

CRISIS AND TRAUMA

Theoretical Framework and Applications in Psychological Counseling

**Gamze MUKBA
Özge CANOĞULLARI**



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ISBN

978-625-375-535-5

Publishing Coordinator

Yasin DİLMEN

Book Title

CRISIS AND TRAUMA
Theoretical Framework and Applications
in Psychological Counseling

Page and Cover Design

Typesetting and Cover Design by
Akademisyen

Publisher Certificate Number

47518

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Printing and Binding

Vadi Printingpress

Bisac Code

PSY000000

DOI

10.37609/akya.3661

Library ID Card

Mukba, Gamze. Canoğulları, Özge.

Crisis and Trauma Theoretical Framework and Applications in Psychological
Counseling/ Gamze Mukba, Özge Canoğulları.

Ankara : Akademisyen Yayınevi Kitabevi, 2025.

223 p. : figure, table. ; 135x210 mm.

Includes References.

ISBN 9786253755355

GENERAL DISTRIBUTION

Akademisyen Kitabevi AŞ

Halk Sokak 5 / A Yenışehir / Ankara

Tel: 0312 431 16 33

siparis@akademisyen.com

www.akademisyen.co

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PREFACE

In today's rapidly changing world full of uncertainties, crisis and trauma experiences of individuals can seriously threaten psychological integrity. This book, with its comprehensive content ranging from the dynamics of crises to post-traumatic interventions, offers a guiding resource in a wide range of situations from school environments to social disasters. In the first chapter, the concept of crisis, crisis counseling in schools, preventive studies for crisis and crisis intervention methods are explained together with applications.

In the second part, along with the definition and characteristics of trauma, intervention stages for extraordinary situations such as disasters, psychological first aid principles and post-traumatic psychosocial support approaches are presented comprehensively. From meeting the basic needs of disaster victims such as safety and shelter to normalizing emotions and strengthening coping skills, many practices are explained with examples at individual and social levels. Long-term intervention techniques for trauma are also explained in detail.

This book is a valuable reference for counselor candidates who aim to combine theoretical knowledge in the field of crisis and trauma with practice and for mental health professionals who want to gain field experience. We hope that this book will help you deepen your knowledge, improve your intervention skills and provide more effective support to your clients. We wish you enjoyable reading and successful studies.

Gamze MUKBA
Özge CANOĞULLARI

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