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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1 Re-Knowing Trauma -- Chapter 2 Frailty After Trauma -- Chapter 3 The Tunnel Of Depression -- Chapter 4 Coping With Trauma And Crisis -- Chapter 5 The Universe Beyond Trauma -- Chapter 6 The Universe Beyond Trauma.
Sommario/riassunto	This book offers a contemporary perspective on trauma and resilience,

presenting an overview of surrounding issues, and describing their history and in the context of recent scientific research. This book argues that the skills underlying resilience can be strengthened at any age, and that it is never too late to build resilience or embark on a path of healing and evolution. Resilience is intertwined with the ability to learn, develop relationships with others, motivate oneself in achieving goals, set aspirations and have determination in pursuing those goals. All of these aspects can be fostered through a psychotherapy, reprocessing the traumatic memory within a safe and empathic space. The book is innovative because it provides an overview of theories that pertain to different fields of psychology: areas pertaining to psychoanalysis, cognitive psychology, EMDR and many others are explored in depth while also highlighting the advances that science has made regarding these issues. This book will be a valuable contribution to the knowledge of students, mental health professionals, and it can also be a very interesting manuscript for those who want to broaden their knowledge about trauma and resilience. Floriana Irtelli is a Psychoanalyst, IARPP member, and Health Psychology Lecturer at the Catholic University of the Sacred Heart, Milan, Italy. She has published in international journals in the field of psychiatry and psychotherapy. Fabio Gabrielli is a 2015 Nobel Prize Nominee for Medicine at University LUM JEAN Monnet, Milan, Italy. He has participated in numerous conferences, seminars, and congresses and has authored many books and journal papers.

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