

Call for Papers – *Voices: The Art and Science of Psychotherapy* – Journal of the American Academy of Psychotherapists

THE GHOST IN YOU: PSYCHOTHERAPY AND THE ART OF GRIEVING
Summer 2019

Deadline for submission: April 15, 2019

Direct questions and submissions to the editor, Carla Bauer, LCSW at crbauer01@bellsouth.net.
See Submission Guidelines on the AAP website: www.aapweb.com.

“Embrace your grief, for there your soul will grow.” Carl Jung

Loss is integral to the human experience. There is no attachment without the risk and eventuality of loss. The response to loss, however, determines our engagement in the present moment. The ability to navigate grief helps determine the quality and duration of our relationships. Mourning can be a vehicle for, or an obstacle to, growth.

Therapeutic witnessing offers a unique opportunity to metabolize grief, and the echoes of past loss can be a cry to reawaken to life. However, for the therapist and the patient whose unresolved grief has been touched, the work may be excruciating and can create unintended impasses. Dissociation, repression, fragmentation, and somatization can all vie for control. Ultimately, the goal is to integrate and regulate, rather than exorcise, haunted histories.

Consider the theme of grief and ghosts as it relates to the person of the therapist, the therapy process, our community, and the world at large. How do productive responses to loss and grief facilitate growth and development? How do ghosts interfere with mourning and haunt the therapy process? How do dissociation, fragmentation, repression, and somatization inhibit grief work? How does unresolved grief contribute to intergenerational transmission of trauma, haunting individuals, institutions, and communities? How do cultural differences in the understanding of death and grieving rituals impact the metabolism of loss?

Some potential areas of grieving ghosts, in both clients and therapists: relatives and survivors of holocaust and other cultural traumas, conscious and unconscious; illness, aging, death; disabled or ill children; divorce (marital, friendship, co-therapy); life transitions (college, moving away, marriage, retirement); political grief; decision making, commitment, and loss of freedom; group therapy grief (illness, termination); incarceration.

What ethical concerns arise around confidentiality, boundaries, disclosure and other matters when loss and grief enter the therapy relationship? How does attending to the ghosts within our clients trigger our own experiences of loss, and how do the losses in our lives trigger the ghosts within our clients?

Voices welcomes submissions in the form of personal essay, research- and case-based inquiry, poetry, art, cartoons and photography.