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# Online Library Traumatic Stress In South Africa

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**KEY=AFRICA - LAYLAH PERKINS**

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**TRAUMATIC STRESS IN SOUTH AFRICA**

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"Traumatic stress and post-traumatic stress more particularly, has gained international prominence as a condition or disorder that affects people across the globe in the wake of exposure to extreme life events, be these collective or individual. Given the history of political violence in South Africa, extremely high levels of violence against women and children and the prevalence of violent crime, South Africa has the unfortunate distinction of being considered a real life laboratory in which to study traumatic stress. Taking both a historical and contemporary perspective, the title covers the extent of and manner in which traumatic stress manifests, including the way in which exposure to such extremely threatening events impacts on people's meaning and belief systems. Therapeutic and community strategies for addressing and healing the effects of trauma exposure are comprehensively covered, as well as the particular needs of traumatised children and adolescents. Illustrative case material is used to render ideas accessible and engaging. Traumatic stress in South Africa provides a comprehensive and up-to-date overview of theory and practice in the field of traumatic stress studies, incorporating both international and South African specific findings. The particular value of the text lies in the integration of global and local material and attention to context related challenges, such as how trauma presentation and intervention is coloured by cultural systems and class disparities. The text would be of particular interest to scholars and practitioners working with traumatic stress in developing countries or in settings in which assessment and intervention resources are limited. The book highlights both psychological and sociopolitical dimensions of traumatic stress and emphasises insights derived from working in the South African context that have potential relevance for shaping the direction of traumatic stress studies"--Bookseller's website.

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## **TRAUMATIC STRESS IN SOUTH AFRICA**

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*NYU Press* *Traumatic Stress in South Africa* deals with the topic of traumatic stress from a number of angles. Traumatic stress, and posttraumatic stress more particularly, has gained international prominence as a condition or disorder that affects people across the globe in the wake of exposure to extreme life events, be these collective or individual. Given the history of political violence in South Africa, extremely high levels of violence against women and children and the prevalence of violent crime, South Africa has the unfortunate distinction of being considered a real life laboratory in which to study traumatic stress. Taking both a historical and contemporary perspective, the book covers the extent of and manner in which traumatic stress manifests, including the way in which exposure to such extremely threatening events impacts on people's meaning and belief systems. Therapeutic and community strategies for addressing and healing the effects of trauma exposure are comprehensively covered, as well as the particular needs of traumatised children and adolescents. Illustrative case material is used to render ideas accessible and engaging. The book also provides a comprehensive and up-to-date overview of theory and practice in the field of traumatic stress studies, incorporating both international and South African specific findings. The particular value of the text lies in the integration of global and local material and attention to context related challenges, such as how trauma presentation and intervention is coloured by cultural systems and class disparities. The book highlights both psychological and sociopolitical dimensions of traumatic stress.

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## **TRAUMA AND POSTTRAUMATIC STRESS DISORDER**

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### **GLOBAL PERSPECTIVES FROM THE WHO WORLD MENTAL HEALTH SURVEYS**

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*Cambridge University Press* The first systematic analysis of the rates, risk factors, consequences and global burden of trauma and PTSD across the globe.

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### **AN OVERVIEW OF THE CONSEQUENCES OF VIOLENCE AND TRAUMA IN SOUTH AFRICA**

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### **SUBSTANCE DEPENDENCY, PTSD AND TRAUMATIC INCIDENT REDUCTION (TIR) IN SOUTH AFRICA: A SOCIAL WORK PERSPECTIVE**

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*Loving Healing Press* This article briefly reflects the extent to which substance dependency and traumatic events, which may lead to a diagnosis of a post-traumatic stress disorder, are becoming a feature of life all over South Africa. Many social workers are familiar with current evidence-based approaches and are skilled at adapting them to local cultural and contextual conditions. Exploring and continuing learning various evidence-based approaches to render more effective services are an important aim of social work practice. Metapsychology and Traumatic Incident Reduction (TIR), an Applied Metapsychology technique, are introduced to challenge social workers to render more integrated and effective services. The prevalence and comorbidity of substance dependency and PTSD Looking at statistics about

