

GAIL SHEEHY

Middletown, America

One Town's Passage
from Trauma to Hope



Middletown America One Towns Passage From Trauma To Hope

I. Primoratz



Middletown America One Towns Passage From Trauma To Hope:

Middletown, America Gail Sheehy, 2003-09-02 The single event that we know as 9 11 is over but the shock waves continue to radiate outward generated by orange alerts terrorism lockdowns and the shrinking of personal liberties we once took for granted The stories in this book of real people faced with extraordinary trauma and gradually transcending it are the best antidote to our fears Middletown America is a book of hope All Americans were hit with some degree of trauma on September 11 2001 but no place was hit harder than Middletown New Jersey Gail Sheehy spent the better part of two years walking the journey from grief toward renewal with fifty members of the community that lost more people in the World Trade Center than any other outside New York City Her subjects are the women men and children who remained after the devastation and who are putting their lives back together Sheehy tells the story of four widowed moms from New Jersey who started out scarcely knowing the difference between the House and the Senate yet turned their sorrow and anger into action and became formidable witnesses to the failures of the country's leadership to connect the dots before September 11 Sheehy follows the four moms as they fight White House attempts to thwart the independent commission investigating 9 11 and expose efforts at a cover up What would become of the young wives carrying children their husbands would never see wives who had watched their dreams literally go up in smoke in that amphitheater of death across the river Amazingly each finds her own door to the light Here too is the story of the widow and widower who met in the waiting room of a mental health agency and brought each other back from the brink of despair across a bridge of love Sheehy also reveals how bereft mothers who will never have another son or daughter found reasons to recommit to life And she follows in the footsteps of the robbed children documenting the incredible resilience of four year olds the anger of teenagers the courage of sisters and brothers Sheehy follows survivors who escaped the burning towers only to find themselves trapped inside a tower of inner torment from which it took love family and faith to free themselves She is taken into the confidence of the night crew at Ground Zero police officers who worked in that pit for eight months straight and then faced the returning home phenomenon She recounts the confessions of religious leaders who struggled to explain the inexplicable to their flocks Mental health professionals confide in her as do corporate chiefs educators friends and neighbors towns of officials and volunteers who rose to the occasion and committed themselves to healing their wounded community As a journalist who conducted more than nine hundred interviews Gail Sheehy is an impeccable researcher As a writer with a novelistic gift she weaves the individual stories into a compelling narrative Middletown America illuminates every stage of a tumultuous passage from shock passivity and panic attacks to rising anger and deep grieving and on to the secret romances and startling relapses the realignment of faith the return of a capacity to love and be loved and finally the commitment to constructing new lives

Crisis Intervention Alan A. Cavaiaola, Joseph E. Colford, 2017-10-24 Crisis Intervention takes into account various environments and populations across the lifespan to provide students with practical guidelines for managing crises Drawing on over 25 years of relevant

experience authors Alan A Cavaiola and Joseph E Colford cover several different types of crises frequently encountered by professionals in medical school work and community settings Models for effectively managing these crises are presented along with the authors own step by step approach the Listen Assess Plan Commit LAPC model giving students the freedom to select a model that best fits their personal style or a given crisis Future mental health professionals will gain the knowledge skills and confidence to help their clients manage the crises they will encounter in their day to day lives **A New Jersey**

Anthology Maxine N. Lurie, 2010 This anthology contains seventeen essays covering eighteenth century agrarian unrest the Revolutionary War politics in the Jackson era feminism and the women s movements slavery from the seventeenth to the nineteenth centuries strikes and labor struggles land use and regional planning issues Blacks in Newark the current political state of New Jersey and more The contributors are Michal R Belknap Lynn W Dorsett Gregory Evans Dowd Charles E Funnell Steve Golin Maxine N Lurie Richard P McCormick Gary Mitchell Simeon F Moss Marie Marmo Mullaney Mary R Murrin Gerald M Pomper Clement A Price Thomas L Purvis Daniel Schaffer Warren E Stickle III Maurice Tandler

