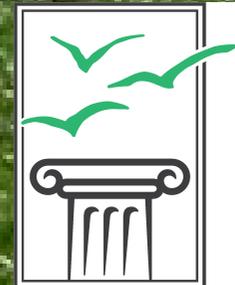




Traumatic losses and family resilience. How to intervene?

prof. Maurizio Andolfi

Paris, 7ème Congrès EFTA



ACCADEMIA
DI PSICOTERAPIA
DELLA FAMIGLIA

THE THEME OF LOSS

Central to
any psychological
therapy

Central to
Life

Central to students' training
(genograms/family sculptures)

When the trauma
is the sudden loss
of a child

Empathy and care in the
therapeutic encounter

TO STAY WITH THE FAMILY
PAIN:

What Medicine and
psychiatry do not teach us



The fragmentary nature
of pain in the family

Every one is an island of pain

The risk of the marital couple break up

Survived children's loneliness

A photograph of a dark wooden park bench in a park during autumn. The ground is covered in fallen yellow and orange leaves. In the background, there are trees with some green and some yellowing leaves, and a light-colored building with windows. The overall atmosphere is quiet and somewhat melancholic.

The withdrawal from friendship and social relationships

“others cannot understand...”

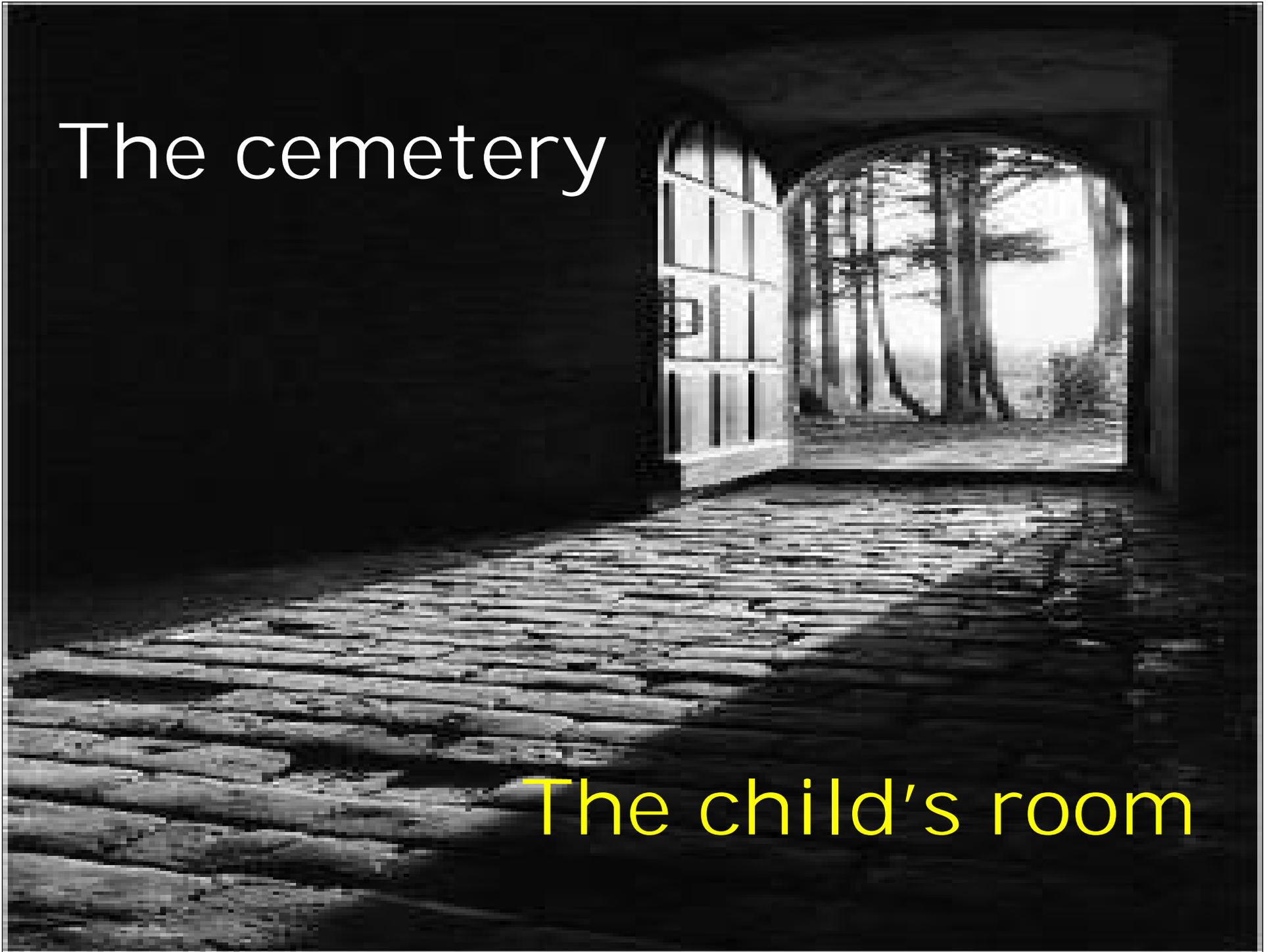
Giving up on Life

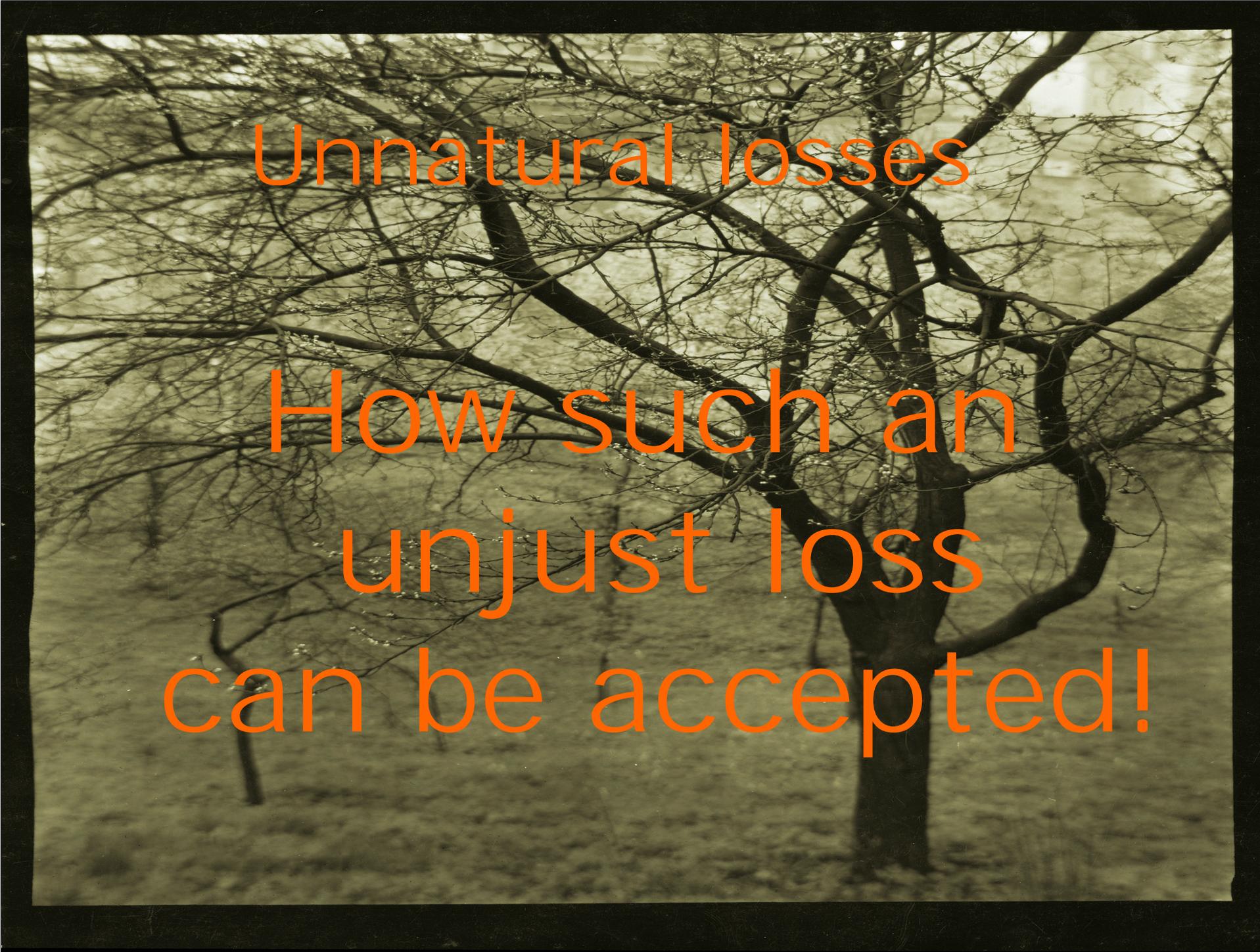
A black and white photograph of a field with two trees and a person on a bench. The scene is captured in a wide, flat landscape under a pale sky. Two large, leafless trees stand prominently in the middle ground. A small figure of a person is visible sitting on a bench between the two trees. The foreground is a dark, textured field, possibly a field of tall grass or reeds, which is mostly in shadow.

