



Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury

Margaret Crastnopol

Download now

[Click here](#) if your download doesn't start automatically

Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury

Margaret Crastnopol

Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury Margaret Crastnopol

Micro-trauma: A psychoanalytic understanding of cumulative psychic injury explores the "micro-traumatic" or small, subtle psychic hurts that build up to undermine a person's sense of self-worth, skewing his or her character and compromising his or her relatedness to others. These injuries amount to what has been previously called "cumulative" or "relational trauma." Until now, psychoanalysis has explained such negative influences in broad strokes, using general concepts like psychosexual urges, narcissistic needs, and separation-individuation aims, among others. Taking a fresh approach, **Margaret Crastnopol** identifies certain specific patterns of injurious relating that cause damage in predictable ways; she shows how these destructive processes can be identified, stopped in their tracks, and replaced by a healthier way of functioning.

Seven different types of micro-trauma, all largely hidden in plain sight, are described in detail, and many others are discussed more briefly. Three of these micro-traumas—"psychic airbrushing and excessive niceness," "uneasy intimacy," and "connoisseurship gone awry"—have a predominantly positive emotional tone, while the other four—"unkind cutting back," "unbridled indignation," "chronic entrenchment," and "little murders"—have a distinctly negative one. **Margaret Crastnopol** shows how these toxic processes may take place within a dyadic relationship, a family group, or a social clique, causing collateral psychic damage all around as a consequence.


Using illustrations drawn from psychoanalytic treatment, literary fiction, and everyday life, *Micro-trauma : A psychoanalytic understanding of cumulative psychic injury* outlines how each micro-traumatic pattern develops and manifests itself, and how it wreaks its damage. The book shows how an awareness of these patterns can give us the therapeutic leverage needed to reshape them for the good. This publication will be an invaluable resource for psychoanalysts, psychologists, psychiatrists, mental health counselors, social workers, marriage and family therapists, and for trainees and graduate students in these fields and related disciplines.


Margaret Crastnopol (Peggy), Ph.D. is a faculty member of the Seattle Psychoanalytic Society and Institute, and a Supervisor of Psychotherapy at the William Alanson White Institute of Psychiatry, Psychoanalysis &

Psychology. She is also a Training and Supervising Analyst at the Institute of Contemporary Psychoanalysis, Los Angeles. She writes and teaches nationally and internationally about the analyst's and patient's subjectivity; the vicissitudes of love, lust, and attachment drives; and varieties of micro-trauma. ?She is in private practice for the treatment of individuals and couples in Seattle, WA.?

?

?

 [Download Micro-trauma: A Psychoanalytic Understanding of Cu ...pdf](#)

 [Read Online Micro-trauma: A Psychoanalytic Understanding of ...pdf](#)

Download and Read Free Online Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury Margaret Crastnopol

From reader reviews:

Carl Strum:

Do you have favorite book? Should you have, what is your favorite's book? Reserve is very important thing for us to learn everything in the world. Each book has different aim or maybe goal; it means that book has different type. Some people truly feel enjoy to spend their time for you to read a book. These are reading whatever they have because their hobby is usually reading a book. Consider the person who don't like reading through a book? Sometime, man or woman feel need book if they found difficult problem or maybe exercise. Well, probably you should have this Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury.

Kim Marshall:

Here thing why this kind of Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury are different and reliable to be yours. First of all studying a book is good however it depends in the content than it which is the content is as yummy as food or not. Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury giving you information deeper since different ways, you can find any publication out there but there is no guide that similar with Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury. It gives you thrill examining journey, its open up your current eyes about the thing this happened in the world which is probably can be happened around you. It is easy to bring everywhere like in recreation area, café, or even in your way home by train. For anyone who is having difficulties in bringing the printed book maybe the form of Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury in e-book can be your alternate.

Jessica Jackson:

The book Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury will bring that you the new experience of reading a new book. The author style to elucidate the idea is very unique. If you try to find new book you just read, this book very suited to you. The book Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury is much recommended to you to study. You can also get the e-book in the official web site, so you can more easily to read the book.

Bernice King:

Spent a free time to be fun activity to perform! A lot of people spent their spare time with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Can be reading a book might be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the e-book untitled Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury can be excellent book to read. May be it might be best activity to you.

**Download and Read Online Micro-trauma: A Psychoanalytic
Understanding of Cumulative Psychic Injury Margaret Crastnopol
#9J8CN124IXB**

Read Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury by Margaret Crastnopol for online ebook

Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury by Margaret Crastnopol Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury by Margaret Crastnopol books to read online.

Online Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury by Margaret Crastnopol ebook PDF download

Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury by Margaret Crastnopol Doc

Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury by Margaret Crastnopol Mobipocket

Micro-trauma: A Psychoanalytic Understanding of Cumulative Psychic Injury by Margaret Crastnopol EPub