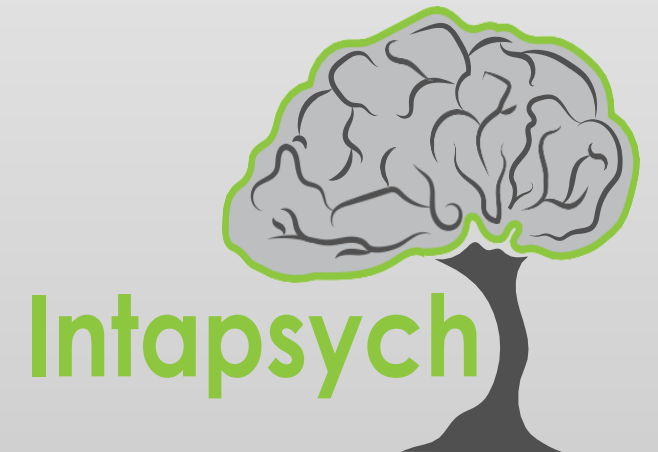


SOCIAL EXCLUSION, COMPOUND TRAUMA AND RECOVERY

DR PETER COCKERSELL



The individual in the social

*“Although the risks and contradictions
of life go on being as socially
produced as ever,
the duty and necessity of coping with
them has been delegated to our
individual selves.”*

*Zygmunt Bauman, Professor of Sociology,
Leeds University, 2007*

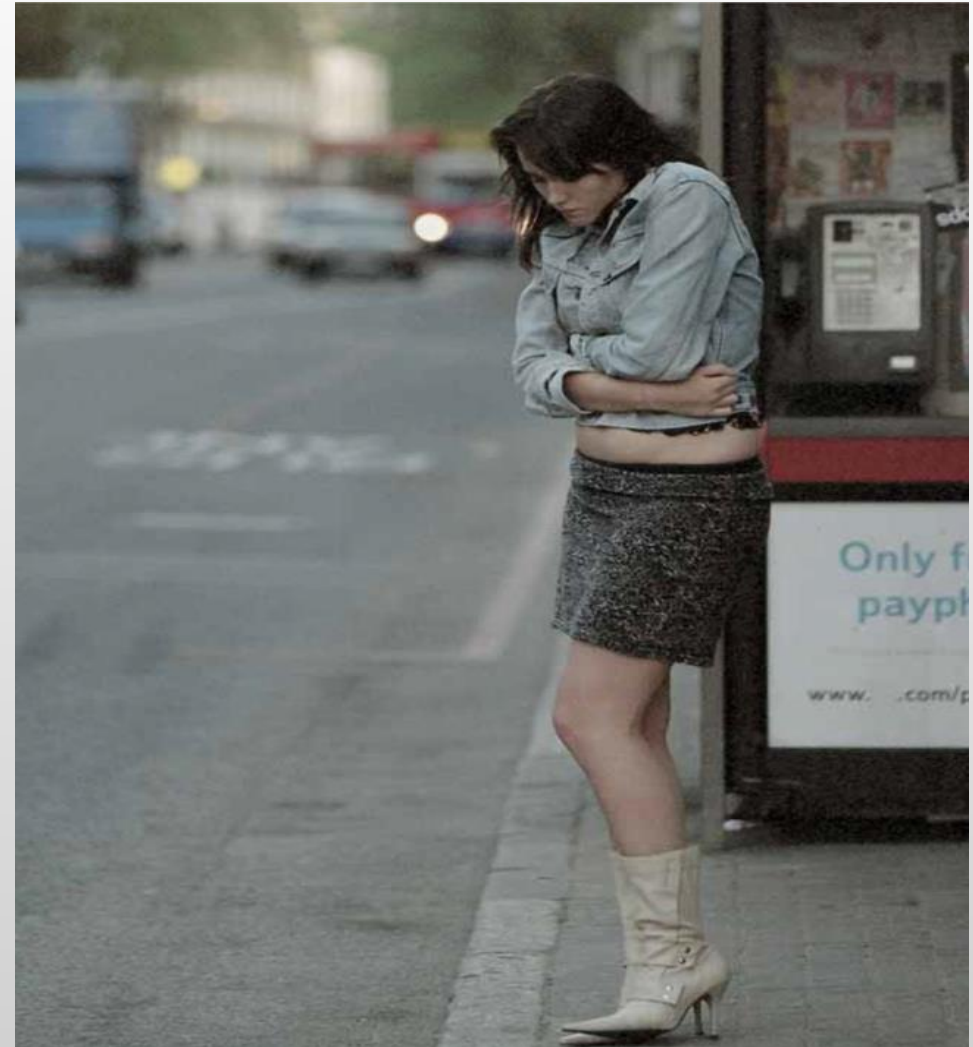


Social Exclusion



Compound Trauma

- Childhood – abuse and neglect
- Home – evictions, multiple moves, ‘care’ system and institutions, domestic abuse
- Parent(s) and other significant people – bereavements, murder, suicide, abandonment, alcoholism
- Opportunities – lack of education, stability, social exclusion
- Health – multiple treatable conditions
- Self-esteem, self confidence, and dignity



Recovery

Neglectful and abusive relationships compound experiences of multiple trauma and underpin deep social exclusion

Positive, boundaried, caring relationships and affirmative experiences repair damaged attachment patterns and damaged minds

Psychologically informed approaches help

For many people, psychotherapy helps

Client Comments

“I didn’t believe in myself, but it seems that other people believed in me; through their belief I could begin to do things.”

St Mungo’s client

“Everybody needs to be the sparkle in someone else’s eye.”

Michael Balint, psychiatrist and psychoanalyst



Client Comments

‘I didn’t want to go initially, thought I didn’t need to see a shrink. I gave it a go and...I grew to trust her, told her things I haven’t told anyone else. A lot of tears were shed...I got shit out of my system that I’d been carrying around a long time. There was an underlying burden in my heart that she knew what to do with.’

It was a hard one but it was a good one and if it wasn’t for her I’d be floating down the Thames now.’

Psychotherapy client, rough sleeper

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What they say...

“a compelling and plausible narrative for how homelessness can follow successive experiences of trauma and abandonment...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 and colleagues challenge us to recognise multi-morbidity as a condition in its own right, and one that demands a long-term, psychologically informed, compassionate response. If you work in the homelessness sector you need to read this book.”

Alex Bax, Chief Executive, Pathway.

EDITED BY
PETER COCKERSELL

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APPLYING PSYCHOLOGY, PSYCHOTHERAPY
AND PIE TO HOMELESSNESS
AND COMPLEX NEEDS



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