Every pleasure – even the
pure act of being alive –
increases parents' feelings of guilt

The cemetery

The child's room



A photograph of a bare tree with a complex network of branches against a light, hazy background. The tree is the central focus, with its trunk and main branches extending from the bottom center towards the top and sides. The branches are thin and intricate, creating a dense web of lines. The overall color palette is muted, with greys, browns, and a pale yellowish-green background. Overlaid on the image is text in a bright orange color.

Unnatural losses

How such an
unjust loss
can be accepted!

Death denial :

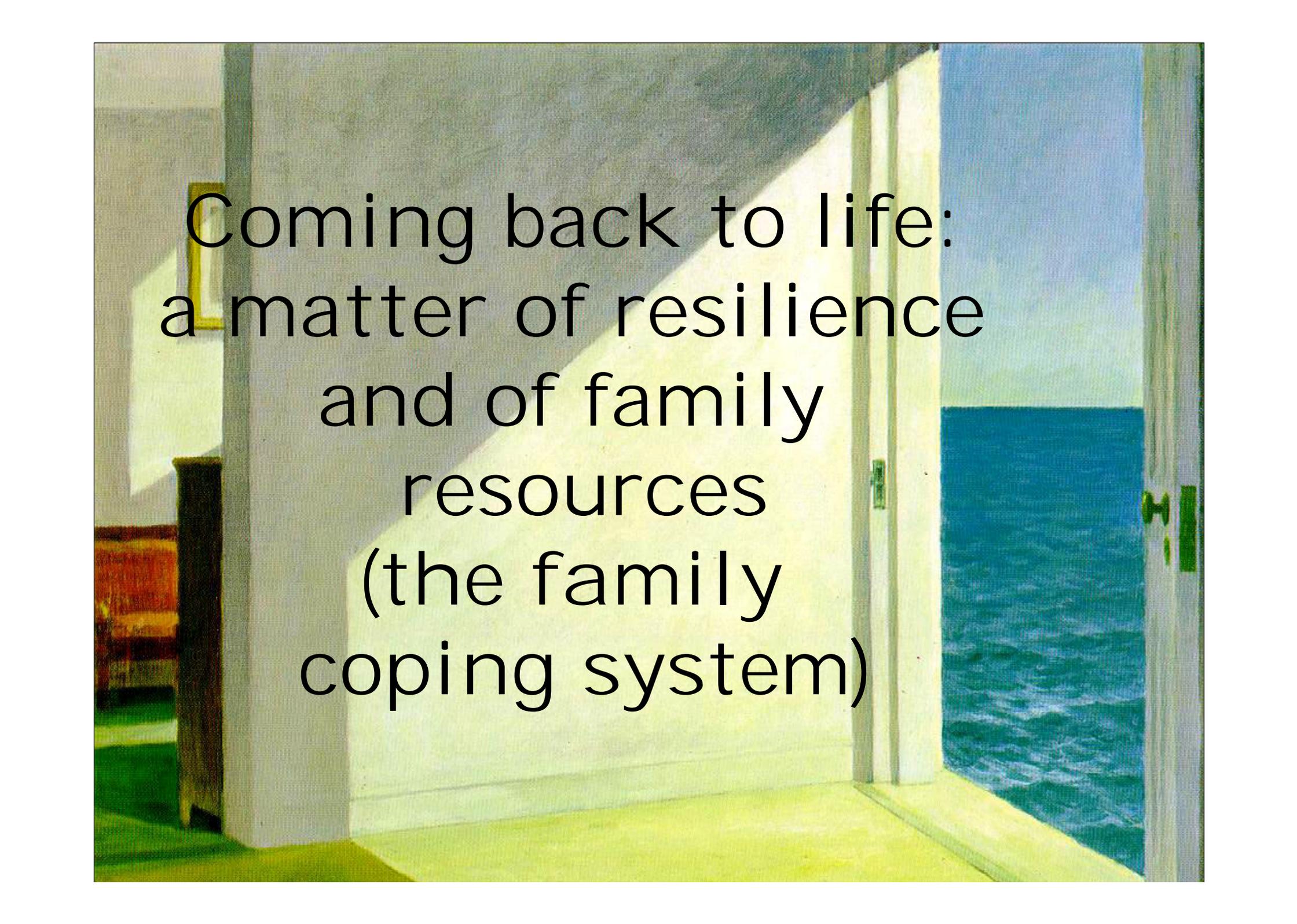
My son is not dead:
one day I'll meet him again

We are not here because
of our son's death

The therapeutic project

To stay with
the family's pain

How to facilitate the suffering
to circulate

A painting of a bright interior space, likely a room or a porch, with a large window overlooking the ocean. The scene is characterized by strong light and shadow, suggesting a sunny day. The text is overlaid on the scene.

