

A PSYCHOANALYTIC  
STUDY OF TRAUMA

# THE SHATTERED SELF

BY RICHARD B. ULMAN  
AND DORIS BROTHERS

# Shattered Self A Psychoanalytic Study Of Trauma

**Vidya Chathoth**



## **Shattered Self A Psychoanalytic Study Of Trauma:**

**The Shattered Self** Richard B. Ulman, Doris Brothers, 2013-05-13 Ulman and Brothers utilize a unique clinical research population of rape and incest victims and Vietnam combat veterans to argue that trauma results from real occurrences that have as their unconscious meaning the shattering of central organizing fantasies of self in relation to selfobject Their innovative treatment approach revolves around the transformation of these shattered fantasies in the intersubjective context of the transference countertransference neurosis

**Trauma and Self** Charles B. Strozier, Michael Flynn, 1996 This remarkable collection of original essays written by prominent scholars recognized for their achievements in a wide range of disciplines defines trauma as a disruption in the fragile process of symbolization or the human capacity to imbue life with meaning by representing the self's immortality The contributors analyze the multiple meanings and deeper significance of trauma whether of shell shocked war veterans or victims of sexual abuse and they discuss its manifestations both subtle and obvious in human behavior and memory Organized as an honorary volume to Robert Jay Lifton who identified trauma as the core psychological issue of the postmodern world this book demonstrates how trauma and other fundamental breaks in human continuity inform psychiatric historical religious literary political cultural and scientific interpretations of the self

A New Vision of Psychoanalytic Theory, Practice and Supervision Doris Brothers, Jon Sletvold, 2023-04-28 By viewing psychoanalysis through the lens of embodiment Brothers and Sletvold suggest a shift away from traditional concept based theory and offer new ways to understand traumatic experiences to describe the therapeutic exchange and to enhance the supervisory process Since traditional psychoanalytic language does not readily lend itself to embodied experience the authors place particular emphasis on the words I you we and world to describe the flow of human attention Offering new insights into trauma this book demonstrates how traumatic experiences and efforts to regain certainty in one's psychological life involve profound disruptions of this flow With a new understanding of transference resistance and interpretation the authors ultimately show how much can be gained from viewing the analytic exchange as a meeting between foreign bodies Grounded in detailed case material this book will change the way therapists from all disciplines understand the therapeutic process and how viewing it in terms of talking bodies enhances their efforts to heal

Psychodynamic Perspectives on Aging and Illness Tamara McClintock Greenberg, 2015-12-07 Endorsements The Second Edition of Psychodynamic Perspectives on Aging and Illness is a timely and superb revision which offers health care professionals working at the mind body interface a paradigm shift For far too long the wisdom of psychoanalysis as a tool to understand the suffering inherent in aging and illness has been devalued and neglected With this update Dr Greenberg incontrovertibly corrects this lapse Her integration of current scientific research alongside a user friendly discussion of the theory and practice of psychodynamic psychotherapy is an important contribution to the psychology of medicine Several topics are elaborated the constructs of hysteria and somatization the biology of stress the impact of attachment history on coping with sickness as well as the experiences of

trauma and grief As with the first edition the idea that the patient's experience of illness cannot be understood without including the subjectivity of the practitioner who provides care is considered and done so with more awareness of this complexity Each chapter now contains a section on Suggested Techniques that succinctly presents a guideline for applying the ideas set forth Other notable aspects of the book are its reflections on the culture of medicine and the insights about the influences of contemporary Western life on the manifestation and adjustment to illness This edition is above all essential for those practitioners dedicated to providing collaborative and interdisciplinary health care which is both biologically and psychologically informed As with the First Edition it will continue to be required reading Marilyn S Jacobs PhD ABPP David Geffen School of Medicine at UCLA A wonderful well researched and important book that proves to be as much about humanity and resilience as it is about human psychology Lee Daniel Kravetz Author of Supersurvivors The surprising Link Between Suffering Success Tamara McClintock Greenberg is one of the leading health psychologists of our time In this second edition of her classic text she corrects the much overlooked interface between the psychodynamics of aging illness and the doctor patient relationship offering insights that no other practitioner or theorist has accomplished to date Combining her training and expertise in psychology and behavioural medicine she facily navigates the turbid waters of how medical illness and aging is informed by unconscious dynamics childhood familial relations somatisation coping and recovery and the convergence of mind and body Healthcare practitioners of all types who work therapeutically with chronically ill and older adults will find this to be a perspicacious and indispensable approach to clinical praxis Jon Mills PsyD PhD C Psych ABPP Professor of Psychology Psychoanalysis Adler Graduate Professional School Toronto In the second edition of Psychodynamic Perspectives on Aging and Illness Dr Tamara Greenberg makes a remarkable contribution to those who treat patients with medical illnesses as they age Her psychodynamically informed approach to patients in later life couldn't come at a better time as our population becomes older Challenging the field's dogma that older patients are too set in their ways to make personality changes Dr Greenberg demonstrates in this book how wrong that notion was We are all a work in progress until the very end This is a must read practical book for therapists nurses families physicians family and estate lawyers and health care navigators Louann Brizendine MD Professor and Author of The Female Brain and The Male Brain Lynne and Marc Benioff Endowed Professor of Clinical Psychiatry Founder Women's Mood and Hormone Clinic UCSF University of California San Francisco This timely update of the bedrock text reflects what we now know and are still finding out about the benefits of psychodynamic psychotherapy for older adults facing chronic conditions Expanding on the original the author balances the physical and experiential factors affecting patients physical illnesses and related emotional distress while situating core psychodynamic constructs in the context of illness and aging Special attention is paid to technique giving therapists practical guidance on dealing with transference and countertransference issues working with patients in cognitive decline and navigating complexities of age class and culture The book also reviews the current evidence on how and why

