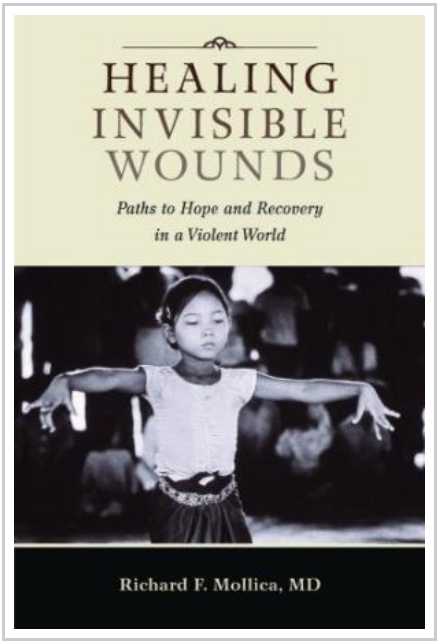


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Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World

By Richard F. Mollica

Vanderbilt University Press. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.9in. x 5.9in. x 0.8in.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. Here is how Neil Boothby, Director of the Program on Forced Migration and Health at the Mailman School of Public Health, Columbia University, describes the book: 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 attendants--even when bio-chemical reactions are also operative. 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. Mollicas...

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