

The Silent Patient

The Silent Patient The silent patient is a captivating term that has garnered significant attention in the world of literature, psychology, and entertainment. It often refers to characters or individuals who communicate through silence, creating an aura of mystery and intrigue. This article explores the concept of the silent patient from various perspectives, including its origins, psychological implications, notable examples in literature and media, and its significance in understanding human behavior.

Understanding the Concept of the Silent Patient

Definition and Origins

The phrase "silent patient" typically describes a person who refuses or is unable to speak, often due to psychological trauma, neurological conditions, or deliberate choice. Historically, silence has been used as a form of communication, a coping mechanism, or a sign of resistance. The concept has roots in literature and psychology:

- In literature, silent or voiceless characters often symbolize innocence, repression, or hidden truths.
- In psychology, silence can indicate various mental health conditions, such as depression, post-traumatic stress disorder (PTSD), or selective mutism.

Psychological Implications

Silence can serve multiple psychological functions:

- **Defense Mechanism:** Protects individuals from confronting painful realities.
- **Communication Tool:** Expresses dissent, anger, or sorrow without words.
- **Trauma Response:** Results from overwhelming experiences that hinder speech.

Understanding these implications helps in diagnosing and supporting individuals who exhibit prolonged silence.

The Role of the Silent Patient in Literature and Media

Famous Literary Examples

Throughout history, authors have utilized silent or voiceless characters to deepen storytelling: *Jane Eyre* by Charlotte Brontë features Bertha Mason, whose silence and madness symbolize societal repression. *The Bell Jar* by Sylvia Plath explores the protagonist's internal silence as a symptom of depression. *The Silent Patient* by Alex Michaelides is a modern psychological thriller that brought the concept into contemporary literature, centering around a woman

who stops speaking after a traumatic event. Notable Films and TV Shows The silent patient motif has been employed in various movies and series: – The Silence of the Lambs: The character of Clarice Starling often encounters silent or enigmatic individuals, emphasizing the power of silence. – A Quiet Place: A horror film where silence is a survival mechanism against deadly creatures. – The Silent Patient (2021): A psychological thriller series based on Alex Michaelides' novel, highlighting themes of trauma, therapy, and mystery.

Therapeutic and Psychological Perspectives Understanding Silence in Therapy In clinical psychology, silence can be a significant component of therapy sessions: – Reflective Silence: Creates space for clients to process thoughts. – Resistance: Indicates reluctance to share or confront certain issues. – Trauma-Related Silence: May require sensitive approaches to encourage communication. Therapists often interpret silence as a form of communication that provides insights into a patient's emotional state. Challenges in Addressing Silent Patients Working with individuals who are non-verbal or silent presents unique challenges: – Building trust is essential. – Alternative communication methods like sign language, writing, or art therapy can be effective. – Patience and empathy are crucial to facilitate expression. Effective treatment involves understanding the underlying reasons for silence and tailoring interventions accordingly.

Significance of the Silent Patient in Society and Culture Symbolism and Metaphor The silent patient often symbolizes: – Repressed memories or feelings. – Societal suppression or marginalization. – The unseen struggles individuals face internally. In literature and art, silence can be a powerful metaphor for unspoken truths or hidden pain.

Cultural Attitudes Toward Silence Different cultures interpret silence uniquely: – In East Asian cultures, silence is often valued as a sign of respect and contemplation. – In Western societies, silence might be misunderstood as indifference or discomfort. Recognizing these cultural nuances is vital in cross-cultural communication and psychological assessment.

Conclusion: The Power and Mystery of the Silent Patient The silent patient, whether in fiction, psychology, or real life, embodies the profound complexity of human emotion and communication. Silence can be both a shield and a cry for help, a symbol of resilience or repression. Understanding the silent patient enhances empathy and provides insight into the unspoken aspects of human experience. As literature and media continue to explore this intriguing theme, the silent patient remains a

compelling reminder of the depth and mystery inherent in human silence. Further Reading and Resources – Books *The Silent Patient* by Alex Michaelides *Man's Search for Meaning* by Viktor Frankl *The Body Keeps the Score* by Bessel van der Kolk – Articles Understanding Silence in Therapy – Psychology Today The Psychology of Silence – Scientific American – Support Organizations National Alliance on Mental Illness (NAMI) American Psychological Association (APA) By exploring the silent patient across various dimensions, we gain a richer understanding of the silent depths within us all. Whether as a literary device or a real-world phenomenon, silence continues to intrigue and inspire, reminding us that sometimes, words are not necessary to communicate the most profound truths.

