



Trust After Trauma: A Guide to Relationships for Survivors and Those Who Love Them

Aphrodite T. Matsakis PhD

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Trauma survivors are often dismayed to find that traumatic events not only shatter their internal sense of well-being, but also leave them withdrawn or isolated. In this new book, psychologist Aphrodite Matsakis guides survivors through a process of strengthening existing bonds, building new ones, and ending self-perpetuating cycles of withdrawal and isolation. Step-by-step exercises help you learn how to manage emotions, handle unresolved issues, accept realistic limitations, and find ways to make your relationships a context for healing.

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