



## Mental Health in Trauma Survivors and Those Who Care for Them: Risks, Resilience and Post-Traumatic Growth

Guest Editor:

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### Message from the Guest Editor

It is an unfortunate part of our lives that we all encounter trauma, sooner or later. Early trauma appears to play an important role in determining our level of resilience, but new interventions suggest there may be ways to “inoculate” individuals against these potentially toxic effects. That said, vulnerability is not only a matter of past trauma; the social determinants of health also impact our response to trauma. The importance of social support in mitigating these effects is considered. Finally, working with or even just spending time with traumatized individuals also appears to play a role in distress. This can be seen in contagion effects in mass trauma situations, as well as issues such as compassion fatigue among therapists working with traumatized patients. Some techniques, such as narrative inquiry and reflective practice, may offer a means of examining and making sense of traumas a productive method of integrative these difficult chapters into one’s life story. These different papers all serve to underscore the importance of context in how trauma presents and what kind of impact it has on one’s overall functioning.





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## Message from the Editor-in-Chief

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