Tourists of History Marita Sturken, 2007-11 Study of how the memorials created in Oklahoma City and at the World Trade Center site raise questions about the relationship between cultural memory and consumerism **American Unexceptionalism** Kathy Knapp, 2014-05-01 American Unexceptionalism examines a constellation of post 9 11 novels that revolve around white middle class male suburbanites thus following a tradition established by writers such as John Updike and John Cheever Focusing closely on recent works by Richard Ford Chang Rae Lee Jonathan Franzen Philip Roth Anne Tyler Gish Jen A M Homes and others Kathy Knapp demonstrates that these authors revisit this well trod turf and revive the familiar everyman character in order to reconsider and reshape American middle class experience in the wake of the 9 11 attacks and their ongoing aftermath The novels in question all take place in the sprawling terrain that stretches out beyond the Twin Towers the postwar suburbs that since the end of World War II have served like the Twin Towers themselves as a powerful advertisement of dominance to people around the globe by projecting an image of prosperity and family values These suburban tales and their everyman protagonists grapple however indirectly with the implications of the apparent decline of the economic geopolitical and moral authority of the United States In the context of perceived decay and diminishing influence these novels actively counteract the narrative of American exceptionalism frequently peddled in the wake of 9 11 If suburban fiction has historically been faulted for its limited vision this newest iteration has developed a depth of field that self consciously folds the personal into the political encompasses the have nots along with the haves and takes in the past when it imagines the future all in order to forge a community of readers who are now accountable to the larger world American Unexceptionalism traces the trajectory by which recent suburban fiction overturns the values of individualism private property ownership and competition that originally provided its foundation In doing so the novels examined here offer readers new and flexible ways to imagine being and belonging in a setting no longer characterized by stasis but by flux

Project Rebirth Dr. Robin Stern, Courtney E. Martin, 2011-08-18 Written in conjunction with the documentary *Rebirth* a full decade in the making an uplifting look at the lives of nine individuals whose lives were forever changed by the largest tragedy our nation has ever faced The images of the burning towers the heartbroken friends building memorials the minute by minute accounts of the horrors of that day all are indelibly etched on our collective consciousness But what of those left behind after 9 11 What have they and we learned from the gift of time In *Project Rebirth* a psychologist and a journalist examine the lives of nine people who were directly affected by the events of September 11 2001 Written concurrently with the filming of a forthcoming documentary it is uniquely positioned to tackle the questions raised about how people react in the face of crippling grief how you maintain hope for a future when your life as you knew it is destroyed and the amazing ability of humans to focus on the positive aspects of day to day living in the face of tragedy The project follows people dedicated to rebuilding both physically and emotionally Spirituality resilience and hope are at the center of their stories Brian who lost his firefighter brother spent two years working at Ground Zero and then helped to rebuild the PATH train station Tanya who lost her fianc e on 9 11 finds new love new life and joy as a mother in the years following all doors she thought closed to her forever Not a book that recounts the events of that day and not a book about grief *Project Rebirth* is a book about resilience and finding inner peace *Bruce Springsteen and the Promise of Rock 'n' Roll* Marc Dolan, 2012-06-04 Describes the life and music of one of America s greatest rock artists providing an overview and analysis of the cultural political and personal forces that influenced his music and led him to explore issues like war class disparity and prejudice

