

TRAUMA, RECOVERY, AND MENTAL HEALTH: PATHWAYS AND STRATEGIES TOWARDS HOLISTIC WELL-BEING

TRAUMA, RECUPERACIÓN Y SALUD MENTAL: RUTAS Y ESTRATEGIAS
PARA EL BIENESTAR INTEGRAL

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It is with great enthusiasm, the *Puerto Rican Journal of Psychology* (Reps) presents the third issue of Volume 36 (2025), featuring a special section titled "**Trauma, Recovery, and Mental Health: Pathways and Strategies for Holistic Well-being.**" This special section presents five articles addressing the effects of trauma related to climate change—particularly drawing from experiences surrounding Hurricane Maria in Puerto Rico—as well as the psychosocial impacts on children released for adoption who find themselves navigating a system that may fail to meet the needs arising during a highly vulnerable transitional process. Furthermore, three articles explore therapeutic interventions that can aid in the process of recovering from and integrating traumatic experiences; these include the support provided by pets serving as emotional support, as well as other evidence-based interventions such as Trauma-Focused Cognitive Behavioral Therapy and various other therapeutic modalities. We extend our gratitude to those who dedicate their professional lives to identifying and healing traumatic experiences, and to those who, even amidst their vulnerability, allow themselves to be accompanied on their journey toward healing. We thank the special editorial board comprised of Dr. Eduardo Cumba, Dr. Claudia Lugo Candelas, Dr. Yahaira Márquez, Dr. Jennifer Morales, and Dr. Jenny Zhen-Duan, under the coordination of our associate editor, Dr. Emily Sáez Santiago—who made this valuable contribution to the discipline possible.

In addition, this issue features three regular articles addressing a variety of topics, including the attitudes of mental health students toward integrating spirituality as a component of therapeutic work; the prevalence of pathological gambling following the COVID-19 pandemic; and, finally, the factors serving as "emotional wages"—as well as other motivational elements—within the workforce of supermarket chains. These works serve the purpose of exploring ways to enhance the quality of life for individuals within our communities. We close out 2025 with the knowledge that, even amidst the sociopolitical challenges we face, there are mental health professionals working passionately to improve the quality of life in our communities and to provide support during life's most challenging transitions, always holding fast to the belief in a planet with brighter possibilities.

I also want to thank the authors who have entrusted the *Puerto Rican Journal of Psychology* with their articles, as well as all the reviewers who contributed to the manuscript review process to ensure the highest quality. A special gratitude to our editorial assistants Jorge L. Rivera Carrasquillo and Mariely Vélez Pérez for their assistance on the details of the editorial process and Dr. Marco Peña-Jimenez, for the coordination and production.

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