

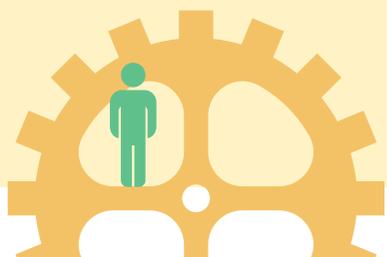
Having experienced conflict, ex-servicemen and women are another potentially vulnerable population group, and one which may require extra support to overcome barriers to seeking help, psychologist Dominic Murphy, of the charity Combat Stress, explains on page 24, as he outlines the clinical pathways available through the organisation for veterans experiencing post-traumatic stress disorder.

And finally, with counsellors' responsibility to attend to self-care vital in order to maintain wellbeing and protect against vulnerability to the stresses of practice, Elisabeth Brownlee's research is interesting. Elisabeth gathered the views of trainee and new counsellors on how they feel about self-care, and how they actually do it. The replies give food for thought.

Vulnerability runs as a common thread through the articles in this issue. The therapeutic process, as they also demonstrate, can be a powerful tool in moving people from a place of vulnerability to one of self-awareness, empowerment, strength, and ultimately healing.



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