

The Treatment of Trauma and its Psychological Effects in Holocaust Literature

Midhun P Jose¹, Devi K²

¹M Phil Scholar, Department of English Language and Literature, Amrita School of Arts and Sciences, Kochi Amrita Vishwa Vidyapeetham, India. Contact: 9995821635

Mail: pjmidhun96@gmail.com

²Assistant Professor, Department of English Language and Literature, Amrita School of Arts and Sciences, Kochi Amrita Vishwa Vidyapeetham, India. Mail: devik2007@gmail.com

Abstract

Trauma theories first appeared in the twentieth century. This century is beset by battles, crises, revolutions, and other calamities. As a result, those who left this century had to deal with a plethora of stressful events. Literature is regarded as a mirror of reality. As a result, all the painful memories of the twentieth century are mirrored in the works of art produced during that period. The word "trauma" was first used in Cathy Caruth's *Unclaimed Experiences: Trauma Narrative and History*. Traumatic events always affect our minds, so this theory has some social underpinnings. "Beyond the Pleasure Principle" by Sigmund Freud is the source of this philosophy. This theory connects human pain events to our developmental history. However, we will see these in people of all ages. Shoshana Felman, a well-known American critic, and 21st-century scholar describes the twenty-first century as "a century of traumas". Her topic was group traumas, and she wrote a lot of testimonies about it. Trauma theory mostly explores how traumatic memories are reflected in works of fiction, as well as how writers' traumatic experiences are reflected in their works. In reality, the publishing of two critical works drew the attention of the world to trauma theory. They are *Unclaimed Experiences: Trauma Narrative and History* by Cathy Caruth and *Worlds of Hurt* by Kali Tal. Trauma Literature is something we have been reading a lot lately.

"Trauma is a reaction to a highly distressing or upsetting situation that overwhelms a person's capacity to cope, induces feelings of helplessness, and reduces one's sense of self and ability to feel a full spectrum of emotions and experiences" and also "Trauma is when a person's memory is damaged as a result of one or more events that trigger excessive levels of stress that outweigh the person's capacity to deal with or integrate the feelings involved, potentially leading to significant long-term negative effects". Trauma, in the sense that it is a common phenomenon, will, of course, always be with us. Trauma theory's insights have had a major influence on our understanding of the arts in general and of the humanities in particular.

Keywords: Trauma, Literature, History, Narration, Cathy Caruth, Holocaust

Introduction

A cure story is a sort of trauma story. After a traumatic experience, it is a neurological mechanism that helps the author to return to daily life. By mentally interpreting painful experiences, trauma memoir writing assists the writer in organizing and consolidating the traumatic experience. The majority of trauma patients want to forget their experiences and are in capable of sharing them. This multiplies the difficulty. Exposure therapies are one of the ways to assist trauma patients. In a secure area, survivors will be asked to share their exposure experiences. With enough exposure, the cognitive influence of pain memories will fade. Trauma narrative is one of the strategies used by the doctor. Trauma narrative is a form of storytelling that helps people cope with the effects of trauma.

Trauma is a mental as well as physical issue that happens because of a drastic or horrible

