



A Psychoanalytical Study of Melancholia and Maturation in Perry and Winfrey's What Happened To You



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Abstract: *According to Winfrey D. Perry's "What Happened to You" (2021), early-life trauma can contribute to maturity and depression. Addressing negative effects on people requires community and the environment. This study examines negative human events and child trauma rehabilitation. Consequently, some children become heroes, while others become cunning and lethal sociopaths. Using his expertise in brain development and neuroscience, Perry and Winfrey examine the effects of trauma on children's behavior through a series of true stories. Assist your children in meeting life's challenges. Freud investigated how tragedy affects the mental development of children. Also explained is the mental anguish of trauma and depression victims. Therapy may assist individuals in recovering from such experiences. What Happened to You as a Whole is a psychoanalytic analysis of childhood trauma that helps trauma survivors develop empathy, awareness, and healing by enhancing our understanding of the profound impact of early events on human development.*

Key Words: Maturation, Melancholia, Trauma, Sociopaths, Sigmund Freud, Empathy, Psychological, Neuroscience

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Introduction

This study is to look into the incidence and consequences of child traumatic stress in Bruce D. Perry and Oprah Winfrey's novel *What Happened to You* (2021). The purpose of this study is to understand how society, the environment, guardians, parents, medical professionals, and the government all contribute to leading a healthy life. It will shed light on issues and potential solutions,

such as how trauma affects children's early mental and physical development. This study examines how society and parents can deal with these circumstances and prevent stress and aggression in young children. It offers the chance to understand why some kids grow up to be heroes and others to be rapacious psychopaths because of the experiences from their past that continue to haunt them. After experiencing horrific

occurrences in their early life, many people find it difficult to present themselves to society as regular people. By addressing the negative aspects of human experiences, this suggested study will discover strategies for helping traumatized youngsters recover (Gloria, et al [2022](#))

This study investigates how childhood stressors affect children's personalities. This study thesis may suggest behaviors, especially for extremely adverse childhood events, to cope with severe depression, deep grief, healing, and the maturity process. One crucial issue to consider while attempting to comprehend trauma is what occurred to you when you were a young child. Reyes, et al ([2021](#)). This question has persisted throughout one's struggle to get over her gruesome childhood experiences. It could be possible to have a better understanding of the survival strategies that have developed to keep you safe by deciphering your unique codebook of behavior.

A child may experience psychological trauma as a result of neglect, abandonment, sexual abuse, witnessing abuse of a sibling or parent, or having a parent who is mentally ill. Austrian neurologist Sigmund Freud was attracted by those who had "hysteria" and "neurosis." An archaic diagnosis for illnesses mostly affecting women, hysteria was characterized by a variety of symptoms, including physical symptoms and mental abnormalities without a clear clinical cause. According to Freud, the unconscious mind was the source of many of the issues his patients had. His various writings, including *A General Introduction to Psychoanalysis*, published in 1922, covered his views on psychoanalytical therapy. To examine the sadness, maturation, and traumatic influence on children following some of their tragic early childhood experiences, the selected book emphasizes particular psychoanalytic events associated with child trauma (Thomä,[2012](#))

This study looks at how a youngster who

witnesses or experiences a string of stressful incidents might develop childhood trauma. The progressive formation of personality and behavioral traits as a result of growth processes has also been investigated, along with the extent to which severe sadness, melancholy, and the maturation process are. The following key ideas have been given in this part to continue a conversation on representations of maturation, sadness, and child trauma in the later phase of my research. Since these words have been used so frequently in this study, it is crucial to define them Rashid et al ([2019](#))

Maturation

Maturation is the gradual emergence, as a result of developing processes, of distinctive and behavioral characteristics. Maturity can refer to a variety of things, such as how long a product (such as food) is left unopened before being consumed to allow the flavor to fully develop. Ripening is the term for a cheese's maturation process. Threats to an experiment's internal validity include fermentation and fermentation-based maturation, fetal development, psychology of development, the biology of development, and maturation.

Melancholia

In pre-modern, medieval, and ancient European medicine, melancholia or melancholy is a word used to describe a condition characterized by a gloomy mood, bodily symptoms, and occasionally hallucinations and delusions. Melancholy is the term for a very depressing emotion.

