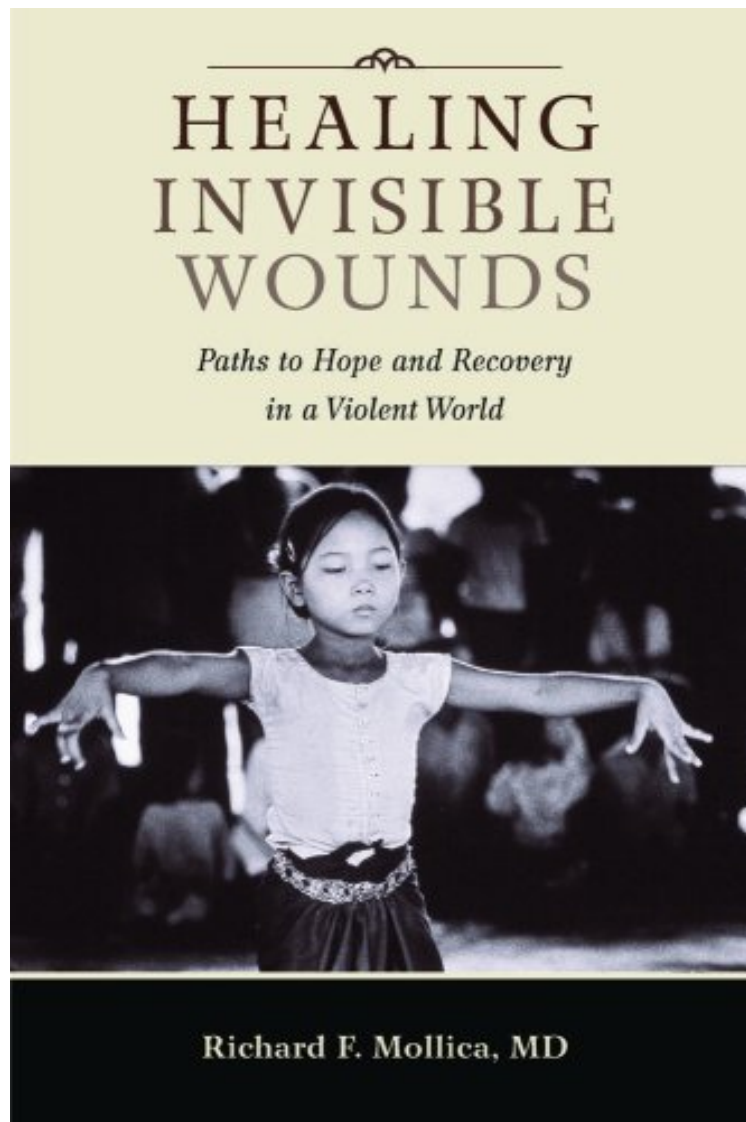


(Free) Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World

# Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World

*Richard F. Mollica*

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**Richard F. Mollica : Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World:

2 of 2 people found the following review helpful. It gives more suggestions about how better we can prepare for

crisisBy CustomerTragedies 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.1 of 1 people found the following review helpful. I recommend it for anyone who is working in the fieldBy MKI 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.1 of 1 people found the following review helpful. Highly recommended!By TaylorA 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!

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.

From Publishers Weekly 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. From Booklist 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 Chavez Copyright American Library Association. All rights reserved "Mollica provides a wealth of ethnographic and clinical evidence that suggests the human capacity to heal is innate that the 'survival instinct' extends beyond the physical to include the psychological as well. He enables us to see how recovery from 'traumatic life events' needs to be viewed primarily as a 'mystery' to be listened to and explored, rather than solely as a 'problem' to be identified and solved. Healing involves a quest for meaning with all of its emotional, cultural, religious, spiritual and existential attendant seven when bio-chemical reactions are also operative." Neil Boothby, Director of the Program on Forced Migration and Health at the Mailman School of Public Health, Columbia University "The reader closes this book with a renewed appreciation of the power of individuals to heal themselves." *The Lancet* "The stories recounted here bear eloquent and often moving testimony to the resilience of human beings." *The Most Reverend Desmond M. Tutu* "This book miraculously extracts a message not of despair but of hope." Anne Fadiman