substance dependency, as well as the high tendency of being a victim of trauma in South Africa, is it evident that social workers are confronted and challenged on a daily basis to improve their knowledge and skills in this regard. In South Africa, drug consumption is twice the world norm (CDA-2011) and 15% of South Africa's population has a drug problem (CDA-2011). Over 30% of the South African population have an alcohol problem or are at risk of having one and alcohol affects 17.5 million of South Africans. Studies show that people who start drinking before the age of 15 are four times more likely to become alcoholics than people starting to drink later in their life. The recently-released United Nations World Drug Report had named South Africa as one of the drug capitals of the world. When it comes to the abuse of alcohol and usage of dagga, this country is rated to be one of the top ten narcotics and alcohol abusers in the world (Addiction Drug Alcohol Statistics, S.A. 2012 About the Author Elca Erlank, Ph. D. became a TIR trainer in 2012. She has trained with both Gerald French and Yvonne Retief. Elca is a social worker, in South Africa with 22 years experience in various related fields of social work services. She had specialized in the field of substance dependence and received her doctorate degree in 2003. From the Metapsychology Monographs Series at [www.TIRBook.com](http://www.TIRBook.com).

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## **GUIDELINES FOR MANAGEMENT OF POST TRAUMATIC STRESS DISORDER AMONG SOUTH AFRICAN POLICE SERVICE WORKERS IN MAHIKENG, NORTH WEST PROVINCE OF SOUTH AFRICA**

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## **POST-TRAUMATIC STRESS DISORDER SYMPTOMS IN SOUTH AFRICAN EXILES**

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## **TRAUMA, MEMORY, AND NARRATIVE IN THE CONTEMPORARY SOUTH AFRICAN NOVEL**

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## **ESSAYS**

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The contributions to this volume probe the complex relationship of trauma, memory, and narrative. By looking at the South African situation through the lens of trauma, they make clear how the psychic deformations and injuries left behind by racism and col

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## **AN ADULT'S GUIDE TO CHILDHOOD TRAUMA**

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## **UNDERSTANDING TRAUMATISED CHILDREN IN SOUTH AFRICA**

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*New Africa Books* This book aims to assist parents, caregivers, teachers, health-care professionals and criminal justice system personnel to understand better the reactions of the child, as well as their own reactions, following a traumatic or stressful event.

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## **TRAUMA IN THE SOUTH AFRICAN POLICE FORCE**

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## **PERSONALITY AND COPING AS RISK FACTORS FOR DEVELOPING**

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## **POST-TRAUMATIC STRESS DISORDER**

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### **TRAUMA, MEMORY, AND NARRATIVE IN THE CONTEMPORARY SOUTH AFRICAN NOVEL**

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#### **ESSAYS**

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*Rodopi* The contributions to this volume probe the complex relationship of trauma, memory, and narrative. By looking at the South African situation through the lens of trauma, they make clear how the psychic deformations and injuries left behind by racism and colonialism cannot be mended by material reparation or by simply reversing economic and political power-structures. Western trauma theories – as developed by scholars such as Caruth, van der Kolk, Herman and others – are insufficient for analysing the more complex situation in a postcolony such as South Africa. This is because Western trauma concepts focus on the individual traumatized by a single identifiable event that causes PTSD (Post Traumatic Stress Disorder). What we need is an understanding of trauma that sees it not only as a result of an identifiable event but also as the consequence of an historical condition – in the case of South Africa, that of colonialism, and, more specifically, of apartheid. For most black and coloured South Africans, the structural violence of apartheid's laws were the existential condition under which they had to exist. The living conditions in the townships, pass laws, relocation, and racial segregation affected great parts of the South African population and were responsible for the collective traumatization of several generations. This trauma, however, is not an unclaimed (and unclaimable) experience. Postcolonial thinkers who have been reflecting on the experience of violence and trauma in a colonial context, writing from within a Fanonian tradition, have, on the contrary, believed in the importance of reclaiming the past and of transcending mechanisms of victimization and resentment, so typical of traumatized consciousnesses. Narration and the novel have a decisive role to play here.

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### **POST-TRAUMATIC STRESS DISORDER IN BLACK SOUTH AFRICAN ADOLESCENTS**

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### **EXPLORING THE MEANING OF TRAUMA IN THE SOUTH AFRICAN POLICE SERVICE**

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### **IDENTIFYING AND EVALUATING RISK FACTORS THAT PREDICT TRAUMATIC STRESS SEVERITY IN SOUTH AFRICA**

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### **TEXTBOOK OF DISASTER PSYCHIATRY**

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*Cambridge University Press* This book presents a decade of advances in the psychological, biological and social responses to disasters, helping medics and leaders prepare and react.

