



# Treating Victims of Torture and Violence: Theoretical Cross-Cultural, and Clinical Implications

*Peter Elsass*

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Torture is among the most disturbing and psychologically devastating of human behaviors. It dehumanizes its victims, leaving them with serious and lasting psychological wounds. Like other psychological trauma, torture frequently leaves in its wake denial and silence among both perpetrators and their victims. This communicative void creates a public and mental block that can make treatment of torture survivors very difficult.

**Treating Victims of Torture and Violence** is the definitive manual for therapists treating victims of torture, prisoners of war, and casualties of forced migration. Divided into five sections dealing with basic concepts of torture--violence and aggression, the torture syndrome, psychotherapeutic treatment, the cultural psychology of torture syndrome, and cultural psychological treatment-- **Treating Victims of Torture and Violence** employs both classic psychoanalytic and cognitive- behavioral methods. Realizing that torture victims are frequently from different cultures than those of their therapists, Peter Elsass provides in-depth aid to therapists dealing with a multicultural clientele.

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