Roadmap to Resilience Donald Meichenbaum, 2012-01-01 For the military veteran or anyone who has experienced a traumatic event returning to normal living can be a challenge Be that as it may even after events such as natural disasters accidents or one of intentional human design e g combat a terrorist attack a sexual assault etc approximately 70 to 80percent of individuals who are impacted adjust successfully These individuals demonstrate resilience and in some instances even post traumatic growth But the remaining percentage will evidence lingering clinical disorders and adjustment problems such as PTSD anxiety depressive and substance abuse disorders that can result in suicidal acts aggressive behavior and divorce *Roadmap to Resilience* includes over 100 ways to develop individual and family resilience bolstering action plans to help those experiencing adjustment problems In addition it includes numerous narrative examples of successful coping from resilient individuals self improvement activities and a comprehensive source guide designed to help the reader locate the exact information they need to address their situation This guidebook highlights ways that returning service members can successfully reintegrate into civilian life and how other trauma victims can cope with loss Clinicians will find it an invaluable resource for translating evidence based interventions into specific guidelines for their clients *The New Menopause Book* Mary Tagliaferri, Isaac Cohen (O.M.D.), Debu Tripathy, 2006 Three experts give advice on HRT natural hormone therapy herbal therapies traditional Chinese medicine and more *The Evolution of Cognitive Behavior Therapy* Donald

Meichenbaum,2017-02-17 The Evolution of Cognitive Behavior Therapy A Personal and Professional Journey with Don Meichenbaum explores the untold story of how Cognitive Behavior Therapy emerged and discusses the controversies encountered along the way This volume will feature a personal account of Don Meichenbaum s contributions from his initial work on self instructional training with schizophrenics and impulsive children through his work on stress inoculation training and his most recent works with traumatized individuals These previously published papers are complemented with updated papers and accompanying commentary

Terrorism I. Primoratz,2004-08-02 The first comprehensive discussion of all the main philosophical issues raised by terrorism against the background of its past and recent developments Prominent philosophers discuss definitions of terrorism various approaches to its moral evaluation and the contentious subject of state terrorism Also included are four case studies showing how the concepts and arguments philosophers deploy in discussing violence war and terrorism apply to particular instances of both insurgent and state terrorism ranging from World War II to September 11 2001

Stress Management Edward A. Charlesworth,Ronald G. Nathan,2004-12-28 Are you among the 95 million Americans who suffer from stress during these trying times Revised and comprehensive this invaluable guide helps you identify the specific areas of stress in your life familial work related social emotional and offers proven techniques for dealing with every one of them New material includes information on how men and women differ in response to stress updated statistics on disorders and drugs the ways terrorism and the information age impact stress the key benefits of spirituality alternative medicine exercise and nutrition Stress Management will help you test your personal responses to daily stress and chart your progress in controlling it learn specific techniques for relaxation from scanning to imagery training discover how to deal with life s critical moments without stress embark on a program to improve your physical health as a major step toward stress management discern which types of stress must be reduced and which kinds you can turn into positive motivation

Wounded City Nancy Foner,2005-08-25 New York has eight million deeply personal and unique stories of pain and perseverance from September 11 2001 But the toll of tragedy is greater than the anguish it inflicts on individuals communities suffer as well In Wounded City editor Nancy Foner brings together an accomplished group of scholars to document how a broad range of communities residential occupational ethnic and civic were affected and changed by the World Trade Center attacks Using survey data and in depth ethnographies the book offers sophisticated analysis and gives voice to the human experiences behind the summary statistics revealing how the nature of these communities shaped their response to the disaster Sociologists Philip Kasinitz Gregory Smithsimon and Binh Pok highlight the importance of physical space in the recovery process by comparing life after 9 11 in two neighborhoods close to ground zero Tribeca which is nestled close to the city s downtown and Battery Park City which is geographically and structurally separated from other sections of the city Melanie Hildebrandt looks at how social solidarity changed in a predominantly Irish middle class community that was struck twice with tragedy the loss of many residents on 9 11 and a deadly plane crash two months later