psychodynamic therapy helps medical patients with coping adapting and healing Included in the coverage Technology idealization and unconscious dynamics in the culture of medicine Narcissistic aspects of aging and illness Grey areas when illness may be particularly impacted by psychological variables Cognitive changes and implications for the therapeutic encounter The influence of psychological factors and relationships on medical illness Hope and grief the introduction of an emotional language The Second Edition of Psychodynamic Perspectives on Aging and Illness skillfully follows its predecessor as a powerful plain spoken mentor to therapists working in hospitals long term care facilities and outpatient practice

Lived Experiences of Women in Academia Alison L. Black, Susanne Garvis, 2018-04-17 Lived Experiences of Women in Academia shares meaningful stories of women working in the academy from numerous disciplines backgrounds and countries to unveil the complex and distinct dimensionalities they experience in their life and work Chapters are written using a range of responsive personal and aesthetic techniques including metaphor manifesto and memoir with reflections inspired by textiles online blogs and forums theatre creative writing fiction and popular culture They engage with themes and ideas including gender roles family making work life balance motherhood institutional violence and harassment and the self and identity revealing how these uniquely manifest for women in academia This collection takes account of the experiences of female academics from previous decades and the experiences of those to come as well as those outside the academic system entirely Lived Experiences of Women in Academia aims to liberate thinking around the life of a female academic through collaborative storytelling and discussion to encourage new conversations and connections between women in academia across the globe

**Michael Eigen** Loray Daws, 2022-09-14 This insightful book critically reviews and presents an accessible introduction to the life and work of one of the most celebrated modern psychoanalysts Michael Eigen With work spanning over five decades countless articles and thirty published book volumes Daws explores Eigen's main works through key themes and concepts such as working with our psychotic core psychic deadness primary affects and the need for spirituality for practicing psychoanalysts The book covers Eigen's early life and formative clinical years explores his re-reading of Freud Jung and Lacan and lastly covers Eigen's Seoul seminars the impact of trauma the importance of faith and the use of Kabbalah as a framework for analysis This book will not only engage the first time Eigen reader but will also be of much interest to the experienced psychologist and psychoanalyst already familiar with Eigen's work

**Wiley Concise Guides to Mental Health** Adam Cash, 2016-05-12 The new quick reference for understanding Posttraumatic Stress Disorder The Wiley Concise Guides to Mental Health Posttraumatic Stress Disorder uses clear highly accessible language to comprehensively guide the reader through posttraumatic stress disorder PTSD and related issues This concise informative reference provides a complete overview of the history of the field diagnosis treatment research emerging trends and other critical information about PTSD Examining both theory and practice the text offers a multifaceted look at the disorder outlining biological cognitive psychosocial psychodynamic integrated and other relevant approaches Like all the books in the

Wiley Concise Guides to Mental Health Series Posttraumatic Stress Disorder features a compact easy to use format that includes Vignettes and case illustrations A practical approach that emphasizes real life treatment over theory Resources for specific readers such as clinicians students or patients In addition to the fundamentals of treatment Posttraumatic Stress Disorder covers some of today s most important and cutting edge issues in the field such as war and terrorism PTSD in children adolescents and families professional and ethical issues and relevant positive psychological findings This straightforward resource is admirably suited for a wide variety of readers including students and practicing mental health professionals as well as first responders military personnel and other individuals that regularly deal with traumatic situations and their aftermath

