



Healing for Trauma: In the South African Context

Yvonne Retief

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The word 'trauma' literally means 'wounded'. In South Africa – with its high incidence of violent crime, divorce and other forms of trauma – most people are emotionally wounded at one stage or another. If these wounds are not treated immediately, they can leave severe scars and debilitate people, just like physical wounds do. Healing for Trauma will help trauma victims and their families to face and handle the consequences of potentially devastating events. The book discusses specific situations such as bank robbery, hijacking, suicide of a loved one, rape, multiple trauma and farm murders, but also provides general recovery guidelines that will benefit every person who has lived through a traumatic incident. Healing for Trauma is an invaluable guide for people who would like to help others to make a complete recovery after trauma and to continue their life's journey joyfully and unhindered.



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