Jennifer Bryan shows that in the face of hostility and hate crimes many Arab Muslims in Jersey City stressed their adherence to traditional Islam Contributor Karen Seeley interviews psychotherapists who faced the challenge of trying to help patients deal with a tragedy that they themselves were profoundly affected by Economist Daniel Beunza and sociologist David Stark paint a picture of organizational resilience as they detail how securities traders weathered successive crises after evacuating their downtown office and moving temporarily to New Jersey Francesca Polletta and Lesley Wood look at a hopeful side of a horrible tragedy civic involvement in town meetings and public deliberations to discuss what should be done to rebuild at ground zero and help New Yorkers create a better future in the footprints of disaster New Yorkers suffered tremendous losses on September 11 2001 thousands of lives billions of dollars the symbols of their skyline and their peace of mind But not lost in the rubble of the World Trade Center were the residential ethnic occupational and organizational communities that make up New York's rich mosaic Wounded City gives voice to some of those communities showing how they dealt with unforeseen circumstances that created or deepened divisions yet at the same brought them together in suffering and hope It is a unique look at the aftermath of a devastating day and the vitality of a diverse city A Russell Sage Foundation September 11 Initiative Volume

Divided by Terror John Bodnar, 2021-04-12 Americans responded to the deadly terrorist attacks on September 11 2001 with an outpouring of patriotism though all were not united in their expression A war based patriotism inspired millions of Americans to wave the flag and support a brutal War on Terror in Afghanistan and Iraq while many other Americans demanded an empathic patriotism that would bear witness to the death and suffering surrounding the attack Twenty years later the war still simmers and both forms of patriotism continue to shape historical understandings of 9/11's legacy and the political life of the nation John Bodnar's compelling history shifts the focus on America's War on Terror from the battlefield to the arena of political and cultural conflict revealing how fierce debates over the war are inseparable from debates about the meaning of patriotism itself Bodnar probes how honor brutality trauma and suffering have become highly contested in commemorations congressional correspondence films soldier memoirs and works of art He concludes that Americans continue to be deeply divided over the War on Terror and how to define the terms of their allegiance a fissure that has deepened as American politics has become dangerously polarized over the first two decades of this new century

Until the Fires Stopped Burning Charles B. Strozier, 2014-08-05 Charles B. Strozier's college lost sixty-eight alumni in the tragedy of 9/11 and the many courses he has taught on terrorism and related topics since have attracted dozens of survivors and family members A practicing psychoanalyst in Manhattan Strozier has also accepted many seared by the disaster into his care In some ways the grief he has encountered has felt familiar in other ways unprecedented Compelled to investigate its unique character further he launched a fascinating study into the conscious and unconscious meaning of the event both for those who were physically close to the attack and for those who witnessed it beyond the immediate space of Ground Zero Based on the testimony of survivors bystanders spectators and victims' friends and families **Until the Fires**

Stopped Burning brings much needed clarity to the conscious and unconscious meaning of 9 11 and its relationship to historical disaster apocalyptic experience unnatural death and the psychological endurance of trauma Strozier interprets and contextualizes the memories of witnesses and compares their encounter with 9 11 to the devastation of Hiroshima Auschwitz Katrina and other events Kai Erikson has called a new species of trouble in the world Organizing his study around zones of sadness in New York Strozier powerfully evokes the multiple places in which his respondents confronted 9 11 while remaining sensitive to the personal social and cultural differences of these experiences Most important he distinguishes between 9 11 as an apocalyptic event which he affirms it is not rather it is a monumental event and 9 11 as an apocalyptic experience which is crucial to understanding the act s affect on American life and a still evolving culture of fear in the world

Disaster Spiritual Care, 2nd Edition Rev. Willard W. C. Ashley Sr., MDiv, DMin, DH, Rabbi Stephen B. Roberts, MBA, MHL, BCJC, 2017-06-13 The first comprehensive resource for pastoral care in the face of disaster a vital resource for clergy seminarians pastoral counselors and caregivers of all faith traditions Updated and expanded This essential resource for clergy and caregivers integrates the classic foundations of pastoral care with the unique challenges of disaster response on community regional and national levels Offering the latest theological perspectives and tools along with basic theory and skills from the best disaster response texts research and concepts the contributors to this resource are innovators in their fields and represent Christianity Judaism Islam and more New to this edition are chapters on N VOAD Points of Consensus and Guidelines A Developing Conversation Ethics in Disaster Spiritual Care Assessment Developing a Theological Framework for Providing Disaster Spiritual Care And More Exploring how spiritual care changes following a disaster and including a comprehensive explanation of a disaster s lifecycle this is the definitive guidebook for counseling not only the victims of disaster but also the clergy and caregivers who are called to service in the wake of crisis

