Traumatic Stress in South Africa

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Published by Wits University Press

Eagle, Gillian and Debbie Kaminer.
Traumatic Stress in South Africa.
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Traumatic stress, and posttraumatic stress in particular, 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.

The particular value of *Traumatic Stress in South Africa* lies in the integration of global and local material and attention to context-related challenges, such as how trauma presentation and intervention are shaped by cultural systems and class disparities. Taking both a historical and contemporary perspective, this scholarly but accessible book covers the extent of and manner in which traumatic stress manifests, including the way in which exposure to 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.

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Cover: *Blue Head, 1993* by William Kentridge