Question What is the main plot twist in 'The Silent Patient'? The main plot twist reveals that Alicia Berenson's therapist, Theo Faber, is actually the one who shot her, and her silence was a result of her trauma and refusal to speak after the incident. Who is the narrator in 'The Silent Patient'? The story is primarily narrated by Theo Faber, the psychotherapist, providing insight into his thoughts and the unfolding mystery. What themes are explored in 'The Silent Patient'? The novel explores themes such as trauma, silence, mental health, obsession, and the complexity of human psychology.

4 How does 'The Silent Patient' compare to other psychological thrillers? It stands out for its unexpected plot twists, deep character development, and its focus on the intricacies of psychotherapy, making it a highly engaging and suspenseful read within the psychological thriller genre. Is 'The Silent Patient' suitable for readers interested in psychological mysteries? Absolutely, the book is highly recommended for fans of psychological mysteries and thrillers due to its compelling narrative, intriguing characters, and shocking revelations.

The Silent Patient: An In-Depth Exploration of Alex Michaelides' Literary Masterpiece --- Introduction In the realm of contemporary psychological thrillers, few novels have garnered the widespread acclaim and intrigue that *The Silent Patient* by Alex Michaelides has achieved. Since its release in 2019, this debut novel has captivated readers worldwide, earning praise for its compelling narrative, intricate character development, and unexpected plot twists. As a product of literary craftsmanship, *The Silent Patient* offers much more than a simple story; it is a nuanced exploration of trauma, obsession, and the elusive nature of truth. In this article, we will dissect the novel's core elements, analyze its thematic depth,

and consider its impact within the genre, all through an expert lens that seeks to inform and engage discerning readers and critics alike.

--- Overview of the Plot and Structure The Central Mystery At its core, *The Silent Patient* revolves around Alicia Berenson, a celebrated painter who seemingly leads a perfect life with her husband, Gabriel. Her life takes a dark turn when she is found standing next to her husband's dead body, having shot him multiple times in the face. The most perplexing aspect? Alicia stops speaking altogether afterward, refusing to communicate in any way. Her silence becomes both her shield and her prison, mystifying everyone around her, including her therapists and the police. The novel's structure employs a dual narrative approach, primarily told through the perspective of Theo Faber, a criminal psychotherapist obsessed with Alicia's case. Theo becomes convinced that he can uncover the truth behind Alicia's silence and her motives. As he delves deeper into her past, her art, and her psyche, the story gradually reveals layers of secrets, lies, and psychological trauma. The Dual Narrative Technique The story alternates between Theo's current investigations and flashbacks or reflections on Alicia's life. This dual narrative approach achieves several goals: – Building suspense: The reader gains insights from both Theo's perspective and Alicia's silence, creating a layered mystery. – Character development: It allows a nuanced understanding of both protagonists—the therapist's obsession and Alicia's trauma. – Thematic depth: It underscores themes of perception versus reality and the hidden depths beneath surface appearances. --- Character Profiles and Their Psychological Depth Alicia Berenson Alicia is portrayed as a talented, sensitive artist whose life is disrupted by tragedy. Her silence after the murder becomes a symbol of her trauma and perhaps her refusal to confront her pain. Throughout the novel, her character embodies the themes of repression and the subconscious mind's power. Her artwork, especially her final piece depicting her husband The Silent Patient 5 with a gunshot wound, serves as a cryptic message that hints at her inner world. Key traits: – Artistic talent and sensitivity – Trauma and emotional suppression – Mysterious silence as a form of communication – Possible signs of mental illness or dissociation Theo Faber Theo is an ambitious and somewhat obsessive psychotherapist with his own troubled past. His journey to treat Alicia becomes a personal quest to find redemption and meaning. His unwavering belief that he can help Alicia and unravel her silence

drives much of the narrative. Key traits: – Determined and obsessive – Haunted by his past mistakes – Empathetic yet fixated on uncovering the truth – Flawed but deeply committed to his profession

Supporting Characters Other characters, including Alicia's family, friends, and members of the mental health community, serve as pieces in the puzzle. Their interactions with Theo and Alicia enrich the narrative, revealing social and psychological undercurrents. ---

Themes and Psychological Insights

Silence as Communication One of the novel's central themes is the idea that silence can be a powerful form of communication. Alicia's refusal to speak is not merely muteness but a statement—a defense mechanism, a protest, or a manifestation of her trauma. The novel explores how non-verbal cues, body language, and art can serve as alternative languages for expressing complex emotions.

