

BOOK REVIEW

Integrated Care for the Traumatized: A Whole-Person Approach, by Ilene A. Serlin, Stanley Krippner, and Kirwan Rockefeller (Eds.), Lanham, MD: Rowman & Littlefield, 2019, 223 pp., \$40

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To begin, let me say *Integrated Care for the Traumatized* is a must-have for clinicians and researchers involved in trauma, posttraumatic stress disorder, resilience, and post traumatic growth. The book is a who's who of those involved in innovative, contemporary evidence-based practices. In addition, it is well written in academic language, while also free from psychobabble or unnecessary jargon.

The book is coedited by three leading lights in the discipline. Ilene Serlin is a psychologist and dance/movement therapist in San Francisco, a past President and Fellow of the Society for Humanistic Psychology (Division 32 of American Psychological Association [APA]), a recipient of the 2018 Rollo May award from Division 32, and general editor of *Whole Person Health Care* (Vol. 3; Serlin, 2007). Her coeditor, Stanley Krippner, is a Fellow of Division 32, as well as a recipient of the Division 32 2013 Distinguished Lifetime Contributions to Humanistic Psychology, the Division 32 1992 Charlotte and Karl Buhler Award, and the 2002 APA Award for Distinguished Contributions to the Advancement of International Psychology. Among his many books, he is coeditor of *Post-Traumatic Stress Disorder* (ABC-CLIO; Krippner, Pitchford, & Davies (2012)) and coeditor of *Haunted by Combat* (Paulson & Krippner, 2010). Finally, the third coeditor of the present book is Kirwan Rockefeller who teaches at Saybrook University. He is coeditor of *Spirituality and Health Care* (Vol. II, *Whole Person Health Care*; Serlin, Rockefeller, & Brown, 2007). Together these three coeditors collectively have the skills and experience for this present book, which successfully fulfills its stated aim of presenting a whole person approach to integrated care for the traumatized.

The book begins with one of the most successful forewords I have read; it inspires, introduces, educates, welcomes, surveys, and shows the way. Written by Charles Figley of the Tulane University Traumatology Institute, this foreword is humanistic in the best sense of the term, including the personal journey of the author. While not appearing gratuitous or self-indulgent, it is instead informative and appropriately warm and authentic. Figley rightly emphasizes that this book presents an alternative to business-as-usual, cause-effect, medical, biological models of trauma. Instead, it is much more holistic and grounded in experiences and preferences of the client, rather than simply mirroring the theories or mindset of the researcher or clinician. So indeed, rather than a biomedical

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approach, the current book presents a biopsychosocial-spiritual approach that neither ignores nor mindlessly overemphasizes the role of genes and biology.

The book sensibly is organized in four sections: Foundations, The whole-person group therapy models, Interventions for communities, and the Future of integrative care for the traumatized. The first chapter, coauthored by the book's three coeditors, introduces the book's theme, the whole-person approach to integrated health care. Here, Serlin, Krippner, and Rockefeller place their book in the context of the discipline, and clearly emphasize their humanistic approach. Their list of references clearly reveals their perspective; here one finds mention of work by Victor Frankl, Ken Gergen, Amadeo Giorgi, Richard Katz, Rollo May, Fred Wertz, and Bessel Van der Kolk, as well as those by the book's coeditors. The coeditors conclude by rightly noting that their excellent book could be expanded by the inclusion of additional integrative healing modalities had there been more time and space. Hopefully these coeditors or others will someday create a second volume.

As the book progresses, the reader is treated to a broad range of relevant topics. For instance, Fred Wertz and Batya Rotter discuss the value of methodological diversity in the study of trauma, focusing on the perspective of phenomenology, especially the work of Giorgi, Ungar, and Wertz's own scholarship. Ideally, one would look forward to additional analysis from the earlier points of view of Husserl and related work; nonetheless, the case material presented offers a taste of the thick description such approaches may indeed offer. Later in the book one sees a series of chapters by leaders in the discipline. For instance, Ani Kalayjian and Daria Diakonova-Curtis present an overview of Kalayjian's seven-step integrative healing model and the work of her organization the Association of Trauma Outreach and Prevention. Also known as Meaningfulworld, it is affiliated with the United Nations and has operated in over 45 nations. Judy Kuriansky, who has published extensively on international psychology, trauma, and training the trainers, here presents an insightful chapter on the use of expressive art for helping children heal in crisis and disaster. Kuriansky describes applications of her techniques in a range of nations, including Haiti, Japan, Sierra Leone, Sint Martin, Louisiana, Tanzania, Jordan, China, and Sri Lanka. Myron Eshowsky presents a helpful chapter on Indigenous Healing and Restorative Circles. Eshowsky offers an insightful section on evidence-based practice and research and its limitations, noting his own experiences leading restorative healing circles in Madison Wisconsin's Allied Drive neighborhood. Steve Olweean, founding director of the Common Bond Institute, offers a chapter on Whole-Person Approaches in Individual and Communal Healing of Trauma. He offers some examples of the catastrophic trauma recovery model, such as work in Kuwait and the Balkans. He also discusses his valuable work with the Annual International Conference on Transgenerational Trauma, including applications for professional development, research and coalition building.

Beyond the printed page, the author of this review has personally witnessed and experienced the healing work and sessions of Kalayjian, Kuriansky, Eshowsky, and Olweean in a range of settings around the globe from Haiti to Jordan to South Africa to the Annual Convention of the APA. I am increasingly of the mind that these holistic approaches are invaluable and that these healing modalities should be further studied and taught to a broader range of helping professionals both within and beyond the United States. Those interested in the research and evidence-based basis for some of these therapies may wish to read chapters by these authors and others in a recent book I coedited with Skultip Sirikantraporn, *Human Strengths & Resilience: Developmental, Cross-Cultural and International Perspectives* (Rich & Sirikantraporn, 2018).

Other chapters focus on topics such as Dance Movement Therapy for Social Change (Guney and Lundmark), Animal-Assisted Interventions with Those who are Traumatized (Engelman), the Therapeutic Spiral Model (Israel), and Time-Focused Therapy (Sword), which is based upon work by Phil Zimbardo (2008) in his book *The Time Paradox*. Judith Yovel Recanati and the NATAL professional team coauthor a chapter on the Israel Trauma and Resilience Center (NATAL) which was established in 1998. NATAL, formerly called the Israel Trauma Center for Victims of Terror and War, is an apolitical nongovernmental organization that serves as a multidisciplinary therapeutic home for trauma casualties related to the Arab-Israeli conflict. A final, succinct concluding chapter by Serlin, Krippner, and Rockefeller sums up the main book themes and points to directions for future exploration. In sum, this book is a keeper and well worth the time and effort to read and think on. If something is missing from this book and others on trauma and resilience, that something is the healing power of love and its relation to resilience and posttraumatic growth

Psychologists of modernity still feel uncomfortable and possibly even professionally ill-positioned to use or even discuss that four-letter term, despite its centrality to the human experience. Perhaps it is time for some courageous psychologist to change that.

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