts in Counselling and Psychotherapy)

Gerrilyn Smith

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The toxic nature of trauma can make it an overwhelming area of work. This book by a recognised expert adopts a systemic perspective, focusing on the individual in context. Very positively, it shows how every level of relationship can contribute to healing and that the meaning of traumatic experiences can be 'unfrozen' and revisited over time.



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