



TRAUMATIC STRESS IN SOUTH AFRICA

DEBRA KAMINER AND GILLIAN EAGLE

Traumatic Stress In South Africa

Brandon Hamber, Sharon Mantik Lewis



Traumatic Stress In South Africa:

Traumatic Stress in South Africa Debbie Kaminer, Gillian Eagle, 2010-10-01 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

Traumatic Stress in South Africa Debra Kaminer, Gillian Eagle, 2010 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 *Trauma, Memory, and Narrative in the Contemporary South African Novel* ,2012-01-01 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 *International Handbook of Traumatic Stress Syndromes* John P. Wilson,Beverley Raphael,2013-06-29 Over 100 researchers from 16 countries contribute to the first comprehensive handbook on post traumatic stress disorder Eight major sections present information on assessment measurement and research protocols for trauma related to war veterans victims of torture children and the aged Clinicians and researchers will find it an indispensable reference touching on such disciplines and psychiatry psychology social work counseling sociology neurophysiology and political science **Traumatic Storytelling and Memory in Post-Apartheid South Africa** Christopher J. Colvin,2018-12-14 This book explores the practice of traumatic storytelling that emerged out of the South African Truth and Reconciliation Commission and came to play a key role in the lives of the members of the Khulumani Support Group for victims of apartheid era political violence Group members found traumatic storytelling both frustrating and yet also an important form of memory work that shaped how they saw themselves in the post apartheid era Drawing on ethnographic fieldwork the author examines how traumatic storytelling functioned not only as a kind of psychological healing and national political theatre but also as a potent form of social relation economic exchange political activism and expressive practice With emphasis on the personal social and political significance of the act of traumatic storytelling this volume asks why members of Khulumani despite their many disappointments continued to engage intensively

in storying their experiences for themselves and others Examining what powers storytelling held for both group members and their witnesses and considering the ways in which storytelling enabled new senses of self and new understandings of what was possible in the years after the end of apartheid this book considers what we might learn more broadly from the experiences of Khulumani about the possibilities and limits of traumatic memory making as an instrument of personal social and political repair As such it will appeal to scholars of sociology anthropology and criminology with interest in justice and post conflict societies

International Handbook of Workplace Trauma Support Rick Hughes, Andrew Kinder, Cary Cooper, 2012-04-10 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

An Overview of the Consequences of Violence and Trauma in South Africa Brandon Hamber, Sharon Mantik Lewis, 1997 *International Handbook of Multigenerational Legacies of Trauma* Yael Danieli, 2013-03-09 In this extraordinary new text an international array of scholars explore the enduring legacy of such social shocks as war genocide slavery tyranny crime and disease Among the cases addressed are instances of genocide in Turkey Cambodia and Russia the plight of the families of Holocaust survivors atomic bomb survivors in Japan and even the children of Nazis the long term effects associated with the Vietnam War and the war in Yugoslavia and the psychology arising from the legacy of slavery in America *Re-Authoring Life Narratives After Trauma: A Holistic Narrative Model of Care* Charles B. Manda, 2019-12-12 Re authoring Life Narratives after Trauma is an interdisciplinary specialist resource for traumatic stress researchers practitioners and frontline workers who focus their research and work on communities from diverse religious backgrounds that are confronted with trauma death illness and other existential crises This book aims to argue that the biopsychosocial approach is limited in scope when it comes to reaching a holistic model of assessing and treating individuals and communities that are exposed to trauma The holistic model must integrate an understanding of and respect for the many forms of religion and spirituality that clients might have Pargament 2011 It will not only bring a spiritual perspective into the psychotherapeutic dialogue but it will also assist in dealing with the different demands in pastoral ministry as related to clinical and post traumatic settings The book makes several contributions to scholarship in the disciplines of although not limited to traumatic stress studies pastoral care and counselling psychology and psychiatry Firstly the book brings spirituality into the psychotherapeutic dialogue traditionally religious and spiritual topics

have not been a welcome part of the psychotherapeutic dialogue Secondly it underscores the significance of documenting literary narratives as a means of healing trauma writing about our traumas enables us to express things that cannot be conveyed in words and to bring to light what has been suppressed and imagine new possibilities of living meaningfully in a changed world Thirdly it proposes an extension to the five stage model of trauma and recovery coined by Judith Herman

Developmental Psychology Jacki Watts,Kate Cockcroft,2009 Offers a theory driven approach to understanding human development from two perspectives the psychoanalytic and the cognitive This book presents thoughts on the South African context and the impact it has on development It is suitable for undergraduates postgraduates and health professionals

Substance Dependency, PTSD and Traumatic Incident Reduction (TIR) in South Africa: A Social Work

Perspective Elca Erlank,2013-01-01 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

Evidence Based Treatments for Trauma-Related Psychological Disorders Ulrich Schnyder,Marylène

