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# HURTING MEMORIES AND BENEFICIAL FORGETTING

POSTTRAUMATIC STRESS DISORDERS, BIOGRAPHICAL  
DEVELOPMENTS AND SOCIAL CONFLICTS

Edited by  
MICHAEL LINDEN + KRYSZTOF RUTKOWSKI

# Hurting Memories And Beneficial Forgetting

**Hans-Peter Kapfhammer**



## **Hurting Memories And Beneficial Forgetting:**

*Hurting Memories and Beneficial Forgetting: Posttraumatic Stress Disorders, Biographical Developments, and Social Conflicts* Michael Linden, Krzysztof Rutkowski, 2013-01-29 Memories are indispensable for individuals as well as social groups Forgetting not only means loss of functioning but also loss of identity Memories can also be hurting and cause problems as research on posttraumatic stress disorders PTSD has shown This is true for individuals as well as social groups and even societies Memories and especially negative memories can escape the control of the individual Many political conflicts can only be understood when taking history and memories into account In this volume a comprehensive scientific overview is given on the development of hurting memories in individuals and societies Consequences are described i.e. from mental disorders in individuals like PTSD or other neurotic disorders to societal tensions and conflicts from South Africa to Northern Europe Additionally beneficial forgetting is discussed from treatments of individuals to reconciliation between social groups The contrasting of hurting memories and beneficial forgetting can help to understand that memories can have positive and negative results and that it is difficult to decide when to support memories and when forgetting Bringing individual and societal memories in coincidence the benefit is a new perspective on the interaction between individuals and society Pointing to possible negative consequences of memory the benefit is a new perspective of an important but under recognized scientific and clinical problem Presenting modes of treatment and reconciliation for individuals and social groups an overview which can not be found elsewhere

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## Reviewing **Hurting Memories And Beneficial Forgetting**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Hurting Memories And Beneficial Forgetting**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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