


EDITORIAL

Turkish Journal of Traumatic Stress: A Call at the Beginning of the Journey

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Throughout history, individuals and societies have faced traumatic experiences such as wars, natural disasters, fires, forced migrations, economic crises, and distressing events. These experiences have profoundly impacted both individual and collective life, creating a multidisciplinary process with psychological, biological, and social dimensions.^{1,2,3} Today, the evolving perspective on the impacts of trauma has fostered a new awareness regarding the importance of healing these effects and providing sustainable mental health services.⁴ However, the number of scientific studies and the accumulation of data in this field remain sufficient. This gap represents a significant limitation, responsibilities, and challenges for researchers and clinicians working on psychological trauma.⁵

Psychological trauma has a wide range of effects, extending from individual psychology to social memory and sociological dynamics. While it leaves deep marks on individuals, it can also shape the social structure and collective consciousness of societies. Therefore, scientific research is of great importance in understanding the biological,

psychological, and sociological dimensions of trauma and contributing to healing processes. The neurobiological basis, epigenetic mechanisms, and psychosocial effects of traumatic stress are among the most important research topics in psychiatry, psychology, and neuroscience today.^{5,6} In this context, trauma-focused therapies, pharmacological interventions, psychoeducation programs, and psychosocial support approaches form the basis of trauma research on treatment processes.⁷ Additionally, systematic documentation of cases, collection of epidemiological data, identification of risk factors, and evaluation of treatment efficacy will contribute significantly to both national and international literature.⁴ *The Turkish Journal of Traumatic Stress* aims to contribute to this process and serve as a reference source for professionals working in the field of trauma.

The prevalence of traumatic processes in Türkiye, as well as worldwide, brings responsibilities and challenges for professionals working in this field. It also provides an opportunity to understand those

Citation: Gündoğmuş İ. Turkish Journal of Traumatic Stress: A Call at the Beginning of the Journey. Turkish Journal of Traumatic Stress 2025;1(1):1-2. Doi: <https://doi.org/10.63175/tjts.15>

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affected by trauma, to learn about trauma, and ultimately to help them recover. In this context, we are thrilled to launch the *Turkish Journal of Traumatic Stress* as a publication platform focusing on the scientific foundations, treatment approaches, and societal dimensions of trauma. Our journal aims to bring together theoretical, clinical, and experimental studies on trauma and traumatic stress, contributing to both national and international literature. As the first academic journal in this field in Turkey, we are committed to creating a reliable scientific platform for academics and clinicians working on trauma. With our inaugural issue, we emphasize that this journey is not merely an academic endeavour but also a responsibility to guide the treatment of individuals affected by trauma-rebuilding trust, making sense of traumatic experiences, and reconnecting individuals with life.^{1,6}

The Turkish Journal of Traumatic Stress will publish not only theoretical studies but also clinical research, randomized controlled trials, case reports, systematic reviews, and meta-analyses. Key focus areas include evaluating the efficacy of treatment methods for psychological trauma and traumatic stress-related disorders, developing new treatment protocols, assessing post-trauma recovery processes, and identifying protective factors.⁵ We also aim to provide a platform for sharing current research and scientific advancements in the field of psychological trauma and traumatic stress.

As we embark on this journey, we emphasize the value of all scientific work in the field of traumatic stress. Documenting cases, conducting rigorous research, and sharing findings are crucial for improving the treatment of traumatic stress and related disorders. As the *Turkish Journal of Traumatic Stress*, we invite all our colleagues to join us in this academic endeavor and contribute to this collective effort.

The articles featured in our inaugural issue contribute to unraveling the complex nature of trauma, highlighting the long-term effects of childhood trauma, and offering guidance on treatment approaches. We extend our gratitude to everyone who has joined us on this new journey and invite further contributions to the academic literature. Moreover, we remind our readers that our journal aims not only to provide academic knowledge but also to serve as a source of hope.

Each article should resonate like a song on the path to healing, every finding should contribute to the effort of reconstructing lost meaning. Because we believe that trauma treatment begins with respecting, listening to, and understanding the individual's story - not just applying techniques.

We are at the beginning of this journey. Like every new beginning, we carry great excitement and responsibility. As we follow the traces of traumatic stress, we will walk together toward the light of healing. Because we know that no matter how deep the trauma, the power of solidarity, scientific effort, and academic knowledge is always greater.

Acknowledgment: None

Funding: This research received no specific grant and financial support from any funding agency in the public, commercial, or not-for-profit sectors.

Conflict of Interest: The authors declare that there is no conflict of interest.

Use of AI for Writing Assistance: Not declared.

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