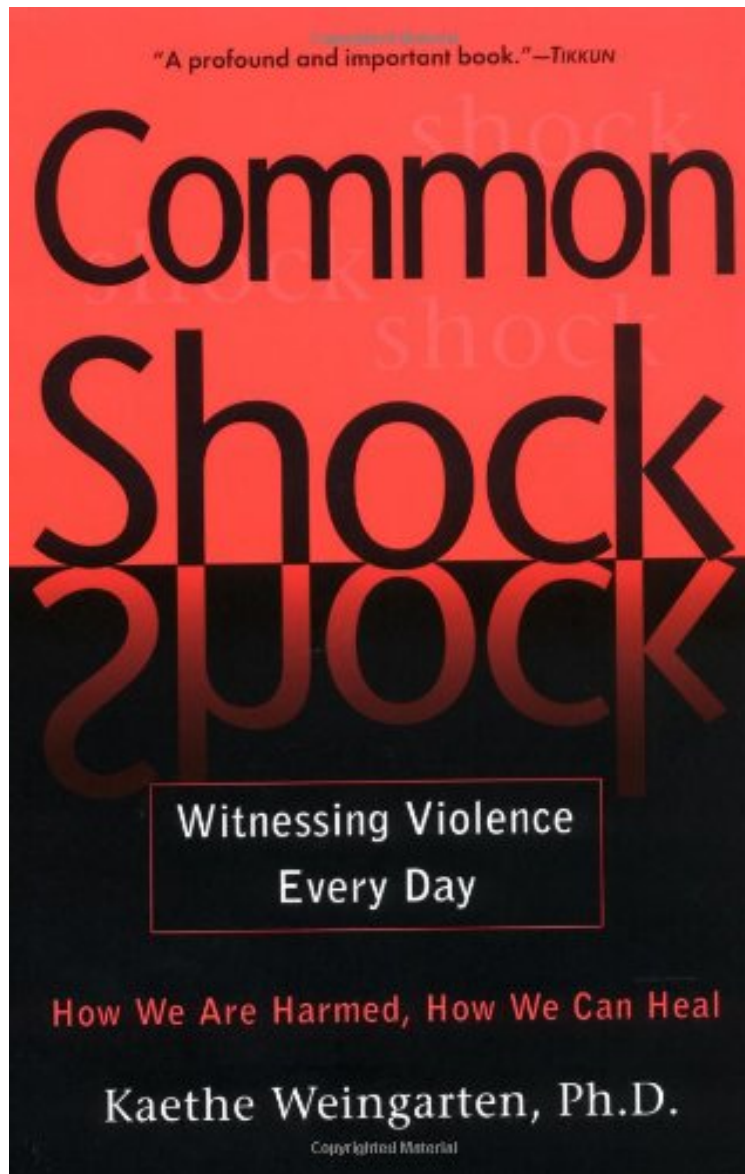


[Download] Common Shock: Witnessing Violence Every Day

Common Shock: Witnessing Violence Every Day

Kaethe Weingarten

*DOC | *audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



READ ONLINE

#1705189 in Books 2004-09-07 2004-09-07Original language:EnglishPDF # 1 8.98 x .87 x 6.021, .0 #File Name: 0451212916400 pages | File size: 64.Mb

Kaethe Weingarten : Common Shock: Witnessing Violence Every Day before purchasing it in order to gage whether or not it would be worth my time, and all praised Common Shock: Witnessing Violence Every Day:

5 of 9 people found the following review helpful. worthwhile, but could have been betterBy Steve BI differ somewhat from the previous reviewers in that I found this book to fall short of my expectations. I am glad to have read it; it was worth my time. The irony is that I found it to be extremely meaningful on a larger scale, but less meaningful on the

smaller, everyday scale that its title promised. I'd have liked the author to provide many more tangible examples of the "common shocks" we endure on a regular basis, and more insight and direction into specifically effective ways of witnessing these shocks. She opens up the book, for instance, sharing a moving account of how she witnessed effectively the shock of seeing, with her friend's child, an abusive parental incident in public. She describes how she tried to detoxify the event for the child. This was interesting; it was an everyday "common shock," and she demonstrated a strategy for assisting the young victim. I thought the book would be about just such incidents and mini-traumas; that it would leave the reader with many more specific examples of addressing such traumas, both to oneself and others. Instead, she spends the bulk of her considerable talent addressing much wider, often international, highly political and politically violent, even genocidal traumas, moving away from what I thought would be a focus on the more insidious, if less dramatic, shocks of everyday life. This disappointed me. In fact, you have to get to the appendixes--in which she details suggestions of effective witnessing, etc--to get the kind of information I thought the book itself was supposed to provide. I also found (and feel mean and nasty saying this) the author's continual examples of her sensitivity and unremitting goodness--i.e., her constant empathic sensibility to the sufferings of humanity--somewhat cloying. She comes off as rather saintly, in my view, notwithstanding her warnings of the need to keep one's balance vis a vis others' suffering. Maybe I'm just a jerk, but this rubbed me the wrong way.

1 of 2 people found the following review helpful. Read this book!
By Catherine McCallI read "Common Shock" when it first came out and have referred to it and recommended it often. I think Kathae Weingarten has done an excellent job of synthesizing the important components of our every day experiences of witnessing violence as she guides us into a deeper understanding of ourselves and our society. Now, with the senselessness of more mass murder in Binghamton, NY, I find myself reaching for this book again. As a family therapist myself, I will continue to recommend it to friends, family, and clients. I'm proud that a member of my profession has invested so much of herself in helping us to understand and deal with our own reactions to witnessing violence.

0 of 1 people found the following review helpful.
Great book
By Heather PotterThis is a great book I am a chaplain in Aged Care and part of my role is to be a compassionate witness for what ever shows up. Learning about the social shock of the planes flying into the twin towers - how that may have affected me even though at the time I was in another country.

Harvard Medical School psychologist Kaethe Weingarten has examined the biological and psychological effects of being a witness to violence, revealing and defining an issue that until now had no name. Drawing on the latest scientific research and her years of clinical and community experience, Dr. Weingarten addresses the full range of violence everyone experiences, offering tools for proactively addressing common shock.

About the AuthorKaethe Weingarten, Ph.D., an associate clinical professor in the Department of Psychiatry at Harvard Medical School, has been on the faculty since 1979. She founded and directs the Witnessing Project. Dr. Weingarten also teaches at the Family Institute of Cambridge and has taught in Canada, Europe, Africa, Australia, and New Zealand.