Child Trauma

Childhood trauma can happen when a young kid watches or goes through a series of traumatic events. Many experiences in childhood might be frightening for a child. There are a few things that can happen in a relationship, including abuse, neglect, and

violence. Interpersonal trauma is the term for this. Traumatic incidents can also happen to children. Medical procedures, natural catastrophes, conflict, and civil upheaval are a few of these. Childhood trauma is defined as an incident that a kid experiences that is emotionally traumatic or stressful and that frequently has long-lasting psychological and physical impacts (Levine, [1994](#)).

Research Questions

- I. What are the effects of trauma on the minds of children?
- II. How does childhood trauma affect their physical and emotional growth?
- III. How far society might make a difference amongst children during and after traumatic events?
- IV. To what extent do the parents help their children cope with the stress of life?

Research Objectives

- To observe the effects of trauma on the minds of children
- To show how early life's stress and violence affect the developing mind
- To highlight the parents' role in helping their children to cope with the stress of life
- To observe the response of society toward traumatic child

Literature Review

This section reviews some important reviews on existing literature, it is based on some important reviews on the topic of my research, on the chosen theory, about theorists and authors of the selected book *What Happened to You* and the development of psychoanalysis, and its practice. Scholars and literary critics have analyzed the book

and theory from various perspectives. It explores the themes, highlighting its strengths in portraying complex characters. Characters in the book struggle to reconcile their personal experiences. These reviews emphasize the effects of childhood trauma on people's lives as well as how these traumas affect society and personalities. In light of many reviews, the childhood traumas of the children depicted in Perry and Winfrey's *What Happened to You* were brought on by a lack of understanding in society. Childhood trauma is a highly significant issue that requires in-depth research, because there is a lack of understanding among society's members of how to handle traumatized youngsters. This study reveals how childhood experiences that are detrimental to mental development affect children's thinking. Dr. Perry and Oprah give us advice on how people should be treated in their early years through a case study involving a lot of kids and unexpected happenings. These sources are relevant to this study as the focus is on traumatized children their psychoanalytic history and the theory of psychoanalysis.

Hoover ([2015](#)) in the review of the article *The Effects of Psychological Trauma on Children with Autism Spectrum Disorders*: states that, mistreatment, harassment, and witnessing violent incidents are common occurrences not only in typical development children but also in those diagnosed with autism spectrum disorder (ASD). As a result of challenges in social interaction and regulation of emotions, children with ASD have a higher risk of experiencing trauma. The review examines the research done on posttraumatic symptoms in children diagnosed with Autism Spectrum Disorder. While bullying has received a significant amount of focus, there has not been extensive research conducted on other types of trauma. The experience of trauma is associated with symptoms such as anxiety, withdrawal from social interaction, and reversal of development. Further investigation is

necessary to gain a deeper comprehension of how PTSD symptoms manifest and how often they occur. To evaluate trauma in this group, it is necessary to have accurate self-report measures and updated validation of current measures.

Elsass, (2001), in his article *Individual and collective trauma memories: A qualitative study of post-traumatic stress disorder symptoms in two Latin American localities*, According to him an analysis of data collected from diverse field trips to Peru and Colombia indicates that there is a correlation between cultural influences and the manifestation of post-traumatic stress disorder (PTSD).

Lertzman, (2015), *Environmental melancholia: Psychoanalytic dimensions of engagement* This revolutionary book review utilizes psychoanalytic principles and psychosocial studies to investigate the problem of public involvement and indifference when faced with ongoing environmental challenges. In exploring the emotional and overlooked dimensions of modern biological concerns, Lertzman challenges the notion that there exists a divide between people's values and the actions taken in both policy and personal behavior. Using a fresh standpoint, she introduces an innovative technique for crafting strategies and policies that encourage involvement. Every section offers a viewpoint on individuality, feelings, and personality from a psychosocial and psychoanalytic standpoint, and evaluates its implications for comprehending conduct concerning ecological calamities and global warming.

Burstow, B. (2003), in this article, *Toward a radical understanding of trauma and trauma work* he demonstrated that put forward possible approaches to facilitate more transformative counseling for communities, nations, and individuals impacted by trauma. The writer presents essential assessments of psychiatry and the notion of post-traumatic

stress disorder, evaluates the radical viewpoints of feminists and other theorists on trauma theory, proposes recommendations for feminists, conceptualizes trauma from a radical viewpoint, and provides workable implications.

Piers, (1996), in the article entitled *Rereading Freud amid contemporary trauma theory* amidst the current controversy surrounding the link between adult psychopathology and childhood sexual trauma, Freud's theories have garnered significant attention. There has been much discussion and speculation regarding the impact of sexual trauma on his view of psychopathology. Some experts argue that Freud disregarded or suppressed accounts of sexual trauma from his patients when he shifted from the "seduction" theory to the "fantasy" theory. On the other hand, others suggest that Freud's modification was not a complete reversal but rather an expansion of his previous beliefs.