Trauma and Repression The Silent Patient delves deeply into how individuals process trauma. Alicia's silence may stem from repressed memories or a subconscious attempt to shield herself from pain. The novel illustrates the importance of confronting past traumas and highlights the potential consequences of repression.

Obsession and the Search for Truth Theo's obsession with Alicia's case underscores the human desire for closure and understanding. His fixation raises ethical questions about boundaries in therapy and the dangers of becoming too involved in a patient's life. The narrative examines how obsession can distort perception and lead to unintended consequences.

Mental Health and Diagnosis The novel also offers a critique of mental health treatment, exploring diagnoses such as dissociative identity disorder, depression, and trauma-related disorders. It prompts readers to consider the complexities of mental illness and the importance of nuanced understanding rather than simplistic labels. ---

Artistic and Literary Techniques

Symbolism and Imagery Alicia's artwork is rife with symbolism, often reflecting her internal state. Her final painting, which depicts her husband with a gunshot wound, is laden with meaning, serving as a cryptic message to the reader. The use of color, composition, and imagery enhances the psychological depth of the narrative.

Foreshadowing and Plot Twists Michaelides masterfully employs foreshadowing to build suspense and prepare readers for plot twists. The novel's ending, in particular, is renowned for its shock value, challenging assumptions and encouraging re-readings to fully grasp the narrative's intricacies.

Narrative Voice and Perspective The first-person narrative of Theo offers an intimate glimpse

into his thoughts, biases, and emotional struggles. This perspective invites readers to question the reliability of his account and to consider multiple interpretations of events. --- Critical Reception and The Silent Patient 6 Impact Literary Acclaim The Silent Patient quickly became a bestseller, praised for its inventive plot, compelling characters, and psychological insights. Critics lauded Michaelides' ability to craft a page-turner that also prompts reflection on mental health and human nature. Influence on the Genre The novel has influenced the psychological thriller genre, inspiring discussions about the portrayal of mental health and the use of unreliable narrators. Its success has led to adaptations, including a planned film and possible television series, further cementing its cultural impact. Reader Engagement Readers have responded enthusiastically, citing the novel's suspenseful pacing and thought-provoking themes. Its open-ended conclusion and layered storytelling invite multiple readings and interpretations, fostering enduring engagement. --- Conclusion: A Masterclass in Psychological Fiction The Silent Patient stands as a testament to Alex Michaelides' skill in blending psychological insight with compelling storytelling. Its meticulous construction, layered characters, and thematic richness elevate it beyond mere entertainment to a work that challenges perceptions and invites deep reflection. Whether you are a fan of thrillers, psychology, or literary craftsmanship, this novel offers a profound exploration of silence, trauma, and the human condition. In sum, The Silent Patient is not just a story about a woman who stops speaking after murder; it is a mirror held up to our own hidden depths, urging us to listen beyond words and to consider the stories concealed within silence. As a product, it exemplifies how narrative art can serve as both entertainment and enlightenment—a true masterpiece in contemporary fiction. psychological thriller, suspense, mystery, psychotherapy, clinical psychology, trauma, plot twist, crime fiction, psychological drama, novel

