

Book Review

Goelitz, A., & Stewart-Kahn, A. (2013). *From trauma to healing: A social worker's guide to working with survivors*. Routledge, New York, NY.

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Ann Goelitz, Ph.D., LCSW has taught at Columbia University and Hunter College. She has done extensive work with trauma survivors, including working with survivors of the September 11th attack. She has published many articles on therapy, with an emphasis on therapy with trauma survivors. She has also done many presentations and workshops on working with survivors. Abigail Stewart-Kahn is Director of New Programming at the San Francisco Child Abuse Prevention Center. She has extensive experience doing clinical work with trauma survivors.

From trauma to healing: A social worker's guide to working with survivors is addressed to multiple audiences, from social work students to social workers with experience. In the introduction, the authors assert that schools of social work do not offer courses in trauma, and that many social workers have to develop the skills to work with trauma survivors as they practice. In the Introduction, the authors state, "One of our goals was to make the book as accessible, clear, and easy to follow as possible. We also realize that there are many good books detailing specific clinical approaches and saw no need to recreate these in *From Trauma to Healing: A Social Worker's Guide to Working with Survivors*. Instead, we have worked to build a framework for social workers' work with trauma survivors, outlining approaches, providing case examples, and letting readers know where to find more information (XVII)."

Part I, First Things First: Safety after Trauma

The two chapters in this section address the need of survivors to be in a place where they feel safe to deal with the trauma and issues that may interfere with them feeling safe. The second chapter summarizes techniques for creating safe relationships with survivors.

Part II: Important Considerations

Chapter 3, "You Can Be Affected Too: Secondary Trauma" discusses how workers may be affected by client trauma and how to do self-care to reduce these effects. Chapter 4, "Vulnerable Populations" deals with sociological and environmental factors that increase the risk of trauma and negative responses to trauma. Chapter 5, "Cultural Factors" presents information on particular cultural groups who may be more likely to suffer trauma.

Part III, Tools for Surviving Trauma

Chapter 6, "Crisis Management, Assessment, and Referral for Aid" deals with various approaches to intervening with trauma survivors. It stresses the importance of individual reactions to trauma. Chapter 7, "Coping Skills and Self-care" discusses the multiplicity of coping responses, and stresses the importance of the intervener understanding his or her own coping responses.

Part IV, The Survivors Experience

In Chapters 8 & 9, "Witnessing Trauma" and "Experiencing Trauma," the authors assert that witnessing trauma can be as harmful as

experiencing trauma directly. These two chapters stress the importance of individual background and experience as one faces trauma.

Part V, Potentially Traumatic Events

Chapter 10, "Life Threatening Illness" discusses the various aspects of facing life-threatening illness and techniques for intervention are summarized. Chapter 11, "Intimate Partner Violence" presents intimate partner violence as a unique form of trauma, with discussion of power and control issues. The complexity of intimate partner violence relationships are discussed. In Chapter 12, "Child Abuse and Neglect," the complexity of responses to child abuse are summarized, with emphasis on child safety.

Part VI, Direct Interventions for Social Workers

In Chapter 13, "Individual, Couples, and Family Therapy" the authors summarize issues to be considered, point therapy at various levels with trauma survivors, and suggest some strategies. Chapter 14, "Group Therapy," again, gives considerations for doing group therapy, and some methodologies are discussed. Chapter 15, "Other Trauma Interventions" summarizes the various approaches that have been used with trauma survivors.

Part VII, Working in Community

Chapter 16, "Program Development" discusses strategies for program development along with those who should be involved in developing programs, and some of the issues that may create problems in developing programs for trauma survivors. Chapter 17, "Advocating for Survivors" encourages social workers to become involved in advocating for trauma survivors and to be aware of the powerlessness that trauma survivors may experience. Chapter 18, "Prevention and Community Organizing" briefly summarizes preventative approaches.

I believe this book would be useful as a reference for those working with trauma survivors. Each chapter provides brief summaries of what is known about trauma intervention. I do not feel that a framework emerged. The book does outline approaches, but very briefly. I would not use it with undergraduates, because the information is too brief. Although the case examples were illustrative, I found them too brief and lacking context. The references are reasonably complete and provide the reader with guidance as to where more information can be found. In short, this is an excellent reference book, but I do not think it would be useful in classroom teaching.