Terr, (1991), in this article, he reviews *Childhood traumas: An outline and overview*. *Childhood psychics* in this article explained that trauma appears to play a significant role in the development of various severe problems, both in early life and later on as an adult. Similar to childhood rheumatoid arthritis, psychic trauma can lead to a range of problems, each having the potential to cause a specific mental disorder. The writer proposes that there are four traits associated with childhood trauma that endure throughout a patient's life, irrespective of the condition they ultimately develop.

Pervanidou and Chrousos (2007) examine the topic of post-traumatic stress disorder (PTSD) in children and adolescents, tracing its conceptual evolution from Sigmund Freud's notion of "trauma" to its current understanding as a psychopathological condition associated with the (Dys) metabolic syndrome. According to their statement, post-traumatic stress disorder (PTSD) is classified as an anxiety disorder

that manifests after experiencing traumatic life events. Typical indicators encompass the repetitive re-experiencing of the initial trauma, avoidance of circumstances or stimuli associated with the traumatic event, and the manifestation of heightened levels of arousal. Research conducted on adult individuals diagnosed with post-traumatic stress disorder (PTSD) has revealed that there is an elevation in corticotropin-releasing hormone (CRH) levels within the cerebrospinal fluid during a resting state. Conversely, the levels of cortisol, as measured in urine samples, tend to be predominantly low and exhibit irregular patterns.

Caruth, (2016). conducts a critical analysis in this scholarly review, exploring a perplexing phenomenon that lies at the core of Freud's conceptualization of trauma: the unexpected manifestation. Within the theoretical framework of the death drive theory and the drive towards life, there exists a form of survival that simultaneously recognizes and opposes the traumatic origins from which it arises. The author's primary emphasis lies on the captivating comparison examined by Freud in his influential publication, *Beyond the Pleasure Principle*. This comparison centers around two notable occurrences of psychological trauma: the recurring nocturnal distress experienced by soldiers who were exposed to the atrocities of World War I, and the coping mechanism employed by children through the act of playing with a spool (known as Fort and da) after the loss of their mother.

I am perplexed by the current situation. The study conducted by Ali et al (2019) provides a comprehensive analysis of the subject matter. The authors of the aforementioned article assert that there exists a significant correlation between childhood trauma and the severity of depression and anxiety symptoms in adulthood, particularly within a clinical population. The purpose of the continuous assessment was to examine a proposed model that seeks to understand the

relationship between childhood trauma and its psychological consequences in individuals with complex trauma. The present study utilized a cognitive emotional regulation approach to examine the association between childhood trauma and current symptoms of depression and anxiety. The findings of this study revealed a significant positive correlation between these variables.

In their study titled "The Significance of Childhood Trauma and Childhood Life Events About the Chronicity of Depression in Adulthood," Jeronimus, et al (2013) assert that childhood trauma has been associated with feelings of sadness and depression in adulthood, potentially serving as a predisposing factor for a protracted manifestation of depressive symptoms. The research conducted in 2009 did not take into account various aspects of depression, such as its severity, age of onset, and coexisting psychopathological conditions when examining the association between childhood trauma and chronic depression.

Haglili, (2020). authored an article titled "Psychoanalysis and Trauma." The present inquiry adopts a psychoanalytic perspective. This article elucidates certain issues associated with the utilization of the term "injury" within a psychoanalytic hypothesis. Furthermore, it posits that the crux of a hypothesis about pathogenesis and mental functioning lies not in the dichotomous selection between "outer" and "inner" causation or "injury" and "drive." This perspective examines the extent to which raw information from existential experiences is transformed into mental experiences. It considers trauma as any event that exceeds and disrupts the mind's capacity for representation or mentalization.

Carlin, et al (2015). examines the contributions of Sigmund Freud and the field of psychoanalysis. This article provides a comprehensive review of the concepts of id, ego, and super-ego, along with other related information that is essential for

understanding these psychological constructs. The subject of discussion pertains to Oldcastle books. This article presents an in-class activity designed to demonstrate Freud's foundational theory of the psyche, specifically the functions of the id, ego, and superego, as well as the interplay between them. Furthermore, this activity provides a visual depiction of Freud's theories regarding the hierarchical nature of consciousness that corresponds to these three components.