accident. Trauma is frequently the after effect of a huge measure of pressing factor that surpasses one's capacity to change or organize the feelings engaged with it. Trauma might be the perfection of a solitary disturbing occasion or a progression of overwhelming encounters that can be sped up over weeks, a long time, or even a long time as the individual battles to react to the quick conditions, but in the end, it leads to long-term consequences. Individuals can respond to similar horrendous mishaps in different ways based on their abstract experiences. At the end of the day, not everyone who witnesses a potentially harrowing event will suffer emotional harm. Notwithstanding, a couple of people can create Post Traumatic Stress Disorder (PTSD) in the wake of being presented to a significant horrible incident. This possibility rate blunder can be credited to defensive factors that specific people can have that empower them to react to trauma; they are related with sporadic and natural components, in addition to other things. A few models provide a gentle introduction to pushing from the start of daily life, qualities, and dynamic help seeking. Trauma is described by the Diagnostic and Statistical Manual of Mental Disorders as "direct close personal understanding of an event that includes genuine or undermined death or genuine injury; risk to one's physical respectability," "seeing an event that includes the above experience," "learning about sudden or rough death, genuine harm, or risk of death," or "trauma experienced by a relative." Trauma-related recollections are certain, pre-verbal, and cannot be checked, although they can be triggered by certain behaviours in the environment. Extreme dread, defencelessness, or repulsiveness is common reactions to the aversive subtleties of a terrible accident. It shows itself in youngsters as scattered or harsh lead. Trauma might be brought about by an assortment of elements, yet there are a couple of ongoing ideas to follow. More often than not, the person's focal doubts about the climate and their common liberties are disregarded, leaving the person in a condition of stunning chaos and weakness. When foundations relying on stamina cause harm, embarrassment, sell out, or major misfortunes or divisions, this is seen, rather than summoning viewpoints like healthy self-esteem, stable boundaries, and individual versatility. Physical injury that damages one's stamina and the illusion that all is right with the universe are common mental horror experiences. Badging, shame, surrender, injurious connections, dismissal, co-dependency, physical attack, sexual maltreatment, accomplice battery, business segregation, severity, legal unfortunate behaviour and tormenting, paternalism, abusive behaviour at home, teaching, becoming the victim of a heavy drinker parent, the risk or see of savagery are all common causes and threats of mental trauma.

Trauma alludes to an individual's elated reaction to an extraordinary occasion that disturbs one's sense of self and the norms under which one assesses culture. The expression "trauma book" alludes to a piece of fiction or a masterpiece that passes on serious misfortune or exceptional fear on an individual or aggregate level. A major feature of the trauma novel is, the shift in perspective brought about by an external, sometimes frightening event that illuminates the path toward coming to terms with the aspects of recollection that guide new understandings of oneself and the environment. The external incident that causes the hero to respond in an outlandish manner is not necessarily linked to a large-scale human or cataclysmic event, such as war or tsunamis. The consolidation of trauma hypothesis into film and media contemplations, just as the field-framing effect of psychoanalytically educated film hypothesis, has empowered a more complete clarification of the power and intricacy of the associations between cataclysmic chronicled occasions, media articles, and frameworks, passerby situating, and mental systems. Mental trauma is a unique human perception of an event or a set of circumstances under which a person's capacity to integrate their enthusiastic experience is overpowered, that is, their capacity to stay present, comprehend what is happening, incorporate feelings, and comprehend the experience or the person experiences a threat to their health, true respectability, or mental soundness.

Objectives

Trauma or damage implies an awful event which includes a solitary occasion or experience; it includes the sentiments and feelings. Also, psychological trauma draws in genuine

long term unfortunate results. Basically, past trauma and awful recollections influence the psyche of the characters. Turmoil and instability cause trauma; regular reasons for analysis injury are sexual maltreatment, work segregation, police mercilessness, tormenting, home-grown brutality, and especially youth encounters. Essentially, youth injury can prompt fierce conduct. Psychological trauma is brought about by disastrous occasions, war, unfairness, and double-cross and sexual manhandled. Nonetheless, the central matter is that the various individuals will respond diversely to comparative occasions. All in all, not all individuals who experience similar awful events will become damaged. Interdisciplinary, trauma has a nearby relationship with the other field like brain research, human science, history, war, politic, and altogether writing.

Hypothesis

Trauma is described as an event or series of events that are so overwhelming and dangerous to a person's health or mental wellbeing that they are unable to respond. During the event, the psyche can turn off or separate; in any case, it may not be able to stay together and 'coordinate' or merge the different components of the event a short time later. Emotions, for example, maybe separated from musings, or the psychological understanding of what's going on could be separated from the physical reality. Trauma is portrayed by the lack of 'combination.' As a result, the damaged person would most likely be unable to think critically of what happened, as well as express or interface their feelings about it. The dreadful memory can be stored separately in the psyche from normal experiences, resulting in true amnesia. When the psyche is overwhelmed by trauma, it believes that storing the events as memories is impossible. Since the cerebrum has not had the opportunity to organize the whole incident and seal it with a kind of setting stamp that means everything is over, the event continues to be perceived as real, as always happening, for a disabled person. It is not surprising, then, that the injured person continues to behave and react as if the accident is already happening, as well as being overly sensitive and vigilant. To adapt, the injured person may try to detach from the 'now' experience of injury by desensitizing and evading. This then refers to the three symptoms of Post-Traumatic Stress Disorder (PTSD), which include repeated encountering of the event, avoidance of updates and desensitization of responsiveness, and hyper enthusiasm. Because of the trauma already being deciphered at this point, the Post-Traumatic Stress Disorder problem makes perfect sense.

