



Cicatrices del corazón: 151 (Serendipity) (Spanish Edition)

Rosa M^a Martínez González

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Perder a alguien de quien recibíamos afecto, cuidados, atención, apoyo, complicidad, protección, compañía, amor, etc. y a quien posiblemente dábamos lo mismo es una experiencia terriblemente dolorosa e invalidante. Es como si experimentáramos una gran sacudida que nos afectará a todos los niveles de nuestra existencia, pudiendo aparecer síntomas y desajustes a nivel físico, emocional, cognitivo, conductual, social y/o espiritual. Es el proceso de elaboración de duelo la consecuencia inevitable que se pone en funcionamiento tras sufrir la pérdida de un ser querido. Un proceso que puede ser más o menos doloroso, más o menos intenso, más o menos largo dependiendo de varios factores como son la relación que manteníamos con la persona perdida, el cómo sucede la pérdida, los apoyos sociales con los que contamos, el modelo familiar que hayamos heredado a la hora de afrontar estos acontecimientos y las experiencias previas de otras pérdidas que hayamos vivido en primera persona a lo largo de nuestra vida. Pero no todas las pérdidas impactan de igual modo porque no es lo mismo perder a una madre anciana que a un hijo, ni es igual morir tras una larga enfermedad que en un accidente inesperado; por ello en la segunda parte de este libro se hace un recorrido por las diferentes pérdidas y sus manifestaciones emocionales. Este libro pretende ser un compañero de viaje en el personal proceso de elaboración del duelo para aquellos que en este momento estén inmersos en el dolor de haber perdido a una persona amada. Para aquellos que busquen conocimientos quisiera que encuentren algunas respuestas pero sobre todo que les genere dudas, preguntas y reflexiones que les impulse a continuar profundizando y ampliando sus conocimientos sobre este tema. Me gustaría que cualquier lector captara la posibilidad real de que se puede transitar por el camino del proceso de duelo con la esperanza de seguir viviendo y con la mirada puesta en la vida y en los vivos. Rosa M^a Martínez González (1966). Psicóloga con amplia formación psicoterapéutica: Gestalt, Psicoanalítica, Bioenergética, Sistémica e Integrativa pero es desde la Psicoterapia Experiencial donde encuentra el mejor modo de estar presente y ayudar a las personas que atiende. Es Focusing Trainer por The Focusing Institute de Nueva York, y miembro de la junta directiva del Instituto Español de Focusing. Especialista en elaboración de procesos de duelo y atención psicológica a adultos víctimas de abusos sexuales, malos tratos y/o abandono en la infancia. Desarrolla su labor psicoterapéutica en la Fundación Centro de Orientación Familiar Lagunjo (Bilbao) donde hace terapia individual y facilita grupos de elaboración de duelo y grupos de terapia personal. Coautora de Manual práctico del Focusing de Gendlin (2077) y Divorcio y Monoparentalidad: retos de nuestra sociedad ante el divorcio (2009). librocicatricesdelcorazon@hotmail.com

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