Freud, et al (1993) discuss psychological Bulletin explores the psychoanalytic theory developed by Sigmund Freud and its core principles. The theory has experienced ongoing evolution, enjoys widespread application, and necessitates a substantial paradigm shift in understanding the structure and functioning of the mind. Significant attention has been directed towards the subsequent matters: Freud ascribes psychological events to various attributes, including the dynamic nature of mental processes, the phenomenon of "psychical repression," the manifestation of intra-psychical conflict, the involvement of infantile mental processes, and the influence of psycho-sexual trends.

Wong (2014) conducted a study titled "Voices of children, parents, and teachers: How children cope with stress during school transition." The subject of interest pertains to the early development and care of children. This article examines the development of children's perceptions of stress factors and coping strategies throughout their growth and maturation. Children were previously encountered upon their transition from preschool to primary school. This study further examines the strategies employed by teachers and parents to assist children in coping with stress in the school environment. The study comprised a sample of 53 children, all of whom were six years old, along with their respective guardians and instructors. The findings suggest that children generally possess the ability to accurately anticipate

negative events that may occur during the transition to elementary school.

Methodology

The comprehension, description, and exploration of a phenomena or event are the main goals of qualitative research. Writing for Academic Success by Gail Crewel and Megan Pore explains that qualitative research is an inquiry technique that focuses on social and human problems to provide a comprehensive picture. In her book Qualitative Research, Jennifer Mason explains that there are new opportunities for qualitative research in a society that is increasingly perceived to be complex and multifaceted, and where the particular qualitative strengths of understanding context, diversity, nuance, and process may potentially be highly valued. The ability to grasp context, diversity, nuance, and process are particularly qualitative strengths that are regarded to be increasingly complicated and multi-dimensional, and they have the potential to be highly valued. It nevertheless poses a substantial and all-encompassing set of obstacles to more rigid perspectives on the outside world. To examine specific psychoanalytic occurrences mentioned in this synopsis, such as depression, anger management problems, and negative experiences, my study would rely on a variety of primary and secondary sources, including e-books, books, articles, and research journals that could be retrieved from the literary sources.

Results and Discussion

It explores the traumatized identities in the novel *What Happened to You* to trace the traumatic effects on a child's development and behavior as well as its effects on adulthood. It also examines the book in the light of Freud's theoretical concepts of trauma, maturation, and melancholia to analyze the crucial role of child trauma in

adulthood. Therefore textual analysis aims to highlight such moves to trace psychoanalytic aspects of child trauma. This is further divided into two sections first Melancholia explores the disasters and illness of the children through bad parenting and stressful environment.

The second section explores the coping strategies and also talks about how only Love and affection can help a child heal from their traumatized childhood. Could you please provide an update on the discussion regarding trauma resilience and healing, specifically focusing on the long-term effects of childhood experiences on adult individuals? The present publication comprises a compilation of case studies authored by Dr. Bruce Perry, a child psychiatrist who adeptly employs his specialized knowledge in the realms of brain development and neuroscience to investigate the intricate interplay between traumatic experiences and behavioral patterns in children. The development of our brains is influenced by the distinct experiences we encounter during our formative years.

One prominent recollection of Oprah Winfrey's childhood is a profound experience of solitude. From an early stage in her life, she possessed an understanding that she was not desired. The mother exhibited a significant degree of youthful appearance, resembling that of an adolescent. The individual in question was deficient in both the financial and emotional resources necessary to provide for her daughter. Consequently, Oprah's formative years were characterized by the provision of care from a diverse array of relatives and a nomadic lifestyle, necessitating frequent changes of residence. The circumstances were exacerbated by these individuals who are related to the subject. Not only did they dismiss Oprah, but she was subjected to frequent and severe physical abuse. Oprah's perspective of the world was shaped by these various experiences.

The individuals in her environment

influenced and molded her anticipations of those surrounding her. They influenced her self-perception. Moreover, their influence had a direct impact on the development of her cerebral structure. When attempting to comprehend trauma, it is imperative to pose a fundamental inquiry: What transpired in your experience? Moreover, I am particularly interested in learning about your experiences during your early childhood. The inquiry regarding the centrality of this question in Oprah's life has emerged in light of her efforts to address and overcome the traumatic experiences of her childhood. The process of decoding one's codebook can facilitate comprehension of seemingly inexplicable reactions and survival mechanisms that have evolved to ensure personal safety. More than 50% of children worldwide have been exposed to a significant traumatic incident. Furthermore, a significant proportion of individuals, specifically 60%, report having encountered at least one traumatic event in their previous experiences. Individuals who experience exclusion, minimization, or shaming undergo traumatic experiences due to the inherent relational nature of human beings, as previously explored in our discourse. Marginalization constitutes a fundamental form of trauma. When an individual undergoes prolonged and unmanageable stress, it can result in heightened sensitivity to exclusion or mistreatment within a group, community, or society to which they belong.