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the record breaking multimillion copy global bestseller and tiktok sensation discover the 1 new york times and sunday times bestselling thriller with a jaw dropping twist that everyone is talking about as seen on tiktok soon to be a major film alicia berenson lived a seemingly perfect life until one day six years ago when she shot her husband in the head five times since then she hasn't spoken a single word it's time to find out why readers love the silent patient everything you need from a psychological thriller with a killer twist that is impossible to see coming fiendishly clever believe the hype grabs your afternoon from the start and never lets go a fantastic thriller with an incredible plot twist that i really didn't see coming i highly recommend omg my heart is still pounding from the final chapters of

this amazing thriller i m honestly speechless best book i have read for a very long time the twists when they come wow oh wow critically acclaimed the perfect thriller aj finn terrific the times crime book of the month smart sophisticated suspense lee child compelling observer absolutely brilliant stephen fry a totally original psychological mystery david baldacci one of the best thrillers i ve read this year cara hunter the pace and finesse of a master bbc culture

this is a very detailed summary of the gripping mystery the silent patient by alex michaelides the silent patient is divided into five parts with subchapters this summary is divided into different chapters which are further divided into subsequent subheadings in order to provide a detailed summary of each chapter within each part of the book inside you will find no personal opinion or analysis what you will find here is a chapter by chapter summary of everything that transpires within the silent patient in short this summary is an abridged version of the story that alex michaelides spins the silent patient begins with a now unknown narrator tell the reader about alicia berenson a famous painter who was arrested and sent to a psychiatric facility for shooting her husband the only problem is that alicia does not speak and therefore can neither confirm nor deny her guilt the narrator is revealed to be a psychotherapist named theo faber and he takes a job at the facility where alicia is being held by this point theo has expressed fascination with alicia and wants to do his very best to help her speak from then on the story takes off as theo attempts to converse with alicia and takes various measures to learn about her life throughout the story are littered snippets of alicia s diary entries from before her husband dies eventually alicia communicates with theo by giving her diary to him through the diary theo learns of alicia s rocky childhood her strained relationship with her close friend and the seemingly happy marriage with gabriel he also learns that alicia was being watched and stalked by a mysterious man who is never caught in order to get alicia to talk theo visits her childhood home to learn about her childhood and contacts the people alicia is closest to finally alicia talks to theo she tells him about the night her husband died and how a stalker was part of it in a shocking conclusion the stalker is revealed and the entire story takes on a different tone will justice be served at the end the silent patient by alex michaelides is a must read that will keep you flipping the pages in anticipation disclaimer this is a summary and

not the original book

buy now to get the main key ideas from alex michaelides s the silent patient the silent patient is a psychological thriller by alex michaelides about a dedicated psychotherapist trying to help his patient recover after she refuses to speak following the murder of her husband alicia is the woman who killed her husband in cold blood she is a talented painter who apparently snapped that fateful night she has a history of mental health problems following her mother s suicide theo is the psychotherapist tasked with treating alicia he was exceptionally drawn to alicia s case following the news of her murdering her husband many believe alicia is a lost cause but this only inspires theo even more to get her to speak which she eventually does but from there things become even more complicated theo and alicia s patient therapist relationship continues to blur as theo tries to find answers about the murder and alicia herself

the silent patient by alex michaelides conversation starters the silent patient a new york times best seller book is written by alex michaelides it is a shocking psychological thriller story of a woman s act of violence against her husband it is a story of a woman named alicia berenson who seems to have a perfect life she is a famous painter and got married to an in demand photographer berenson lives in a grandiose house with large windows however despite this almost perfect life berenson got convicted for murdering her husband one evening her husband gabriel returned home late from a fashion shoot not knowing it will be his last night alice berenson shot her husband five times in the face a brief look inside every good book contains a world far deeper than the surface of its pages the characters and their world come alive and the characters and its world still live on conversation starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on these questions can be used to create hours of conversation foster a deeper understanding of the book promote an atmosphere of discussion for groups assist in the study of the book either individually or corporately explore unseen realms of the book as never seen before disclaimer this book is an independent resource to supplement the original book and is not affiliated nor endorse by the original work in any way if you have not yet purchased

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summary of the silent patient a comprehensive summary chapter 1 alicia berenson was thirty three years old when she murdered her better half i don t think enough about craftsmanship to state whether alicia berenson will stand the trial of time as a painter a vehicle gathered him at 5 15 a m from the house he imparted to alicia in northwest london on the edge of hampstead heath and he was headed to a shoot in shoreditch alicia appeared to be negligent of the nearness of the police at that point something flashed in the torchlight a blade was on the floor by alicia s feet another light emission uncovered the blood splashed on alicia s white dress alicia warded off the endeavors to spare her life it took three officers to control her as indicated by the court selected mental medical attendant alicia scarcely ate or rested all she did was paint alicia regularly toiled weeks even months leaving off on another image making unlimited outlines orchestrating and improving the synthesis trying different things with shading and to be continued here is a preview of what you will get a full book summary an analysis fun quizzes quiz answers etc get a copy of this summary and learn about the book