Theatres of War Lauri Scheyer,2021-09-23 Why do so many writers and audiences turn to theatre to resolve overwhelming topics of pain and suffering This collection of essays from international scholars reconsiders how theatre has played a crucial part in encompassing and preserving significant human experiences Plays about global issues including terrorism and war are increasing in attention from playwrights scholars critics and audiences In this contemporary collection a gathering of diverse contributors explain theatre s special ability to generate dialogue and promote healing when dealing with human tragedy This collection discusses over 30 international plays and case studies from different time periods all set in a backdrop of war The four sections document British and American perspectives on theatres of war global perspectives on theatres of war perspectives on Black Watch and finally perspectives on The Great Game Afghanistan Through this a range of international scholars from different disciplines imaginatively rethink theatre s unique ability to mediate the impacts and experiences of war Featuring contributions from a variety of perspectives this book provides a wealth of revealing insights into why authors and audiences have always turned to the unique medium of theatre to make sense of war

*The Self Psychology of Addiction and its Treatment* Richard B. Ulman,Harry Paul,2013-04-03 In the time of Freud the typical psychoanalytic patient was afflicted with neurotic disorders however the modern day psychotherapy patient often suffers instead from a variety of addictive disorders As the treatment of neurotic disorders based on unconscious conflicts cannot be applied to treatment of addictive disorders psychoanalysis has been unable to keep pace with the changes in the type of patient seeking help To address the shift and respond to contemporary patients needs Ulman and Paul present a thorough discussion of addiction that studies and analyzes treatment options Their honest and unique work provides new ideas that will help gain access to the fantasy worlds of addicted patients The Self Psychology of Addiction and Its Treatment emphasizes clinical approaches in the treatment of challenging narcissistic patients struggling with the five major forms of addiction Ulman and Paul focus on six specific case studies that are illustrative of the five forms of addiction They use the representative subjects to develop a self psychological model that helps to answer the pertinent questions regarding the origins and pathway of addiction This comprehensive book links addiction and trauma in an original manner that creates a greater understanding of addiction and its foundations than any clinical or theoretical model to date

**Object Relations**

**Psychotherapy** Cheryl Glickauf-Hughes, Marolyn Wells, 2006-12-20 Glickauf Hughes and Wells present a clear and well organized review of personality development according to object relations theorists They offer an explanation and critique of each major theorist note issues on which there is disagreement along with areas of investigation not fully explored and present implications for treatment Concepts are well defined and one gets the sense of a cohesive body of knowledge possibly more cohesive than it actually is Those unfamiliar with object relations theory will have a good outline those who know enough to be confused will find some clarification *Journal of Psychotherapy Practice and Research*

*Women in the Line of Fire* Erin Solaro, 2009-05-20 In 2004 Erin Solaro went to Iraq to study American servicewomen what they were doing how well they were doing it how they were faring in combat In 2005 she went to Afghanistan on the same mission Having spent time embedded with combat troops and conducting stateside interviews with numerous analysts and veterans Solaro is convinced that the time to drop all remaining restrictions on women's full equality under arms is now The Army the country the women of America and of the world need it *Women in the Line of Fire* details why this will not be an easy task Although 15 percent of the military is female the Army and Marines still resist acknowledging what is in fact already happening women are fighting and fighting well For the Religious Right and the cultural conservatives women in combat is a hot button issue in their campaign to take back the culture But for the young men and women on the lines brought up in an America where equality between the sexes was never second guessed and where making up the rules as you go along comes with the territory it's the new reality

*Torture, Psychoanalysis and Human Rights* Monica Luci, 2017-04-28 *Torture Psychoanalysis and Human Rights* contributes to the development of that field of study called psycho social that is presently more and more committed to providing understanding of social phenomena making use of the explicative perspective of psychoanalysis The book seeks to develop a concise and integrated framework of understanding of torture as a socio political phenomenon based on psychoanalytic thinking through which different dimensions of the subject of study become more comprehensible Monica Luci argues that torture performs a covert emotional function in society In order to identify what this function might be a profile of torturous societies and the main psychological dynamics of social actors involved torturers victims and bystanders are drawn from literature Accordingly a wide ranging description of the phenomenology of torture is provided detecting an inclusive and recurring pattern of key elements Relying on psychoanalytic concepts derived from different theoretical traditions including British object relations theories American relational psychoanalysis and analytical psychology the study provides an advanced line of conceptual research shaping a model whose aim is to grasp the deep meaning of key intrapsychic interpersonal and group dynamics involved in torture Once a sufficiently coherent understanding has been reached Luci proposes using it as a groundwork tool in the human rights field to re think the best strategies of prevention and recovery from post torture psychological and social suffering The book initiates a dialogue between psychoanalysis and human rights showing that the proposed psychoanalytic understanding is a viable conceptualisation for expanding thinking of

crucial issues regarding torture which might be relevant to human rights and legal doctrine such as the responsibility of perpetrators the reparation of victims and the question of truth Torture Psychoanalysis and Human Rights is the first book to build a psychoanalytic theory of torture from which psychological social and legal reflections as well as practical aspects of treatment can be mutually derived and understood It will appeal to psychoanalysts psychoanalytic psychotherapists and Jungians as well as scholars of politics social work and justice and human rights and postgraduate students studying across these fields

