



Introduction to Counselling Survivors of Interpersonal Trauma

Christiane Sanderson

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"Victims of sexual and physical trauma can feel lost and disconnected from themselves and others. Christiane Sanderson's new book explains how counsellors can restore connection to self and others, and facilitate recovery within a safe and supportive therapeutic relationship. To understand fully the harm caused by interpersonal trauma, professionals must first recognize its complex nature, and the psychological and emotional impact of exposure to control and terror. This book examines the therapeutic techniques and specific challenges faced by professionals when working with survivors of interpersonal trauma. The author explores issues such as safety and protection, the long-term effects of trauma and the importance of visiting past experiences and assessing their impact on the present. This book is essential reading for counsellors, therapists, social workers, mental health professionals, health care professionals including GPs and midwives, legal professionals and all those working with survivors of interpersonal trauma such as sexual violence, child abuse, domestic abuse, elder abuse, institutional abuse and abuse by professionals".

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