



Social Exclusion, Compound Trauma and Recovery

Applying Psychology, Psychotherapy and PIE to Homelessness and Complex Needs

Edited by Peter Cockersell

Feb 2018 • pb • 272pp • 978-1-78592-284-8 • £27.99 / \$39.95

Responding to the growing number of psychologically-informed services for people experiencing social exclusion and, in particular, homelessness, this book gives professionals the information and understanding they need to be fully informed in their practice with this client group. It begins with theory, looking at the psychology of social exclusion and the processes that underlie it, and considers the relationship between trauma, complex needs, homelessness and social exclusion. Presenting practical interventions and case studies, the authors then reveal what makes an effective service in practice and a client perspective on social exclusion and recovery is provided.

This is essential reading for all those involved in developing services that meet the needs of socially excluded people with histories of complex trauma or presentations of complex needs, including those who are homeless, refugees and asylum seekers, Traveller and Roma communities and people involved with the criminal justice system.

"Peter Cockersell sets out a compelling and plausible narrative for how homelessness can follow successive experiences of trauma and abandonment rather than just being the result of "bad choices". His psychodynamic model of understanding social exclusion gives us a better way of understanding why some homeless people seem to reject help - and some real clues as to how we can change our practice to work more effectively for such people."

Dr Philip Timms FRCPsych, Honorary Senior Lecturer, King's College London

Peter Cockersell is a psychoanalytic psychotherapist and lecturer in Psychodynamic Theory and Practice at the University of Surrey, UK. He was Director of Health and Recovery at St Mungo's Broadway, London, and a founding member of the Faculty of Homeless and Inclusion Health. Peter is currently Chief Executive of Community Housing and Therapy and an organisational consultant in Psychologically Informed Environments to homelessness agencies and psychiatric services.



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