

The Unbroken Soul

TRAGEDY, TRAUMA, AND RESILIENCE



EDITED BY HENRI PARENS, HAROLD P. BLUM,
AND SALMAN AKHTAR

The Unbroken Soul Tragedy Trauma And Human Resilience Margaret S Mahler

Salman Akhtar



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The Unbroken Soul Henri Parens, Harold P. Blum, Salman Akhtar, 2008-02-28 How do individuals cope constructively with significant trauma How do they recover from it What factors seem most codetermining of coping with and recovering from trauma Can these be not only identified but also influenced by our interventions Addressing these questions questions about human beings capacity for resilience is the prime challenge taken up in this book by an assortment of international psychoanalytic attachment and biological mental health theorists and clinicians While mental health professionals are well trained to identify and treat psychopathology little is taught about how to look for strengths in patients that assist them in their coping and that on their own and with our nurturance can foster their recovery Some of the contributors to this volume having themselves been subjected to severe trauma speak of resilience both from within their own experience from those around them and from their work with traumatized patients

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The Rape of Childhood Salman Akhtar, 2018-10-15 The Rape of Childhood Development Clinical and Sociocultural Aspects of Childhood Sexual Abuse details the dark realm of childhood sexual abuse While lived experience memory subjectivity and affect cannot be classified into neat categories this collection is divided into four core sections epidemiology emotional sequelae psychoanalytic insight and ameliorative strategies to provide a thorough description of childhood abuse The contributors examine the variables that increase a child s vulnerability to maltreatment including age gender ethnicity and socioeconomic factors and outline the various emotional and behavioral consequences of childhood sexual abuse This collection is essential reading for therapists working to help formerly abused children to learn how to love be loved and care about themselves

Before and After Violence Salman Akhtar, 2017-12-18 From childhood onwards humans use their environment s responses to construct models or schemata to link feelings and impulses with actions and effects If the environment during those formative years is unreliable frustrating or violating the construction of those internal models can be disrupted and create a disjointed perception of the world where violence is the only way to feel strong or good about oneself Before and After Violence explores the complex network of experiences and relationships that contribute to both the

origins and consequences of violence starting in the early stages of life and compounding over time The contributors to this collection examine the different settings in which violence takes place look at the variables that propel its occurrence in local and global instances and depict how each can be traced back to profound feelings of betrayal helplessness and anger that manifest in the physical discharges of aggression towards a single person or a whole group Through a psychoanalytic lens the contributors analyze and explain violence in its many forms delve into its myriad of causes as well as offer a variety of solutions that can be applied to various instances of violence whether it be physical or mental self directed or other directed

The New Motherhoods Salman Akhtar, 2015-12-30 *The New Motherhoods* Patterns of Early Child Care in Contemporary Culture offers innovative perspectives in psychotherapy that accommodate emerging pathways to parenthood changing roles of mothers and evolving patterns of family structure Moms come in all shapes and sizes and psychoanalytic developmental theory could be modified to better embrace modern mothers and today's childcare practices In this volume distinguished clinical psychologists and psychoanalysts offer divergent conceptual perspectives on what shapes contemporary mothering including the increasing number of single mothers in our society the additional challenges faced by immigrating mothers how technology affects the parent child relationship and gender identity in families today Incorporating the most current research along with engaging clinical vignettes *The New Motherhoods* provides mental health professionals with an invaluable collection of insights into modern motherhood and its essential role in the care and healthy development of children

Growing Up Salman Akhtar, Henri Parens, 2019-12-16 In *Growing Up Revisiting Child Development Theories and their Application to Patients of All Ages* editors Henri Parens and Salman Akhtar present a collection that draws on over fifty years of professional experience in child development Contributors to this collection touch on psychoanalytic conceptualizations of child development separation individuation theory personal clinical experiences the effects of trauma and neurodevelopmental disorders in the mother child relationship and the intergenerational transmission of trauma This edited collection is recommended for scholars and practitioners interested in psychoanalysis child development and clinical psychology

Divorce Salman Akhtar, 2016-12-07 *Divorce Emotional Impact and Therapeutic Interventions* offers a broad survey of psychodynamic observations on the antecedents and consequences of divorce In this volume distinguished clinical psychologists and psychoanalysts explore the emotional divorce that invariably precedes the one granted by a court and focus as well upon the emotional impact of the actual divorce upon the spouses children friends and family Examining a variety of modern families chapters address both short term and long term sequelae of divorce transgenerational reverberations and the occasional unsung benefits of divorce The concept of a good enough divorce further illustrates how the adverse effects of divorce can be kept at a minimum and the process itself can allow patients unexpected self reflection A valuable resource for clinicians *Divorce Emotional Impact and Therapeutic Interventions* demonstrates how therapists and patients can work through a divorce to yield deeper insights into the self greater tolerance of one's own limitations and lay

the groundwork for contentment with a future partner

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