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# The Normal One



Life with a  
Difficult or Damaged  
Sibling

J e a n n e S a f e r, P h . D .

# Normal One Life With A Difficult Or Damaged Sibling

**Linda Sonna**



## **Normal One Life With A Difficult Or Damaged Sibling:**

The Normal One Jeanne Safer, Ph.D.,2003-09-30 What is it like to grow up with a sibling who is difficult or damaged Few bonds in our lives are as psychologically and emotionally significant as the ones we share with our sisters and brothers although little has been written about this formative relationship In this first of its kind book psychotherapist Jeanne Safer takes us into the hidden world of problem siblings and explores the far reaching effects on the lives of those who are considered the normal ones Drawing on more than sixty interviews with normal or intact siblings Safer explores the daunting challenges they face and probes the complex feelings that can strain families and damage lives A normal sibling herself Safer chronicles her own life shaping experiences with her troubled brother She examines the double edged reality of normal ones how they both compensate for their siblings abnormality and feel guilty for their own health and success With both wisdom and empathy she delineates the Caliban Syndrome a set of personality traits characteristic of higher functioning siblings premature maturity compulsion to achieve survivor guilt and fear of contagion Essential reading for normal ones and those who love them this landmark work offers readers insight compassion and tools to help resolve childhood pain It is a profound and eye opening examination of a subject that has too long been shrouded in darkness

**Working with Survivor Siblings in Psychoanalysis** Johanna Dobrich,2021-04-08 Working with Survivor Siblings in Psychoanalysis Ability and Disability in Clinical Process explores a previously neglected area in the field of psychoanalysis addressing undertheorized concepts on siblings disabilities and psychic survivorship and broadening our conceptualization of the enduring effects of lateral relations on human development What happens to a person s sense of self both personally and professionally when they grow up alongside a severely disabled sibling Through a series of qualitative interviews held between the author and a sample of psychoanalysts this book examines both the unconscious experience and the interpersonal field of survivor siblings Through a trauma informed contemporary psychoanalytic lens Dobrich combines data analysis theory building memoir and clinical storytelling to explore and explicate the impact of lateral survivorship on the clinical moment making room for a contemporary and nuanced appreciation of siblings in psychoanalysis Working with Survivor Siblings in Psychoanalysis Ability and Disability in Clinical Process will be of immense interest and value to psychoanalysts and other mental health professionals and for all therapists who work with and treat patients that are themselves survivor siblings Uniquely integrating both academic and memoir writing this book will also engage those building theory around the implications of the analyst s subjectivity on clinical processes

Sober Siblings Patricia Olsen,Petros Levounis,2008-07-31 In the vein of Adult Children of Alcoholics comes the first book geared specifically to the siblings of alcoholics Patricia Olsen sister of two alcoholic brothers shares her personal experiences along with interviews with other sober siblings while Petros Levounis M D the director of The Addiction Institute of New York and chief of addiction psychology at St Luke s and Roosevelt Hospitals in New York City offers expert advice Whether the alcoholic is in recovery or relapsed in AA or therapy Sober Siblings helps

brothers and sisters gain greater awareness of their own situation offering practical wisdom and suggestions on feelings of shame frustration hopelessness and anger the difference between helping and enabling setting boundaries the nature of alcoholism coaddictions and how to help your sibling while not losing yourself *Neuropsychologist's Journal* Judith Bendheim Guedalia,2015-02-17 Drawing on case studies from the areas of neuropsychology as well as developmental rehabilitation and medical psychology this book distills nearly 40 years of Dr Judith Guedalia s interventional styles christened Judi isms by the author and highlights the intersection between psychology and Judaism These interventional styles as well as the remarkable case studies are complemented by useful advice that readers at all levels of interest can incorporate into their own lives Mother Daughter Wisdom Christiane Northrup, M.D.,2006-03-28 From the best selling author of Women s Bodies Women s Wisdom and The Wisdom of Menopause With such groundbreaking bestsellers as Women s Bodies Women s Wisdom and The Wisdom of Menopause Dr Christiane Northrup is one of today s most trusted and visionary medical experts Now she presents her most profound and revolutionary approach to women s health The mother daughter relationship sets the stage for our state of health and well being for our entire lives Because our mothers are our first and most powerful female role models our most deeply ingrained beliefs about ourselves as women come from them And our behavior in relationships with food with our children with our mates and with ourselves is a reflection of those beliefs Once we understand our mother daughter bonds we can rebuild our own health whatever our age and create a lasting positive legacy for the next generation Mother Daughter Wisdom introduces an entirely new map of female development exploring the five facets of feminine power which range from the basics of physical self care to the discovery of passion and purpose in life This blueprint allows any woman whether or not she has children to repair the gaps in her own upbringing and create a better adult relationship with her mother If she has her own daughter it will help her be the mother she has always wanted to be Written with warmth enthusiasm and rare intelligence Mother Daughter Wisdom is an indispensable book destined to change lives and become essential reading for all women **Your Child's Hearing Loss** Debby Waldman,Jackson Roush,2009-10-01 **The Everything Parent's Guide To Raising Siblings** Linda Sonna,2006-02-24 Addressing the unique problems associated with raising two or more children this helpful parenting handbook explores the various aspects and dynamics of sibling relationships addressing such topics as how to handle age differences among siblings and how to eliminate competition and jealousy *Public Library Catalog* Juliette Yaakov,2004 More than 8 000 books in the main volume More than 2 400 new titles in annual paperbound supplements More than 2 000 analytic entries for items in collections and anthologies **Ordinary Families, Special Children** Milton Seligman,Rosalyn Benjamin Darling,2007-02-21 This resource provides a multisystems perspective on childhood disability and its effects on family life It examines the variables that shape the ways families respond to childhood disability and the extent to which they can overcome barriers The 4 Steps to Peace of Mind Henry Kellerman,2007 In this book richly experienced psychoanalyst Dr

Henry Kellerman explains the four things we need to do to solve any of the regular kinds of psychological problems that come up in life He then shows how his method has worked in a variety of cases that he has handled over the course of his psychoanalytic career     **American Book Publishing Record** ,2003     *Books in Print Supplement* ,2002     **The University of Chicago Magazine** ,2003     Subject Guide to Books in Print ,1991     **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004     Forthcoming Books Rose Arny,2003     *The New York Times Index* ,2002     The Mind at Mischief William Samuel Sadler,1929     The Publishers Weekly ,2008     The Journal of Abnormal and Social Psychology ,1927

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