

KRİZ VE TRAVMA

Kuram ve Uygulamalarla Psikolojik
Danışmanlık

Gamze MUKBA
Özge CANOĞULLARI



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ÖNSÖZ

Günümüzün hızla değişen, belirsizliklerle dolu dünyasında bireylerin yaşadığı kriz ve travma deneyimleri, psikolojik bütünlüğü ciddi biçimde tehdit edebilmektedir. Elinizde tuttuğunuz bu eser, krizlerin dinamiklerinden travma sonrası müdahalelere uzanan kapsamlı içeriğiyle, okul ortamından toplumsal felaketlere kadar geniş bir yelpazede yol gösterici bir kaynak sunmaktadır. İlk bölümde kriz kavramı, okullarda kriz danışmanlığı, krize yönelik önleyici çalışmalar ile krize müdahale yöntemleri uygulamalarla birlikte açıklanmaktadır.

İkinci bölümde ise travmanın tanımı ve özellikleriyle birlikte, afetler gibi olağanüstü durumlara yönelik müdahale aşamaları, psikolojik ilk yardım ilkeleri ve travma sonrası psikososyal destek yaklaşımları kapsamlı biçimde sunulmaktadır. Afetzedelerin güvenlik, barınma gibi temel ihtiyaçlarının karşılanmasından, duyguların normalleştirilmesi ve başa çıkma becerilerinin güçlendirilmesine kadar birçok uygulama, bireysel ve toplumsal düzeyde örneklerle açıklanmaktadır. Travmaya uzun süreli müdahale teknikleri de detaylı olarak anlatılmaktadır.

Bu kitap, kriz ve travma alanındaki kuramsal bilgileri uygulamayla birleştirmeyi hedefleyen psikolojik danışman adayları ve saha deneyimi edinmek isteyen ruh sağlığı profesyonelleri için değerli bir başvuru kaynağıdır. Alan bilgilerinizi derinleştirmenizi, müdahale becerilerinizi geliştirmenizi ve danışanlarınıza daha etkili destek sunmanızı sağlayacak bu eserin sizlere fayda sağlayacağını umuyoruz. Keyifli okumalar ve başarılı çalışmalar dileriz.

Gamze MUKBA

Özge CANOĞULLARI

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