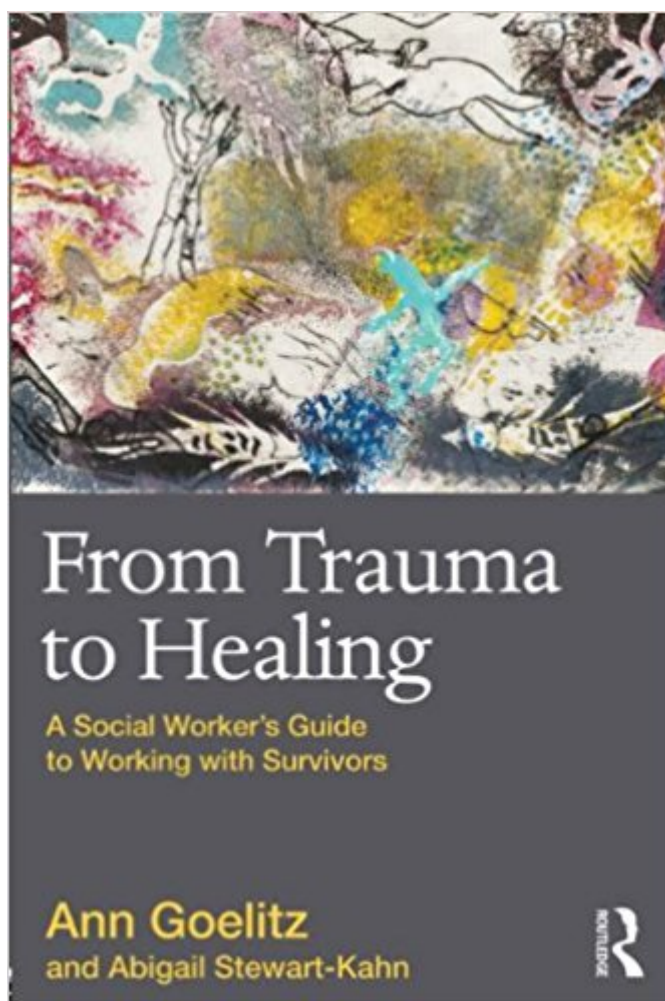


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# From Trauma To Healing: A Social Worker's Guide To Working With Survivors



## Synopsis

From Trauma to Healing: A Social Worker's Guide for Working With Survivors is the next significant publication on trauma in the field of social work. Since September 11 and Hurricane Katrina, social workers have come together increasingly to consider how traumatic events impact practice. From Trauma to Healing is designed to provide direction in this process, supporting both the field's movement towards evidence-based practice and social workers' growing need to be equipped to work with trauma. It does so in the practical-guide format already proven to be compelling to social work students, educators, and practitioners, providing case examples, and addressing social workers' unique ecological approach.

## Book Information

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## Customer Reviews

"Social workers are more than any other class of helping professional are major contributors to trauma recovery: at the scene, in the hospital, in the community, and providing therapy. Goelitz's accessible, comprehensive, and highly usable guide will be gratefully received by all. It is so important; I truly hope it will become required reading in all university and licensure programs. This is a must-have for every social worker's bookshelf."

Babette Rothschild, MSW, author of The Body Remembers and 8 Keys to Safe Trauma Recovery "From Trauma to Healing provides a real service to social workers. The importance of self-care is rightly emphasized, and practical, seasoned guidelines abound not just for clinical work but for program building and advocacy as well. Having this book on hand is like having

a wise, compassionate supervisor close by." —Belleruth Naparstek, LISW, BCD, author of Invisible Heroes and creator of the Health Journeys guided imagery audio series. "From Trauma to Healing is a unique, even extraordinary addition to social work literature. Schools of social work rarely offer courses about trauma and graduates are not adequately prepared to treat it. This volume rectifies this situation in the most profound and readable fashion. It is a great contribution."

Ann Goelitz, PhD, LCSW, is a social-work educator and trauma psychotherapist who has done extensive public speaking, published numerous articles, and co-authored an award-winning resource directory for caregivers. Abigail Stewart-Kahn, MSW, LCSW, is a social worker focusing specifically on intimate partner violence and childhood exposure to trauma. She has worked directly with children and their families and in innovative program development and prevention.

