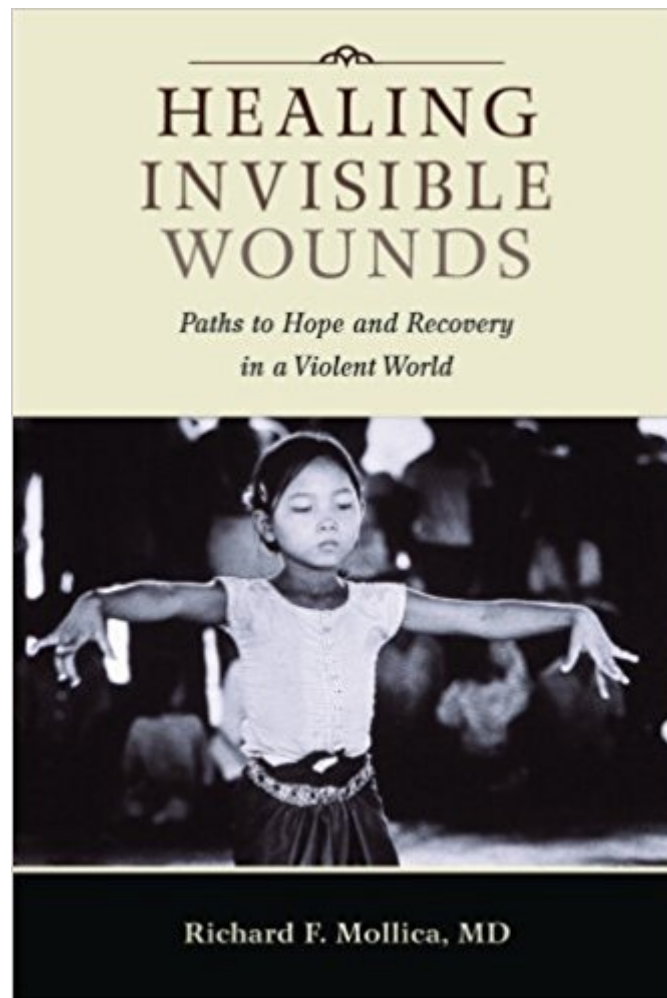




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# Healing Invisible Wounds: Paths To Hope And Recovery In A Violent World



## Synopsis

In these personal reflections on his thirty years of clinical work with victims of genocide, torture, and abuse in the United States, Cambodia, Bosnia, and other parts of the world, Richard Mollica describes the surprising capacity of traumatized people to heal themselves. *Healing Invisible Wounds* reveals how trauma survivors, through the telling of their stories, teach all of us how to deal with the tragic events of everyday life. Mollica's important discovery that humiliation—*an* instrument of violence that also leads to anger and despair—*can* be transformed through his therapeutic project into solace and redemption is a remarkable new contribution to survivors and clinicians. This book reveals how in every society we have to move away from viewing trauma survivors as "broken people" and "outcasts" to seeing them as courageous people actively contributing to larger social goals. When violence occurs, there is damage not only to individuals but to entire societies, and to the world. Through the journey of self-healing that survivors make, they enable the rest of us not only as individuals but as entire communities to recover from injury in a violent world.

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## Customer Reviews

Mollica breaks with what he says is the conventional wisdom that torture victims are untreatable. In limpid prose, Mollica, director of the Harvard Program in Refugee Trauma, celebrates instead "the capacity of persons to recover from violent events and to engage in self-healing." He explains how his clinic offers traumatized refugees to America housing, emotional support, counseling in their own

language and participation in therapeutic self-healing programs. Demonstrating the importance of cultural sensitivity, especially to language, and the significant healing power of attuned listening to the "trauma story," Mollica writes: "Survivors must be allowed to tell their stories their own way. We must not burden them with theories, interpretations, or opinions, especially if we have little knowledge of their cultural and political background." Relating harrowing survivor stories from Cambodia, Bosnia, Rwanda and the World Trade Center, among others, Mollica describes the psychological effects of humiliation, cultural annihilation and sexual violence, showing how victims "suffer a divide in their conscious minds" between hope and despair. Mollica advocates moral and emotional discipline in both healer and patient. Passionately endorsing a humanitarian, holistic and culturally sensitive approach to healing, Mollica persuades with pertinent reference to contemporary neuroscience and to ancient and non-Western healing practices. (Dec.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

As director and cofounder of the Harvard Program in Refugee Trauma, Mollica has born witness to the devastating consequences of the most unspeakable acts of violence humans have conceived. Furthermore, he has seen firsthand how victims of inhumanity have found the inner strength to overcome life-altering trauma with renewed faith and have even regained humor and optimism. After a slow start, Mollica's book reaches a passionate peak as he relates his clients' experiences in the prison camps of the Khmer Rouge, as Bosnian genocide survivors, and as victims of domestic violence. When he describes self-healing techniques, including verbalizing one's own story and the importance of faith, he speaks from the wisdom of his practice not as a healer as much as a guide for those on the road to wellness. His empowering message is that the invisible wounds left by violence are not intractable, that people can and will persevere, and he offers a handful of the necessary skills. Donna ChavezCopyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

Tragedies that occur.. focusing on the long-term effects and how one survives and moves beyond the trauma. It is informative but I found the book, "Survivor" to cover more incidents and the physiology of the brain's workings when shock and sudden trauma hits. It gives more suggestions about how better we can prepare for crisis.

I had the pleasure of meeting Dr. Mollica shortly after reading his book. He put in clear, concise

words the incredible work he has been doing for 30 years for trauma survivors. Working in the field, we were closely aligned on the elements of self-healing that can be so powerful for people who have been severely traumatized. I recommend it for anyone who is working in the field. He is a warm, embracing person.

A must-read, especially for those interested in entering the medical/psychiatric fields. This book opened my eyes as to how trauma survivors need to be listened to - they need someone who will listen and validate their feelings. This book also taught me a lot about the Khmer Rouge and Cambodian beliefs and traditions, something I had not known a lot about before. Highly recommended!

This is a must read for professionals and the lay public to understand the impact of trauma on the human mind. It's about recognizing the distress and the need to heal. This acknowledgment of the stress and the the victim's ability to tell their trauma story are the first steps to healing. Written by an expert in this arena, it should be a must read for anyone who is a teacher, healer, or family member of someone who has been traumatized. Considering all the people who have been part of war on either side, experienced violence on the streets or in their home, survived a hurricane, earthquake, or tsunami, this book should be on the best seller list. Jeannie Marcus, MD, FAAP

excellent book

I teach trauma courses for the graduate students and I love this book! It is both easy to read and provides new and hopeful look on trauma recovery. It normalizes trauma reactions and, most importantly, it focuses on the systemic issues of trauma healing -something that is not commonly found in most literature on trauma. This book emphasizes the importance of social context and use of cultural recourses in trauma recovery. I strongly recommend this book to all trauma specialists, both current and future, and anyone else who is interested in trauma psychology.

I recently re-read this book, and it's amazing message of resilience and self healing, is even more profound the second time through. I can't recommend this book highly enough to be both practioners and lay persons. This work serves not as a therapy manual but as a wake up call to the world to respect the voices of survivors and help them heal themselves. It blends historical information, religious and spiritual practices with medical and psychiatric knowledge to help build a

framework for true cross-cultural counseling. My only "complaint" is that I wish it focused more on the how and less on the why. However there is no better introduction than Dr. Mollica's text to understanding the power of self healing in refugees and survivors of mass violence.

Good price.

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