Cloitre,2022-06-16 The second completely updated edition of this book offers an evidence based guide for clinical psychologists psychiatrists psychotherapists and other clinicians working with trauma survivors in various settings It provides easily digestible up to date information on the basic principles of traumatic stress research and practice including

psychological and sociological theories as well as epidemiological psychopathological and neurobiological findings However as therapists are primarily interested in how to best treat their traumatized patients the core focus of the book is on evidence based psychological treatments for trauma related mental disorders The full range of trauma and stress related disorders is covered including Acute Stress Reaction Complex PTSD and Prolonged Grief Disorder reflecting important anticipated developments in diagnostic classification Each of the treatment chapters begins with a short summary of the theoretical underpinnings of the approach presents a case illustrating the treatment protocol addresses special challenges typically encountered in implementing this treatment and ends with an overview of related outcomes and other research findings Additional chapters are devoted to the treatment of comorbidities special populations and special treatment modalities and to pharmacological treatments for trauma related disorders A novel addition is the chapter on Innovative interventions to increase global mental health The book concludes by addressing the fundamental question of how to treat whom and when

Narrative Exposure Therapy (NET) For Survivors of Traumatic Stress Maggie Schauer, Frank Neuner, Thomas Elbert, 2025-02-10 The new edition of the original Narrative Exposure Therapy manual is full of new and valuable information on how to use this effective short term culturally inclusive intervention with survivors of multiple and complex trauma Written by the originators of narrative exposure therapy Fully updated 3rd edition Step by step guidance through NET Extensive evidence shows that six to twelve sessions of Narrative Exposure Therapy NET can be sufficient to provide considerable relief from events such as organized violence torture war rape and childhood abuse The new manual is even more clearly structured and easy to follow and includes new figures that help illustrate and guide the reader through the steps of NET The theoretical sections offer a solid basis for carrying out the therapeutic intervention The reader is then shown the NET approach step by step with robust and straightforward practical advice and tools including how to deal with challenging situations e g how to go deeper when faced with the challenging dynamics of remembering trauma and how to manage dissociation avoidance strong emotions lost memories or the sudden emergence of unexpected recollections from the past NET therapy conversations and resulting narrations from trauma scenes demonstrate the level of Narrative Exposure details required Finally the importance of reading back the testimony to the individual is explained A new section on the variations of NET details how to offer KIDNET for children and young people FORNET for victims of trauma who are perpetrators of violence NETfacts for communities and ElderNET for older adults as well as online NET eNET Experienced therapists also get an idea of how NET is typically trained and how to facilitate NET exercises Downloadable resources for use in clinical practice include handouts examples of narrations and a checklist for adverse life events This book is an invaluable resource for clinical psychologists psychotherapists psychiatrists counselors crisis workers social workers health workers and physicians

Military Psychology for Africa Gideon AJ van Dyk, 2016-03-17 Military Psychology for Africa is the first textbook of its kind from Africa Selected authors with competent military psychology knowledge skills expertise and

experience each contributed a chapter to this unique book The book empowers academics students and military fellows to apply this knowledge at academic institutions and military units during operations and in presenting short courses The book will also equip soldiers with new knowledge for advancing peace on the continent and abroad

PROMOTING CAPABILITIES TO MANAGE POSTTRAUMATIC STRESS Douglas Paton, John M. Violanti, Leigh M. Smith, 2003-01-01 This book provides a systematic review of the variables and mechanisms that underpin resilience and growth in professions who face a high risk of regular and repetitive exposure to adverse or hazardous events Given the inevitability of this exposure promoting the acceptance and practice of this paradigm is essential for facilitating the capability of emergency responders to adapt to and if possible to grow from adverse and hazardous experience By identifying salient dispositional cognitive group organizational and environmental predictors of resilience and articulating the mechanisms that link them to adaptive and growth outcomes emergency organizations will have the capacity to intervene prior to exposure to adverse events rather than waiting until after the event as is currently the norm This book thus adopts an approach that is fundamentally preventative in nature and offers practical suggestions to support the development of resilient capabilities By describing influences on this capability that cover the person the organization and factors external to the workplace it offers a more ecologically comprehensive approach to those working in this area In addition it offers a more comprehensive framework for this work by drawing on constructs e g trust empowerment that would ordinarily lie outside mainstream traumatic stress research The contents of this book provide a theoretically and empirically rigorous knowledge base and intervention framework capable of mitigating negative reactions facilitating adaptation in the face of adversity and enhancing the likelihood that adverse and traumatic work experiences will enrich the personal and professional lives of those who dedicate themselves to protecting and safeguarding others It will be of interest to emergency worker counselors police counselors disaster workers mental health professionals and individuals that work with people exposed to trauma

Post-Traumatic Stress Disorder Charles B. Nemeroff, Charles Marmar, 2018-08-15 This volume brings together the leaders in the field of PTSD research to present an up to date summary and understanding of this complex disorder All of our current knowledge and controversies concerning the diagnosis epidemiology course pathophysiology and treatment are described in detail The evidence for efficacy for each of the different forms of psychotherapy and pharmacotherapy is reviewed Particular attention is paid to at risk groups including minorities and coverage of PTSD throughout the world is reviewed as well The authors present state of the art findings in genetics epigenetics neurotransmitter function and brain imaging to provide the most current and comprehensive review of this burgeoning field