Coming back to life:
a matter of resilience
and of family
resources
(the family
coping system)

When the trauma
is the loss of a parent

From protecting to respecting children:
how to give them back a voice
and competence

Falsifying truth and lies cause a severe
developmental damage

Fears and fantasies
of family
losses are more damaging
for children than
knowing the truth

The therapeutic
project:
how to help adults to
rediscover
authenticity through
their children
contribution

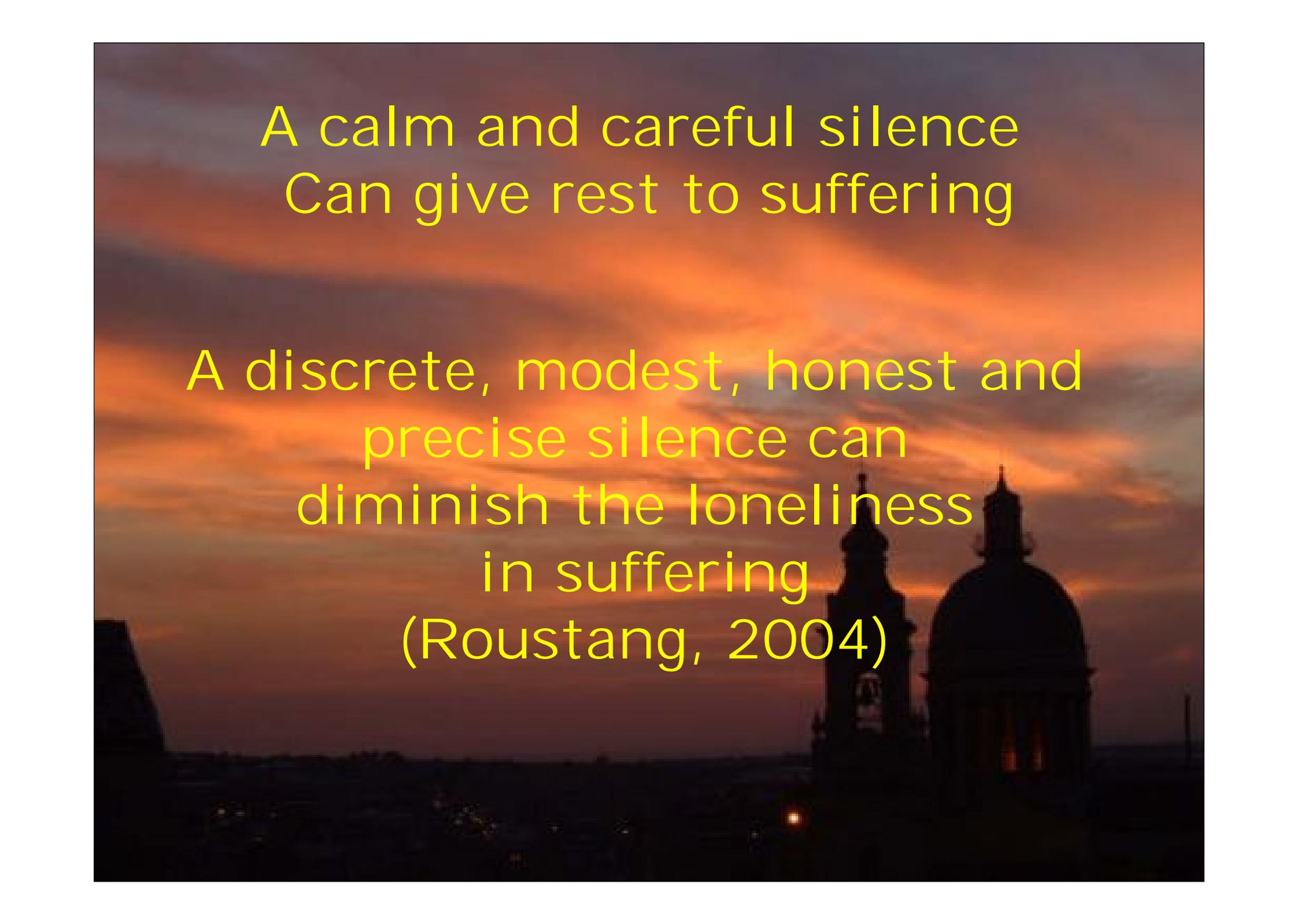
Doing therapy or
being a therapist?
An encounter on
the essence of life

TERAPIA
CON LA
FAMIGLIA

A cura di
Maurizio Andolfi
Antonello D'Elia

Le perdite e le risorse della famiglia

Raffaello Cortina Editore

The background of the slide is a photograph of a sunset or sunrise. The sky is filled with soft, glowing clouds in shades of orange, yellow, and pink. In the foreground, the dark silhouettes of a church building are visible, including a prominent dome and several spires. The overall mood is serene and contemplative.

A calm and careful silence
Can give rest to suffering

A discrete, modest, honest and
precise silence can
diminish the loneliness
in suffering
(Roustang, 2004)