

# PSİKOTRAVMATOLOJİ VE DİSSOSİYATİF BOZUKLUKLAR

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## ÖNSÖZ

### **Sevgili okuyucu,**

Bilimin, insan deneyiminin en karanlık köşelerini aydınlatma gücü vardır. “Psikotravmatoloji ve Dissosiyatif Bozukluklar” isimli bu çalışma, zihinsel sağlık alanında böylesine bir köşeyi, yani travmanın psikolojik ve nörolojik etkilerini ve bu etkilerin bireylerin yaşamlarında nasıl dissosiyatif bozukluklara yol açabileceğini ele alıyor. Travma sonrası yaşanan zorlukları, dissosiyatif bozuklukların karmaşık doğasını ve bu durumlarla başa çıkma yöntemlerini kapsamlı bir şekilde inceleyerek, bu alandaki mevcut bilgi birikimine katkıda bulunmayı amaçlıyoruz.

Psikotravmatoloji ve dissosiyatif bozukluklar, uzun süredir hem klinik pratikte hem de akademik araştırmalarda önemli konular olmuştur. Ancak, bu konuların karmaşıklığı ve çok boyutluluğu, onları anlamak ve etkili müdahaleler geliştirmek için disiplinler arası bir yaklaşımı zorunlu kılar. Bu kitapta, psikoloji, psikiyatri, nöroloji ve sosyal bilimler gibi çeşitli disiplinlerden gelen bilgileri bir araya getirerek, okuyuculara bu karmaşık konuları anlamaları için kapsamlı bir rehber sunmayı hedefliyoruz.

Çalışmamız, travmanın neden olduğu psikolojik ve nörolojik etkileri, dissosiyatif bozuklukların tanımlanması, sınıflandırılması ve tedavisi üzerine güncel bilimsel araştırmaları derlemektedir. Ayrıca, dissosiyatif bozuklukları olan bireylerle çalışırken karşılaşılan zorluklara ve bu zorlukların üstesinden gelmek için kullanılacak stratejilere odaklanmaktadır. Bu kapsamlı bakış açısıyla, kitap, hem alanında yeni olan profesyoneller için bir giriş metni hem de deneyimli uygulayıcılar ve araştırmacılar için derinlemesine bir kaynak olarak hizmet etmesini umuyoruz.

## Önsöz

Kitabın her bir bölümü, konunun belirli bir yönünü ele alırken, vaka çalışmaları, uygulama örnekleri ve en iyi uygulamaları içerir. Bu yaklaşım, teorik bilgileri somut örneklerle zenginleştirerek, okuyucuların konuları daha iyi anlamalarını ve klinik pratiklerine entegre etmelerini sağlar.

“Psikotravmatoloji ve Dissosiyatif Bozukluklar” kitabını hazırlarken, bu alandaki en güncel araştırmaları ve bilgi birikimini bir araya getirmeyi amaçladık. Bu süreçte, konuya katkıda bulunan birçok araştırmacı ve klinik uzmanla işbirliği yaptık. Onların değerli katkıları olmadan bu eserin tamamlanması mümkün olmazdı.

Bu çalışmanın, travma ve dissosiyatif bozukluklar konusunda bilgi edinmek ve bu zorluklarla mücadele eden bireylere yardımcı olmak isteyen herkes için değerli bir kaynak olacağını umuyoruz. Okuyucuların, bu eserden bilgi ve ilham alacaklarını ve nöropsikoterapi alanındaki çalışmalarını ilerletecek yeni perspektifler kazanacaklarını diliyoruz.

*Saygılarımla,*

Prof. Dr. Yener ÖZEN

**“Psikolojik Travma Güçsüzlerin Felaketidir”**

*Judith Herman*

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