Traumatic Stress Bessel A. van der Kolk, Alexander C. McFarlane, Lars Weisaeth, 1996-05-03 This bestselling classic presents seminal theory and research on posttraumatic stress disorder PTSD Together the leading editors and contributors comprehensively examine how trauma affects an individual's biology conceptions of the world and psychological functioning Key topics include why certain people cope successfully with

traumatic experiences while others do not the neurobiological processes underlying PTSD symptomatology enduring questions surrounding traumatic memories and dissociation and the core components of effective interventions A highly influential work that laid the foundation for many of the field s continuing advances this volume remains an immensely informative and thought provoking clinical reference and text The preface to the 2007 paperback edition situates the book within the context of contemporary research developments

Treating Complex Traumatic Stress Disorders in Adults Julian D. Ford, Christine A. Courtois, 2020-02-25 This authoritative reference on complex traumatic stress disorders CTSDs and their assessment and treatment has now been significantly revised with more than 75% new material reflecting a decade of advances in the field Leading experts delve into ways to understand engage assess and treat adults with complex trauma histories whose symptoms often include but may go well beyond those of posttraumatic stress disorder The volume presents cutting edge theory and research on CTSDs considers diagnostic controversies and identifies core elements of effective culturally responsive treatment Established and emerging therapies specifically tailored to this population are described and illustrated with vivid case examples Other highlights are chapters on transtheoretical treatment the crucial role of professionalism and training and recognizing and managing vicarious traumatization New to This Edition Incorporates major advances in research and clinical practice Chapters on additional evidence based individual treatments prolonged exposure therapy cognitive therapy cognitive processing therapy brief eclectic psychotherapy eye movement desensitization and reprocessing therapy narrative exposure therapy interpersonal psychotherapy emotion focused therapy and the TARGET recovery model Chapters on additional evidence based group and conjoint family therapy models attachment based couple therapy and integrated treatment of co occurring CTSDs and substance use disorders Chapters on promising treatments treatment for structural dissociation experiential somatotherapy approaches mindfulness approaches and complementary healing therapies See also Drs Ford and Courtois s authored book *Treatment of Complex Trauma* which presents their own therapeutic approach for adult clients in depth and their edited volume *Treating Complex Traumatic Stress Disorders in Children and Adolescents*

Post-Traumatic Stress Disorder J.F. Pagel, 2020-09-22 PTSD is in no way an easy diagnosis for the patient the provider or the therapist It is a diagnosis developed at the border of our capacity to handle extreme stress a marker diagnosis denoting the limits of our capacity for functioning in the stress of this modern world For both individuals and society PTSD marks the limits of our available compassion and our capacity to protect ourselves from the dangers of the environment and other humans PTSD is often a chronic disease forming at a place where mind sometimes no longer equals the brain a point at which individual patient requirements often trump theory and belief There are treatments for PTSD that work and many that do not This book presents evidence rather than theory anecdote or case report Psychological approaches including prolonged exposure imagery rehearsal therapy and EMDR have a greater than 75% positive short term response when used to treat PTSD Yet these treatments vary markedly and have different even contradictory underlying theory and

objectives for treatment Medications rarely indicated as primary therapy can be used to treat symptoms and address comorbid PTSD diagnoses Treatment of sleep apnea in the PTSD population produces a positive effect on symptoms and a reduction in morbidity and mortality across the span of life Complementary treatments offer the many individuals chronically affected by PTSD assistance in coping with symptoms and opportunities to attempt to functionally integrate their experience of trauma

Post-traumatic Stress Disorder Dan J. Stein, Matthew Friedman, Carlos Blanco, 2011-07-18 Despite the growing interest in the role of psychological trauma in the genesis of psychiatric disorders few volumes have addressed these issues from a multidisciplinary and international perspective Given the complexity of resilience and posttraumatic disorder and given ongoing trauma and violence in many parts of the world it is crucial to apply such perspectives to review existing knowledge in the field and provide directions for future research This book has a broad scope A key focus is PTSD because of its clinical and health importance its obvious link with trauma and its interest for many clinicians and researchers However the book also examines resilience and a range of mental health consequences of trauma because it has become increasingly clear that not all individuals react to trauma in the same way It is important for mental health professionals to be aware of the broad range of potential responses to trauma as well as of relevant evidence based treatments The book includes chapters that address a wide range of topics on trauma related disorders including nosology and classification epidemiology neurobiology pharmacotherapy and psychotherapy Each chapter comprises a critical review of the existing literature aimed at being useful for the practitioner This is followed by selected commentaries from other authorities on the topic representing diverse geographical locations and points of view who refine some of the perspectives offered in the review provide alternative views or suggest important areas of future work

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