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### **TRAUMA COUNSELLING**

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## **PRINCIPLES AND PRACTICE IN SOUTH AFRICA TODAY**

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## **RELIGION AND THE POLITICAL IMAGINATION IN A CHANGING SOUTH AFRICA**

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*Waxmann Verlag*

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## **CORRELATION BETWEEN COPING STRATEGIES AND THE LEVELS OF POST TRAUMATIC STRESS DISORDER AND DEPRESSIVE SYMPTOMS AMONG SEXUALLY ASSAULTED SURVIVORS IN NORTH WEST PROVINCE, SOUTH AFRICA**

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## **POSTTRAUMATIC STRESS DISORDER**

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## **SCIENTIFIC AND PROFESSIONAL DIMENSIONS**

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*Academic Press* This authored text-reference will be the first comprehensive text in the rapidly growing field of psychological trauma and posttraumatic stress disorder. According to the NIMH, approximately 5.2 million American adults already suffer from post traumatic stress disorder. Caused by everything from combat experience to violent personal assaults to natural disasters and accidents, the incidence of PTSD has already reached epidemic proportions. The profound impact of psychological trauma and the need for proactive and scientifically-based approaches to timely prevention and evidence based treatment is unarguable and mental health programs are seeing a significant rise in the number of PTSD courses offered and services required. As a result, scholars, researchers, educators, clinicians, and trainees in the health care and human and social services need a concise and comprehensive source of authoritative information on psychological trauma and posttraumatic stress. This volume will offer a foundational understanding of the field as well cover key controversies, the influence of culture and gender, and describe state-of-the-art research and clinical methodologies in down-to-earth terms. Clinical case studies will be used liberally. \* Concise but comprehensive coverage of biological, clinical and social issues surrounding PTSD \* Thoroughly covers evidence-based treatments, enabling the reader to translate current research into effective practice \* Exemplifies practical application through case studies

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## **SECONDARY TRAUMATIC STRESS AMONG TELEPHONE COUNSELLORS IN SOUTH AFRICA**

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## **TRAUMA AND RESILIENCE AMONG DISPLACED POPULATIONS**

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## **A SOCIOCULTURAL EXPLORATION**

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*Springer Nature* This open access book provides an enriched understanding of historical, collective, cultural, and identity-related trauma, emphasising the social and political location of human subjects. It therefore presents a socio-ecological perspective on trauma, rather than viewing displaced individuals as traumatised "passive victims". The vastness of the phenomenon of trauma among displaced

populations has led it to become a critical and timely area of inquiry, and this book is an important addition to the literature. It gives an overview of theoretical frameworks related to trauma and migration—exploring factors of risk and resilience, prevalence rates of PTSD, and conceptualisations of trauma beyond psychiatric diagnoses; conceptualises experiences of trauma from a sociocultural perspective (including collective trauma, collective aspirations, and collective resilience); and provides applications for professionals working with displaced populations in complex institutional, legal, and humanitarian settings. It includes case studies based on the author's own 10-year experience working in emergency contexts with displaced populations in 11 countries across the world. This book presents unique data collected by the author herself, including interviews with survivors of ISIS attacks, with an asylum seeker in Switzerland who set himself alight in protest against asylum procedures, and women from the Murle tribe affected by the conflict in South Sudan who experienced an episode of mass fainting spells. This is an important resource for academics and professionals working in the field of trauma studies and with traumatised groups and individuals.

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## **POST-TRAUMATIC STRESS DISORDER IS A EUROCENTRIC CONSTRUCT. A DISCUSSION**

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*GRIN Verlag Research Paper (undergraduate) from the year 2015 in the subject Psychology - Personality Psychology, grade: B, University of Manchester (HRCI), course: Global Health, language: English, abstract: According to the American Psychiatric Association (2013), Posttraumatic Stress Disorder (PTSD) is defined in the DSMV (Diagnostic and Statistical Manual for Mental Disorders Firth Edition) as a group of psychiatric related symptoms after exposure to actual or threatened death, serious injury, or sexual violence by direct experience, witnessing or distant learning of a traumatic event that occurred to a close person. These symptoms include distressing memories and dreams of the traumatic event, dissociative reactions and marked psychological reactions to internal and external cues that symbolize the event, avoidance of or efforts to avoid distressing memories, thoughts or feelings, negative alterations in cognitions like dissociative amnesia and feeling of detachment, angry outbursts, irritability behavior, recklessness, hypervigilance and sleep disturbance. The diagnosis of PTSD is established when the above mentioned symptoms persist for one month and exhibit clinical manifestations, significant distress of impairment in social and occupational functioning not associated with a substance abuse (alcohol or drug). Introduced in the 1980 in the DSMIII after the Vietnam War, PTSD concept was however not new in the history of Medicine. It has evolved historically from the time of Homer and has been recognized and described for the past century. The holocaust and more recently the American World Trade Center attack has brought into the trauma theory with more publications been released. From its definition in the DSMV, PTSD is viewed as a result of an abrupt, singled traumatic event and its consequences on the human psyche resulting in psychiatric symptoms as I mentioned above. From this angle, the definition of PTSD is non inclusive expressing an individualized, monoculture and unilateral historic considerations which is argued as a Euro-American culture-bound syndrome*

