



Empathy in the Treatment of Trauma and PTSD (Psychosocial Stress Series)

John P. Wilson Ph.D., Rhiannon Brywnn Thomas Ph.D.

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Empathy in the Treatment of Trauma and PTSD examines how professionals are psychologically impacted by their work with trauma clients. A national research study provides empirical evidence, documenting the struggle for professionals to maintain therapeutic equilibrium and empathic attunement with their trauma clients. Among the many important findings of this study, all participants reported being emotionally and psychologically affected by the work, often quite profoundly leading to changes in worldview, beliefs about the nature of humankind and the meaning of life.

John P. Wilson and Rhiannon Thomas set out to understand how to heal those who experience empathic strain in the course of their professional specialization. The data included in the book allows for the development of conceptual dynamic models of effective management of empathic strain, which may cause vicarious traumatization, burnout and serious countertransference processes.

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