Handbook of Posttraumatic Growth Lawrence G. Calhoun, Richard G. Tedeschi, 2014-07-10 Posttraumatic growth is an area in which investigations are now being undertaken in many different parts of the world The view that individuals can be changed sometimes in radically good ways by their struggle with trauma is ancient and widespread However the systematic focus by scholars and clinicians on the possibilities for growth from the struggle with crisis is relatively recent There are now a growing number of studies and scholarly papers on the antecedents correlates and consequences of posttraumatic growth and there are also theoretical models that can help guide the research further It is clear however that this phenomenon is not yet well understood The Handbook of Posttraumatic Growth Research and Practice provides both clinicians and researchers with a comprehensive and up to date view of what has been done so far In addition it uses the foundations of what has been done to provide suggestions for the next useful steps to take in understanding posttraumatic growth The book offers contributions of important and influential scholars representing a wide array of perspectives of posttraumatic growth This volume serves as an impetus for additional work both in the academic aspects and in the possibilities for clinical applications of posttraumatic

growth This Handbook will appeal to students practitioners and researchers working in a broad array of disciplines and human services **Kaplan & Sadock's Synopsis of Psychiatry** Robert Boland,Marcia Verdiun,Pedro Ruiz,2021-02-09

Accurate reliable objective and comprehensive Kaplan Sadock s Synopsis of Psychiatry has long been the leading clinical psychiatric resource for clinicians residents students and other health care professionals both in the US and worldwide Now led by a new editorial team of Drs Robert Boland and Marcia L Verduin it continues to offer a trusted overview of the entire field of psychiatry while bringing you up to date with current information on key topics and developments in this complex specialty The twelfth edition has been completely reorganized to make it more useful and easier to navigate in today s busy clinical settings *Staying Alive: A Love Story* Laura B. Hayden,2011-06-20 *Staying Alive A Love Story* is a story of hope and renewal that centers on a woman s search for meaning after the untimely death of her 49 year old husband Coupled with other experiences of loss in her life she is determined to with her children persevere Like Annie Dillard Hayden draws on the rhythms and rituals of the natural world to explore her Brooklyn roots and New England adulthood Wild creatures and domesticated critters seashores and hillsides proffer comfort and understanding as she comes to realize that no more than a hairline and no less than an eternity separate her from the man she loved Even with the wear and tear her faith endures it rarely diminishes Her purpose to usher her two grieving children through a difficult adolescence to a well adjusted adulthood resonates through her own struggles With the precise objectivity reminiscent of Joan Didion s *The Year of Magical Thinking* and Joyce Carol Oates *A Widow s Story* Hayden recounts the day her husband died and the rituals and obsessions of the bereaved Forced to look at death straight in the eye the author stares back wide eyed without blinking through her tears Hayden also manages to be seriously droll in an Anne Lamott way Never is her humor more honed than in the portrayal of her deceased spouse whose devotion antics and wisdom remain ever present to those who are staying alive without him His death becomes not only the family s heartbreak but the loss of a well executed life for all who knew him or will get to know him through these essays Whether Laura Hayden s writing deals with herself her children or her cadre of loved ones it is clear that she her daughter and her son emerge from their tragic loss survivors not victims of Larry s death an outcome of which he would be very pleased In a culture of intentionally exposed and celebrated self victimization the story of this family may be considered a quiet triumph **Advocacy Journalists** Edd Applegate,2009-05-11 This book focuses on the lives of journalists and editors who contributed to advocacy journalism Each entry contains biographical information about the journalists their professional careers major works and in some cases commentary on those works

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