that does not apply traditional cultures. On the other hand, for other psychologists and psychiatrists the new concept of PTSD (as defined in the DSMV) is thought to have provided an operational definition applicable for many clinical situations, showed a link between physical pain and psychological event, recognized the extend of a traumatic exposure and more importantly fertilized

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## **UNMAKING OF THE TORTURER**

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*LAPA Uitgewers* Three policemen tell the horrifying stories of what they had done during the apartheid years - how, where and whom they had tortured. They don't try to negate their part in the events and in fact have taken a great risk in telling their stories.

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## **LONG TERM IMPACT OF WAR, CIVIL WAR AND PERSECUTION IN CIVILIAN POPULATIONS**

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*Frontiers Media SA*

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## **A PHENOMENOLOGICAL VIEW OF PTSD FROM AN AFRICAN PERSPECTIVE**

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*LAP Lambert Academic Publishing South Africa* as a country is known for its high crime rate which produces an ongoing traumatising environment for its multicultural nation. Posttraumatic stress disorder (PTSD) in the general South African population is thought to be more prevalent than most international norms which make this topic both relevant and important. Cultural diversity is seen to play a role in the experience of PTSD which means that it has become important to gain an understanding of the potential effect of the individual's cultural background on the processing of a traumatic experience and the symptoms related to the experience. This book explores appraisals of traumatic events and symptoms in schematic and cultural terms. This book should be read by every mental health practitioner worldwide. Practitioners may not need to completely reinvent the wheel as far as treatment strategies for PTSD for isiXhosa-speaking individuals in an urban setting go.

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## **POST-TRAUMATIC STRESS DISORDER**

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*ABC-CLIO* Three distinguished experts share cutting-edge insights on Post-Traumatic Stress Disorder (PTSD), showing why it occurs, how it affects the development and existence of those it impacts, and how it can be treated. • A chronology of the history and origination of PTSD related to war and combat exposure • Case studies and examples that provide a view of PTSD from the inside out, rather than the outside in

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## **THE WHO WORLD MENTAL HEALTH SURVEYS**

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## **GLOBAL PERSPECTIVES ON THE EPIDEMIOLOGY OF MENTAL DISORDERS**

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*Cambridge University Press* These surveys provide valuable information for

physicians and health policy planners and provide greater clarity on the global impact of mental illness and its undertreatment."--BOOK JACKET.

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## **EXPLORATION OF EYE MOVEMENT DESENSITIZATION AS PART OF TREATMENT OF TRAUMATIC MEMORIES/POST TRAUMATIC STRESS DISORDER IN RAPE SURVIVORS IN SOUTH AFRICA**

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### **PAEDIATRIC TRAUMA AND CHILD ABUSE**

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*OUP Southern Africa* Child abuse is a complex subject and many health care workers and professionals such as teachers and social workers express anxiety regarding their involvement in cases of this nature. There is therefore a need to provide them with enough information to equip them to handle these cases from diagnosis through to giving evidence in court. Inappropriate management of cases of abuse can have serious implications. This book will provide readers of all levels of experience to gain greater insight into their role within the process.