Methodology

It is necessary to attempt to describe the concept of trauma before discussing the Holocaust's trauma more directly, as well as its presence in the media of writing and film. It is appropriate to use the action word "to try" because the concept of an accident has seen significant variations in meaning over time, and it is crucial to remember that its description has never been completely fixed.

Analysis

"Trauma" is derived from the Greek word "wound", and the first meaning was "a medical problem inflicted on a victim." Later on, the concept was applied to psychology, shifting the emphasis to "an illness dispensed upon the psyche." Such psychiatric injury was not always perceived at the dawn of time, and the amount of thought given to the wonder varied with time. In either event, it took a few more years for the marvel to be understood authoritatively, with the American Psychiatric Association only recognizing the existence of Post-Traumatic Stress Disorder (PTSD) in 1980. Investigation on Second-wave women's privileges are thought to have rethought child misuse and fierce conduct at home from private and covered up worries to issue requesting open conversation and organization action. Activists for female privileges during the 1970s and 1980s uncovered the unavoidable degree to which underage young women and girls are exposed to mishandle and brutality in their day by day lives. For instance, Louise Armstrong's *Kiss Daddy Goodnight* (1978) was a pivotal resource in building up child sexual maltreatment as

a boundless social wonder instead of an uncommon event just happening inside broken families. Women's had the option to analyze their encounters of savagery as an aggregate as opposed to as people, uncovering the significant and perilous activities of male advantage that exist in the present culture. The developing acknowledgment of the need to ensure children and women made ready for the foundation of suitable enemy of brutality reactions like shelters, assault treatment focuses, and other grassroots and organization based on women's associations. The requirement for huge promotion inside mental prosperity organization emerged because of the need to bring issues to light of how female encounters of viciousness and misuse are pertinent to emotional wellness organization courses of action. Higher paces of mental prosperity investigation among women have been clarified as beginning from regular or individual quality contrasts between individuals. *Trauma and Recovery*, a fundamental work by Herman (1992), reported the certainty of stowed away sanctum occasions experienced by women's, like maltreatment and sexual abuse, and clarified how these 'interior' fear got identical to all the more generally saw and open encounters, like conflict and battle. The progression of the PTSD conclusion and its ability to depict the impacts of misuse and brutality on the existences of kids and women began to move the impalpability of sexual direction based viciousness inside mental understandings of women's enthusiastic prosperity introductions.

Accordingly, women's over-depiction of emotional well-being administrations ought to be re-requested as a reasonable after effect of the progressing issue of sex separation, as opposed to in light of uniqueness or examination. Routine observation for later and past occurrences of child abuse and sex-based brutality, for instance, has gotten more normal inside psychological wellness administrations. Likewise, there has been a developing mindfulness and acknowledgment of ladylike ways to deal with understanding mental prosperity, which have limitlessly various doubts from a conventional mental assessment strategy. Working helpfully with the client as opposed to considering the to be as the 'ace'; standing up on issues of abuse instead of just endeavouring to ease women's manifestations; grasping the significance of admittance to female workers; esteeming yet deconstructing women's journals are instances of a women dissident effect present inside a couple of enthusiastic health administrations. Trauma theory is broadly credited with moving the focal point of psychological well-being administrations from the topic of "what's going on with you?" "What has befallen you?" turns into a more humane inquiry. Female activists and principal mental wellbeing scholars have contended that trauma theory has a few unexamined limits that limit its ground-breaking limit. Although the assortment of proof on the impediments of injury conversations in psychological well-being conditions is little, it is convincing. Trauma talks have been assessed specifically for their emphasis on symptomatology after the brutality, putting the issue of violence among people as opposed to inside a bigger socio-political setting of sexual personality.

