

CHRONIC ILLNESS AND BEREAVEMENT AS ENDURING TRAUMAS

- CORDELIA GALGUT



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Resource Guide

About Cordelia Galgut

I am a HCPC registered counselling psychologist and BACP senior accredited counsellor/psychotherapist. I am a Fellow of the BPS and work in private practice in London. I also write and am the author of 2 books and many articles, all in the field of counselling, psychotherapy, and psychology.



Cordelia Galgut



Event Details

This event explored the idea that chronic illness and bereavement, among other things, are ongoing traumas. We challenged the conventional wisdom that said there is meant to be linear progress through these traumas, with a beginning, middle, and end to their effects. Instead, we focused on constant re-traumatisation and its effects, as well as focused also on clients enduring traumas and what might be helpful for them.



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