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## **EXPLORING HELPING PROFESSIONS' EXPERIENCES OF PSYCHOLOGICAL TRAUMA MANAGEMENT PROGRAMMES WITHIN THE SOUTH AFRICAN POLICE SERVICES**

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Helping profession -- Law enforcement -- Psychological trauma -- Psychological trauma management -- South African Police Services -- Trauma model -- Trauma programme -- Traumatic stress -- Helpendeprofessie -- Wetstoepassing -- Psigologiese trauma -- Psigologiesetrauma-bestuur -- Suid-Afrikaanse Polisie - - Traumamodel -- Traumaprogram -- Traumatiese stres

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## **POST TRAUMATIC SLAVE SYNDROME**

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### **AMERICA'S LEGACY OF ENDURING INJURY AND HEALING**

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*Joy Degruy Publications Incorporated* In the 16th century, the beginning of African enslavement in the Americas until the ratification of the Thirteenth Amendment and emancipation in 1865, Africans were hunted like animals, captured, sold, tortured, and raped. They experienced the worst kind of physical, emotional, psychological, and spiritual abuse. Given such history, isn't it likely that many of the enslaved were severely traumatized? And did the trauma and the effects of such horrific abuse end with the abolition of slavery? Emancipation was followed by one hundred more years of institutionalized subjugation through the enactment of Black Codes and Jim Crow laws, peonage, convict leasing, domestic terrorism and lynching. Today the violations continue, and when combined with the crimes of the past, they result in yet unmeasured injury. What do repeated traumas, endured generation after generation by a people produce? What impact have these ordeals had on African Americans today? Dr. Joy DeGruy, answers these questions and more. With over thirty years of practical experience as a professional in the mental health field, Dr. DeGruy encourages African Americans to view their attitudes, assumptions, and behaviors through the lens of history and so gain a greater understanding of how centuries of slavery and oppression have impacted people of African descent in

America. Post Traumatic Slave Syndrome helps to lay the necessary foundation to ensure the well-being and sustained health of future generations and provides a rare glimpse into the evolution of society's beliefs, feelings, attitudes and behavior concerning race in America.

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## **TRAUMA**

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### **LIFE STORIES OF SURVIVORS**

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*Routledge* Traumatic experiences and their consequences are often the core of life stories told by survivors of violence. In *Trauma: Life Stories of Survivors* leading academics explore the relationship between the experiences of terror and helplessness that have caused trauma, the ways in which survivors remember, and the representation of these memories in the language and form of their life stories. International case studies include the migration of Ethiopian Jews to Israel, the life stories of Guatemalan war widows, violence in South Africa, persecution of political prisoners in South Africa and the former Czechoslovakia, lynching in the Mississippi Delta, resistance in Zimbabwe's liberation war, sexual abuse, and the ongoing Irish troubles. The volume reveals the complexity of remembering and forgetting traumatic experiences, and shows that survivors are likely to express themselves in stories containing elements that are imaginary, fragmented, and loaded with symbolism. *Trauma: Life Stories of Survivors* is a groundbreaking work of relevance across the social sciences. This new perspective on trauma will be of particular importance to researchers in psychology, history, women's studies, anthropology, sociology and cultural studies.

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### **SLEEP DISORDERS MEDICINE**

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#### **BASIC SCIENCE, TECHNICAL CONSIDERATIONS, AND CLINICAL ASPECTS**

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*Butterworth-Heinemann* *Sleep Disorders Medicine: Basic Science, Technical Considerations, and Clinical Aspects* presents the scientific basis for understanding sleep. This book provides information on the diagnosis and treatment of a wide variety of sleep disorders. Organized into 28 chapters, this book begins with an overview of the cerebral activity of wakefulness and the cerebral activity of sleep. This text then discusses the effects on mental and physical health of non-rapid eye movement (NREM) sleep, rapid eye movement (REM) sleep, and all sleep. Other chapters consider the neurophysiology and cellular pharmacology of sleep mechanisms. This book discusses as well the physiologic changes that occur in both the autonomic and somatic nervous system during sleep. The final chapter deals with the application of nasal continuous positive airway pressure for the treatment of obstructive apnea in adults. This book is a valuable resource for neurologists, internists, psychiatrists, pediatricians, otolaryngologists, neurosurgeons, psychologists, neuroscientists, and general practitioners.

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## COMPASSION FATIGUE

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### COPING WITH SECONDARY TRAUMATIC STRESS DISORDER IN THOSE WHO TREAT THE TRAUMATIZED

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*Routledge* This volume is the latest in a series that focuses on the immediate and long-term consequences of highly stressful events. It focuses on those individuals who provide therapy to victims of Post-Traumatic Stress Disorder crisis and trauma counselors, Red Cross workers, nurses, and doctors.