**The Enigma of Childhood** Ronnie Solan,2018-03-21 In this book the author traces the way that early psychic development from birth up to three years is reflected throughout our lifespan including adulthood couplehood and parenthood The inner child reverberating within us consciously and unconsciously and thus present in our ongoing interactions with others often colours and guides our current experiences whether with our life partner or children and as psychotherapists with our patients Our openness to its resonance allows us to become more attuned to and emotionally accessible to ourselves and others The author's primary aim is to familiarize the reader with her innovative idea of the emotional immune system managed by a healthy narcissism and operating via the inner reverberations of hidden childhood narratives Our sense of familiar self is accordingly consolidated and immunised to an invasion by foreign sensations

Handbook for the Assessment of Dissociation Marlene Steinberg,1995 Handbook for the Assessment of Dissociation A Clinical Guide is the first book to offer guidelines for the systematic assessment of dissociation and posttraumatic syndromes This book provides a comprehensive overview of dissociative symptoms and disorders as well as an introduction to the use of the SCID D a diagnostic interview for the dissociative disorders includes chapters on differential diagnosis a discussion of the relationship between dissociation and trauma and a sample patient interview serves the needs of novices in the field as well as experienced clinicians and researchers

*Violent Death* Edward K. Rynearson,2006-11-06 This book pulls together a definitive collection of work on the theory and practice of clinical spiritual and emotional support after the experience of violent death counseling beyond the crisis Over the past decade there have been countless publications devoted to crisis response crisis intervention and counseling disaster mental health services and support for victims of traumatic events but almost none devoted to the response planning and community care for those individuals who continue to struggle with trauma and grief issues for more than a few months after a violent death The chapters in this volume written by national and international experts in the field provide the reader with the theoretical and clinical bases necessary for planning and implementing clinical and spiritual services to meet the needs of survivors witnesses family and community members of violent death

**Embodied Shame** J. Brooks Bouson,2010-07-02 How does physical emotional and sexual abuse shape women's perceptions of their bodies and identities How are women's psyches affected by the sexual racial and cultural denigration that occurs when women's bodies are represented as defective spoiled damaged or dirtied Embodied Shame skillfully explores these questions in the context of recent writings by North American women contributing to work in shame



theory and to feminist analyses of the intersections of theories of the body affect emotions narrative and trauma By examining popular contemporary fictional and nonfictional texts including Alice Munro s Lives of Girls and Women Dorothy Allison s Bastard Out of Carolina Toni Morrison s The Bluest Eye Edwidge Danticat s Breath Eyes Memory and Lucy Grealy s Autobiography of a Face J Brooks Bouson illuminates how deeply entrenched bodily shame continues to operate in contemporary culture even as we celebrate the supposed freeing of the female body from the social and cultural constraints that have long bound it Countertransference in the Treatment of PTSD John Preston Wilson, Jacob D. Lindy, 1994-03-10

This volume is the first book in the field of traumatic stress studies to systematically examine the unique role of countertransference processes in psychotherapy outcome Emphasizing the need for carefully deliberated action this volume offers vital new insights into the victim healer relationship and presents detailed techniques to promote awareness of affective reactions for anyone working with sufferers of PTSD and its comorbid conditions such as anxiety depression and substance abuse

**Reel to Real** Vidya Chathoth, 2016-10-17 Cinema is often looked upon as a source of entertainment However cinema has a much larger purpose to serve As with any medium of art cinema must offer an avenue for spiritual enlightenment It must help us feel think and reflect on the larger picture of our lives It must help us build inroads into ourselves Reel to Real is a book that explores the human mind through an analysis of the characters portrayed in Malayalam cinema It critically analyzes the human mind through the narrative of cinema and draws valuable conclusions with regard to the motivational drives of the human mind The films mentioned under different themes in this book are valuable in the inferences they draw with regard to the factors that shape mental health They breathe life into the theories of personality and shape our attitude to mental illness This would be a valuable guide to film makers mental health practitioners parents and teachers In an era dominated by the progressive deterioration of mental health there is a need to revive cinema from a psychological perspective This book bridges science and art and provides a rare perspective on mental health

**Psychological Trauma And Adult Survivor Theory** Lisa McCann, Laurie Anne Pearlman, 2015-12-22 First published in 1991 In this book the authors present a new conceptualization of the unique experience of trauma survivors They offer both a new theoretical model which we call constructivist self development theory CSDT and a description of its application to clinical assessment of and intervention with adult trauma survivors *Effective Treatments for PTSD, Second Edition* Edna B. Foa, Terence M. Keane, Matthew J. Friedman, Judith A. Cohen, 2008-10-24 This book has been replaced by *Effective Treatments for PTSD Third Edition* edited by David Forbes Jonathan I Bisson Candice M Monson and Lucy Berliner ISBN 978 1 4625 4356 4

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