I purchased this book as a requirement for one of my courses in the MSW program. Having dealt with trauma in my own life, I feel as though I could have written the book myself. The authors do an excellent job of capturing the experience of trauma survivors, and I encourage anyone who is not yet familiar with trauma to read this book. Very impactful.

Love this book! I am new to learning more about trauma and a student.

Thumbs up

"From Trauma to Healing" is a fantastic book, which I have successfully integrated as required reading in my Foundations of Social Work Practice classes, taught to first year graduate social work students. As a social worker, an educator, a supervisor, a manager, and a clinician, I find it the perfect guide to working with survivors of trauma in a sustainable way, ensuring the practitioner is vigilant around areas of countertransference, vicarious and secondary trauma. It is written in a clear but sophisticated manner, making it accessible to mental health professionals who are just starting out, but also to seasoned clinicians. I find it useful for my own direct practice around issues of intersecting forms of violence, but also as a tool in supervising social work interns and staff doing this demanding work. It is clear from class discussions and the papers I grade that the text helps students quickly grasp the principles of trauma theory and the ways in which they can implement trauma-informed work. The book provides a grounding in trauma theory, as well as an understanding of the impact of identity and associated power, privilege, and oppression, when one is working with

individuals, families, groups, and communities who have experienced often multiple levels of trauma. Because it is rooted in the principles and tenets of social work, the book makes clear the responsibility that practitioners have to understand the impact of trauma on their work in broadly diverging fields, for their clients and for themselves. I cannot say enough good things about "From Trauma to Healing," except that it has become my go-to text to provide the foundations of trauma-informed, client-centered practice to social workers of all levels of experience. Goelitz and Stewart-Kahn have given the field of social work an incredible gift in this book, which will undoubtedly continue to be useful for years— if not decades—to come. Catherine Shugrue dos Santos, MSW

"From Trauma to Healing" is a careful, honest and unpretentious offering of knowledge and experience in the field of trauma work. From the very first contact with the book, be it a reading of the introduction, a curiosity guided browsing, or a chapter to chapter study, the reader will perceive Goelitz's and Stewart-Kahn's humility, respect, and empathy towards both therapists and trauma survivors. Guided by genuine concern for the therapist seeking learning and resources in the field of trauma, the authors conscientiously reviewed the literature in order to identify where a contribution would be most needed and useful, deciding finally to provide the field with a beautifully structured and comprehensive guide to working with trauma survivors. The authors deliberately intended and achieved making this work "accessible, clear and as easy to read as possible". It starts by providing relevant content in the areas of safety, vulnerable populations and cultural factors. It continues to describe the experience of trauma, both from the position of the survivor and the witness. The following chapters focus on three specific types of trauma: child abuse and neglect, life threatening illness and intimate partner violence. Then, a series of chapters on interventions and alternative methodologies for working with survivors, including work with individuals, couples, families and groups. Finally, a section devoted to program development, advocacy, prevention and community organizing. A feature about "From Trauma to Healing" that makes it specially attractive, is the fact that each chapter is designed to stand alone, so that the reader can choose to read about a subject of interest without the need to refer to previous chapters. This makes the book a tool for reference or focused consultation in addition to its knowledge building quality. "From Trauma to Healing" is a truly valuable contribution to the Social Work profession. It is a highly professional work, useful for therapists, researchers students, trauma survivors, friends and family. It balances relevance, broadness, empathy and clarity. It is a genuine act of giving.

What a great book! As a social worker and educator I recommend the new book *From Trauma to Healing* highly. From a strength-based perspective the authors bridge the needs of both new and seasoned clinicians with a focus on providing key points to more effectively engage the client. Written to be understood this guide provides concrete, relatable case examples and process recordings, as well as the authentic voices of the authors, who have earned their reputation as leaders in their respective areas of discipline. Providing the latest research on trauma and its impact on the brain, scientific and theoretical material is seamlessly woven together with concrete practice examples. Designed to enhance workers' skill sets across disciplines--I can see its usefulness for social workers, psychologists, nurses, physicians and for laypeople who want to understand more about the impact of trauma. Definitions are to be found in each chapter with tips to enhance practice--it is to be an essential part of any helping professional or social work educator's library. I know it will be a part of mine. By Carol Morrison LCSW, CASAC

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