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Trauma and the Therapeutic Relationship: Approaches to Process and Practice

David Murphy, Stephen Joseph

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Research shows that the therapeutic relationship can offer a catalyst for healing, helping traumatized clients to make sense of and re-build their lives. This book provides practitioners with expert insight into supporting clients' recovery from trauma by placing the therapeutic relationship at the heart of the therapeutic process:

• It explores the role of the therapeutic relationship across a wide range of theoretical perspectives, including humanistic, psychodynamic and cognitive behavioural approaches.

• It brings together specialists from across the globe to provide practitioners with the latest thinking about client-centred work with trauma.

• It considers particular aspects of psychological trauma, including posttraumatic stress and posttraumatic growth.

This is the first book to combine trauma recovery with the therapeutic relationship. As such it is an important textbook for everyone with an interest in trauma therapy, whether as an aspect of training or of practice.

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