suatu malam terdengar bunyi tembakan dari rumah pasangan gabriel dan alicia berenson ketika polisi masuk gabriel ditemukan tewas tertembak lima kali di wajah dengan posisi terikat di kursi alicia berdiri di depan suaminya senjata api tergeletak di lantai alicia membisu ia tak menjawab satu pertanyaan pun ia tetap diam ketika dituduh membunuh gabriel alicia tetap bungkam sewaktu ditahan tidak menyangkal atau mengaku ia tak pernah bicara lagi alicia tetap membisuŒŒtapi menyatakan satu hal dengan lukisan potret diri ia memberi judul di sudut kiri bawah kanvas dengan huruf huruf yunani biru terang

a chapter by chapter high quality summary of alex michaelides s book the silent patient including chapter details and an analysis of the main themes of the original book about the original book alex michaelides the silent patient is a modern psychological thriller it s about

alicia who killed her husband gabriel six years ago and hasn't spoken since the majority of the story is set in the present day and it is told through the eyes of theo faber a forensic psychologist who has recently started working with alicia at the grove the mental institution where she has been since gabriel's death

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on the off chance that alicia is dead similar to alcestis at that point we have to breath life into her back don't want to read a 300 pages book and want to know the full story get this book now a great and complete summary of the original book with the most important highlights what you will get in this book the full 5 parts and every chapter in a well combined summary great story building most important highlights and much more disclaimer note this is not the original book this is a summary of the original story

i was in my thirties when i attended nursing school and i took the year long crash course to get it over with as a lpn licensed practical nurse i was blessed to be able to cram the crash course in a year i was particularly nervous when i had to take the state board exam to determine my becoming a nurse after studying so hard for a complete year i wasn't sure if i would pass the state board exam but i did pass the test and i was so thankful to jesus for this for allowing me to pass the first time i took the exam prior to me going to nursing school and during nursing school people and some family members were telling me that studying to be a nurse was not going to be easy and that it was going to be hard there were even statements that i wouldn't graduate also gossip that i would drop out i stayed

away from those type of people with negativity and waiting for my failure readers remember the only thing that beats a failure is a trier and as long as one tries then you re not a failure because at least you tried after retiring as a nurse an 8 mm aneurysm was discovered in my brain i died during brain surgery and now i know there is life after death even though i wanted to stay in the arms of god and not return to my body he sent me back anyway cause it wasn t my time yet i will never forget the wonderful experience being with the lord that s why i wanted to stay because of the joy and happiness i titled this book the silent patient cause when my spirit returned back into my body i was in a coma for a week i was told that i couldn t speak but i could hear my visitors and could hear the health care staff i just couldn t speak or respond i had to fight all my life and now i had to fight to come out of a coma i ve been diagnosed with another brain aneurysm but life goes on and live it to its fullest addendum to the silent patient roger and i didn t sleep in the same bedroom the last two years of our marriage which was my decision because he disgusted me i had grown to despise him i discovered as years passed that he had been doing illicit drugs since he was twelve years old he would sneak and wear my panties and negligees and i asked him for a divorce he told me he would never divorce me and if i tried to divorce him that he would make my life a living hell and he smirked and said you know what i am capable of doing he said he would ruin me in every way that he could dream of he told me he planned to kill his father for insurance but decided not to go through it he also told me that he kept trying to get his ex wife to go to the mountains so he could push her over a cliff and kill her i did not know how to swim and he kept insisting that we go see the ocean well i wasn t going to do that based on what he had told me it was all about money with him no matter what he had to do to get it knowing his murderous intentions he was capable of anything i know he drugged me sometimes because i have flashbacks of some things he was a drug addict whether it would be prescription drugs or illicit drugs he would do it he always became violent when he was on drugs i receive a lump sum of award money and since i couldn t count or do a lot of things after brain surgery he went through my money like water i had no idea he was doing this he was plotting since the day we met i can see that now most of my money went on his drugs and splurging all his desires he was not going to let go of me he only wanted to live off me cause he was too lazy to work i overheard him on