Furthermore, a few women activist have argued that trauma theory has been preoccupied with restoratively situated topics surrounding analysis and standardized 'treatment' methods and that it is not, at this time, fixated on women's activist qualities and goals. Looking at symptomatology, trauma is renamed as an essentially close to oneself, abstract experience as opposed to one that happens in a social climate. The normalization of trauma work by manuals and agendas, as well as the move toward 'master' advisors, can be distinguished from a more politicized view of injuries, which emphasizes the importance of the social context. While the former methodology focused on assisting victims in understanding their circumstances and learning adapting programs from specialists, a politicized viewpoint contends that analyzing a female cultural and social milieu is basic to grasping her set of experiences of abuse and its results. Another worry presented about ongoing trauma talks is that, notwithstanding the expressed objective of 'drawing in' women's after the savagery, their movement has brought about inadequacy based suspicions about the impacts of abuse. As indicated by such exploration, however connecting youngster abuse to dysfunctional behaviour has brought about the acknowledgment of numerous female encounters, it has likewise started relentless convictions about ladies having undeniable and

lasting blemishes since getting presented to violence. Basically, the idea of general trauma impacts has been moulded by mental conversations as well as by essentializing doubts inside feminisms that neglect to precisely mirror the variety of female encounters. It has likewise been recommended that the feasibility of steady remedial reactions to brutality is restricted because of their failure to adjust a client's position or approve a social change procedure.

Conclusion

Trauma writings examine the power of words to address wounds - a force that ranges from its capacity as an enthusiastic outlet and space of departure to its use as a method of bonding and as a political weapon, as well as its ability as a device of endurance and recuperation, safeguarding, and declaration. Self-reflexivity is especially important right now because trauma is a topic that forces us to confront our limitations. Trauma is a nuanced blend of subjectivity and alterity that not only confronts trauma survivors with difficult aspects of themselves but also exposes the reader of trauma fiction to stories that are simultaneously intriguing and agitating due to their mix of strikingly exotic and uncannily realistic elements. Trauma revealed a basic yet unsettling fact about the human condition and vulnerability. Furthermore, as related to childhood trauma, this sense of powerlessness, distance, and disruption are particularly amazing. Childhood trauma profoundly entangles a person's relationship with their memories, resulting in inevitable feelings of dislodging. Getting raped or explicitly attacked can be traumatic, leaving you feeling frightened, humiliated, and lonely, or tormented by nightmares, hallucinations, and other unpleasant memories. The planet does not seem to be a haven anymore. The survivor would never trust someone else again. She or he may not have faith in themselves. They can question their judgment, self-esteem, and even mental well-being. They should either blame themselves for what happened or admit that they are "damaged goods." Relationships sound risky, and intimacy is unthinkable. Furthermore, they will suffer from PTSD, anxiety, and depression, much as most attack the survivors.

References

1. Abrams, Meyer Howard. *A Glossary of Literary Terms*, New York, Jovanovich College Publishers, 1993.
2. Barrett, Deirdre. *Introduction. Trauma and Dreams*, United Kingdom, Harvard University Press, 1996.
3. Caruth, Cathy. *Trauma: explorations in memory*, United States, JohnHopkinsUniversityPress, 1995.
4. Caruth, Cathy. *Unclaimed Experience: Trauma, Narrative, and History*, United States, John Hopkins University Press, 1996.
5. Tseris Emma. "Social Work and Women's Mental Health: Does Trauma Theory Provide a Useful Framework" *The British Journal of Social Work*. Volume 49, 2019, pp185-201.
6. Felman, Shoshana and DoriLaub. *Testimony: Crises of Witnessing in Literature, Psychoanalysis, and History*, London, Routledge, 1992.
7. Freud, Sigmund. *The Origin and Development of Psychoanalysis*. Trans. Harry. W. Chase, *American Journal of Psychology*, 1935, pp.181-218.
8. Hopper, Elizabeth and José Hidalgo. "Invisible Chains: Psychological Coercion of Human Trafficking Victims." *International Human Rights Law Review* 1.1, 2006, pp.145-150.
9. Tal, Kali. *Worlds of Hurt: Reading the literature of trauma*, United Kingdom, Cambridge University Press, 1996.