## BEYOND TRAUMA

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### CULTURAL AND SOCIETAL DYNAMICS

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*Springer* The editors of *Beyond Trauma: Cultural and Societal Dynamics* have created a volume that goes beyond the individual's psychological dynamics of trauma, exploring its social, cultural, political, and ethical dimensions from an international as well as a global perspective. In the opening address as International Chair of the First World Conference of the International Society for Traumatic Stress Studies on Trauma and Tragedy: The Origins, Management, and Prevention of Traumatic Stress in Today's World, June 22-26, 1992, Amsterdam, The Netherlands, the conference that formed the foundation for the collected chapters in this volume, I commented: This meeting is a landmark in accomplishing the Society's universal mission. Our distinguished International Scientific Advisory Committee and Honorary Committee, whose membership was drawn from over 60 countries, the cooperation of six United Nations bodies, and the participation and endorsement of numerous nongovernmental organizations and institutions attest to the Society's emerging presence as a major international forum for professionals of all disciplines working with victims and trauma survivors.

### INTERNATIONAL HANDBOOK OF WORKPLACE TRAUMA SUPPORT

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*John Wiley & Sons* The *International Handbook of Workplace Trauma Support* provides a comprehensive overview of contemporary standards and best practices in trauma support that draws from the latest research findings and experience of international experts in the field. Reviews the major contemporary post-trauma intervention models in both theory and practice Includes Trauma Risk Management (TRiM), Support Post Trauma (SPoT), Eye-Movement Desensitization and Reprocessing (EMDR), Mindfulness and Psychological First Aid (PFA) Incorporates multi-cultural perspectives by reporting on the pervasive violence in South Africa, constant threats in Israel and emerging developments in China Includes social, psychosocial, psychological, and organizational dimensions to offer a detailed mapping of trauma support Provides latest thinking for supporting those in the military context

## SPIRALS OF SUFFERING

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## **PUBLIC VIOLENCE AND CHILDREN**

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*HSRC Press* This book is a collection of papers on the effects of public violence on children in South Africa. Section 1 of this report is an overview of the findings of South Africa's Goldstone Commission of Inquiry into the Effects of Public Violence on Children. Section 2 concentrates on assessing problems and intervening to relieve them. The following essays are included: (1) "Introduction" (Brian Rock); (2) "Overview" (Norman Duncan and Brian Rock); (3) "Children and Violence: Quantifying the Damage" (Norman Duncan and Brian Rock); (4) "Going beyond the Statistics" (Norman Duncan and Brian Rock); (5) "Survey of Organizations Providing Services to Children" (Norman Duncan and Brian Rock); (6) "Inquiry Recommendations" (Norman Duncan and Brian Rock); (7) "Advisory Panel Recommendations"; (8) "Assessing the Impact of Violence on Children" (Peter Newell); (9) "Being Human vs. Having Human Rights" (Cosmas Desmond); (10) "Post-traumatic Stress in Children: Presentation and Intervention Guidelines" (Gill Eagle and Catherine Michelson); (11) "Working with Traumatized Children: A Community Project" (Sheila Miller); and (12) "The Survivors of Apartheid and Political Violence in KwaZulu-Natal" (Anne McKay). An appendix lists resource contacts. Each chapter contains references, and there is a reference list for each section. (Contains 28 tables.) (SLD)

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## **THE PREVALENCE OF POST-TRAUMATIC STRESS DISORDER IN INJURED SOUTH AFRICAN MOTOR VEHICLE ACCIDENT VICTIMS**

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## **SECONDARY TRAUMATIC STRESS AND COPING**

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## **A CASE STUDY OF THE SOCIAL WORKERS EMPLOYED AT THE SOUTH AFRICAN POLICE SERVICE**

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## **ART THERAPY AND POLITICAL VIOLENCE**

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## **WITH ART, WITHOUT ILLUSION**

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*Routledge* The impact of political violence, war, civil war and acts of terrorism on the individuals involved can be extensive. Art therapy can provide an effective means of expressing the resulting experiences of fear, loss, separation, instability and disruption. *Art Therapy and Political Violence* brings together contributions from all over the world and from diverse theoretical backgrounds. With contributions from Northern Ireland, Kosovo, Israel and South Africa, the book includes numerous clinical examples to vividly illustrate the main issues affecting art therapy. The practical issues involved are also discussed, including subjects such as the importance of working with both the internal and external worlds of the individual and sensitivity to cultural issues. Art therapists, psychotherapists and other mental health professionals, particularly those working in the context of political violence or in countries of refuge, will find the experiences recounted in *Art Therapy and Political Violence* thought-provoking and will welcome the wealth of practical information provided.