the phone one day saying he was not going to work anymore he didn't realize that some of my memory was coming back to me one day when i came home he wouldn't let me in the house cause he didn't want me to see him in women's clothing and makeup when i pushed the door open with my key he slammed the door on my hand and i called the police he was arrested and i filed for divorce right away with a restraining order i didn't care what threats he was going to do although i knew he would stalk me which he did i just went for the divorce and got it that was a happy day for me

the silent patient is a shocking psychological thriller of a woman's act of violence against her husband and of the therapist obsessed with uncovering her motive alicia berenson's life is seemingly perfect a famous painter married to an in demand fashion photographer she lives in a grand house with big windows overlooking a park in one of london's most desirable areas one evening her husband gabriel returns home late from a fashion shoot and alicia shoots him five times in the face and then never speaks another word alicia's refusal to talk or give any kind of explanation turns a domestic tragedy into something far grander a mystery that captures the public imagination and casts alicia into notoriety the price of her art skyrockets and she the silent patient is hidden away from the tabloids and spotlight at the grove a secure forensic unit in north london theo faber is a criminal psychotherapist who has waited a long time for the opportunity to work with alicia his determination to get her to talk and unravel the mystery of why she shot her husband takes him down a twisting path into his own motivations a search for the truth that threatens to consume him

the record breaking multimillion copy global bestseller and tiktok sensation discover the 1 new york times and sunday times bestselling thriller with a jaw dropping twist that everyone is talking about as seen on tiktok soon to be a major film alicia berenson lived a seemingly perfect life until one day six years ago when she shot her husband in the head five times since then she hasn't spoken a single word it's time to find out why readers love the silent patient everything you need from a psychological thriller with a killer twist that is impossible to see coming fiendishly clever believe the hype grabs your afternoon from the start and never lets go a fantastic thriller

with an incredible plot twist that i really didn't see coming i highly recommend omg my heart is still pounding from the final chapters of this amazing thriller i'm honestly speechless best book i have read for a very long time the twists when they come wow oh wow critically acclaimed the perfect thriller aj finn terrific the times crime book of the month smart sophisticated suspense lee child compelling observer absolutely brilliant stephen fry a totally original psychological mystery david baldacci one of the best thrillers i've read this year cara hunter the pace and finesse of a master bbc culture

the instant 1 new york times bestseller an unforgettable and hollywood bound new thriller a mix of hitchcockian suspense agatha christie plotting and greek tragedy entertainment weekly the silent patient is a shocking psychological thriller of a woman's act of violence against her husband and of the therapist obsessed with uncovering her motive alicia berenson's life is seemingly perfect a famous painter married to an in demand fashion photographer she lives in a grand house with big windows overlooking a park in one of london's most desirable areas one evening her husband gabriel returns home late from a fashion shoot and alicia shoots him five times in the face and then never speaks another word alicia's refusal to talk or give any kind of explanation turns a domestic tragedy into something far grander a mystery that captures the public imagination and casts alicia into notoriety the price of her art skyrockets and she the silent patient is hidden away from the tabloids and spotlight at the grove a secure forensic unit in north london theo faber is a criminal psychotherapist who has waited a long time for the opportunity to work with alicia his determination to get her to talk and unravel the mystery of why she shot her husband takes him down a twisting path into his own motivations a search for the truth that threatens to consume him

a companion journal so you're reading the silent patient great because having a book journal with you will have its many benefits in such a fast past world there's something to be said about actually keeping a book journal and writing on it when you're reading a book it isn't just enough to read and highlight without taking certain notes which is exactly what the purpose of this the silent patient book

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book summary the silent patient alex michaelides have provided an beautiful review of the silent patient is divided into five parts with subchapters this summary is divided into different chapters which are further divided into subsequent subheadings in order to provide a detailed summary of each chapter within each part of the book inside you will find no personal opinion or analysis what you will find here is a chapter by chapter summary of everything that transpires within the silent patient quick read publishing has created a quick overview summary and review companion book for your reading pleasure designed to enhance your reading experience what does this summary include each part wise chapter of the original book chapter by chapter summaries underlining themes of the book key point

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this book arose out of the need to work with emotionally regressed non talking children who entered hospital in full retreat from the external world it helps parents and professionals compassionately comprehend the child s difficulties in depending on someone to receive communication

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