



Traumatic Stress and Its Aftermath: Cultural, Community, and Professional Contexts (Journal of Prevention & Intervention in the Community)

Sandra Lee

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Explore the aftermath of traumatic stress as it affects various populations, including therapists themselves!

This book will educate you about the aftermath of traumatic stress as it impacts people in a variety of settings. It explores the factors that lead to increased or reduced vulnerability to the effects of traumatic stress, emphasizing the impact of cumulative/multiple trauma rather than the effects of a single traumatic incident, to help you design and implement effective prevention and intervention programs.

The specific populations and groups addressed in this important book include:

- adolescent girls involved in armed conflict in Colombia's guerilla war
- urban African-American youth—a theoretical model for risk and resiliency
- people with strong spiritual/religious beliefs—how spirituality can affect a person's reaction to traumatic stress
- women in recovery in a community aftercare shelter
- female trauma therapists—factors affecting vicarious traumatization of helping professionals
- college students with histories of abuse

Providing a framework for understanding traumatic stress-related issues based on a variety of methodologies and measures, *Traumatic Stress and Its Aftermath* addresses important questions, such as:

- What is the relationship between the experiences of trauma or other stressful life events, and subsequent traumatic stress?
- What are the protective factors that can buffer or ameliorate the development of traumatic stress in the face of adverse life experiences, trauma, or other stressful events?
- How do these questions evolve in different cultural or community contexts, and with different populations?
- What are the implications for interventions for community institutions and mental health workers?
- What roles do self-esteem and spirituality play in a person's reaction to traumatic stress?
- How do reactions to traumatic stress differ between women who have been sexually abused as children and women who have not?

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