



# Handbook of Stress, Trauma, and the Family (Psychosocial Stress Series)

*DON R. CATHERALL*

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The *Handbook of Stress, Trauma, and the Family* is broken down into three sections, compiling research, theory and practice. The first section focuses on how traumatic stress affects intimate others, what familial characteristics affect individual susceptibility to trauma, as well as evaluation of the effectiveness of various interventions. The section on theory explores concepts of stress and intrapsychic processes underlying the intergenerational transmission of trauma, addresses how families can buffer or enhance anxiety. The final section, entitled practice, covers assessment (presenting both the Circumplex Model and Bowenian family theory models), treatment models and treatment formats for specific populations. The major family treatment models applicable to stress and trauma are discussed, including contextual, object relations, emotionally focused and critical interaction therapy.

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