



¿Por qué la resiliencia?: Lo que nos permite reanudar la vida (Spanish Edition)

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Durante milenios, la condición humana no ha pensado la psicología. Se explicaban los padecimientos mentales recurriendo a la posesión diabólica o la degenerescencia. Fue necesario esperar hasta el siglo XIX para empezar a hablar de trauma. Y solamente desde los años 1980 se trabaja sobre la idea de resiliencia, la posibilidad de volver a la vida después de una agonía psíquica traumática o en condiciones adversas. La definición de resiliencia es simple y ampliamente aceptada, pero lo que resulta más difícil de descubrir son las condiciones que permiten iniciar un nuevo desarrollo después del trauma. Ninguna especialidad puede, por sí sola, explicar el retorno a la vida. Hace falta, por tanto, asociar a los investigadores de disciplinas diferentes y reunir sus datos con la perspectiva de descubrir los factores, heterogéneos pero no obstante integrados, que hacen posible un proceso de neodesarrollo. Este libro nace del fruto del Primer Congreso Mundial de Resiliencia celebrado en el año 2012, del cual Boris Cyrulnik y Marie Arnaut fueron los responsables de coordinar los contenidos de este libro que publica la primera parte y donde participan: Ana Arribillaga, Nadine Demogeot, Jesús M. Jiménez, Esperanza León, José María Madariaga, Irati Novella, Hélène Romano, Pierre Rousseau, Cristina Villalba y María Isabel Zavala.

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