The book is comprised of a collection of short stories that draw inspiration from authentic events documented in the notebook of a child psychiatrist. Dr. Bruce Perry is a renowned authority in the field of brain development and neuroscience, specializing in the examination of the impact of traumatic experiences on the behavioral patterns of children. The profound dedication of Dr. Perry to the well-being of children is evident in his profound understanding of their recovery process. Through his perceptive

analysis, readers are immersed in a narrative that not only encompasses the unique experiences of each child but also Dr. Perry's relentless pursuit of optimal, sustainable treatment strategies for them. Dr. Perry elucidates the cognitive and emotional processes occurring within the minds of children who have encountered profound levels of stress, alongside the invaluable insights they have gained in terms of bravery, compassion, and optimism. The resolution of this issue necessitates a comprehensive comprehension of the field of cognitive science and an appreciation for the influential role that love can play in aiding children.

The present study is grounded in the psychoanalytic hypothesis proposed by Sigmund Freud. The objective of this study is to demonstrate the impact of adverse experiences on the cognitive development of children. Dr. Perry and Oprah offer valuable insights into the appropriate treatment of individuals during their formative years, as demonstrated in a case study involving a cohort of children. The objective of this study is to examine the impact of tragic events on the cognitive development of children. Dr. Perry demonstrates how individuals should be treated in their early stages of life with a case study of several children. This study examines the distressing experiences of individuals coping with trauma and melancholia, and endeavors to elucidate the potential for healing these traumas through effective treatment and therapy interventions.

Oprah and I share the belief that inquiring about the underlying cause of an individual's experiences, as encapsulated by the fundamental question "What happened to you?", can contribute to a deeper understanding of how these experiences, whether positive or negative, influence our personal development. The intention behind disseminating these narratives and scientific principles is to foster a collective

understanding, whereby each reader may acquire personal insights that contribute to the enhancement of our overall well-being and the attainment of more gratifying existences.

Moreover, one may enter a different classroom within the same educational institution and inquire about the activities taking place therein, noting the significant impact it holds. The human brain possesses regions that exhibit high sensitivity to nonverbal relational cues. Moreover, this underappreciated aspect pertains to the functioning of individuals within our society. In contemporary society, where verbal communication holds significant importance, it is noteworthy that nonverbal communication plays a predominant role in the overall communication process.

According to your teachings, it is posited that the occurrence of trauma during the initial years of an individual's life, specifically from birth until the age of two, before the acquisition of linguistic capabilities to articulate the event, may exert a more profound influence on the neurological functioning of the brain compared to instances where one possesses the ability to verbally express the traumatic experience.,

In the initial examination of ACE, a correlation was observed between the ACE score and the nine primary factors associated with adult mortality. In other words, individuals who experienced higher levels of adversity during their formative years are more susceptible to encountering health complications and psychological trauma in their later stages of life. Subsequent investigations utilizing the same data have revealed similar associations between an Adverse Childhood Experiences (ACE) score and susceptibility to suicide, mental disorders, substance dependence, and various other health issues. The ACE investigations represent a collection of highly influential epidemiological studies that have been conducted in our contemporary era.

These entities possess identical characteristics and qualities to their original counterparts. At the outset, the evaluation was largely dismissed by both the medical profession and the broader populace.

Regrettably, it has come to light that my prior assertion was erroneous, as recent research indicates that the circumstances are more severe than previously anticipated. Based on data from the National Survey of Children's Health, it is evident that a significant proportion of children in the United States have encountered at least one significant traumatic event. A more recent study, published in 2019 by researchers from the United States, revealed that. According to findings from the Centers for Disease Control and Prevention (CDC), a significant proportion of adults in the United States, specifically 60%, have reported experiencing at least one adverse event during their formative years. In the interim, approximately 25% of individuals indicated that they had encountered three or more Adverse Childhood Experiences (ACEs).

Let us deconstruct the semantic nuances associated with the term "trauma" as employed in your discourse. Despite its frequent usage, a significant portion of individuals still lack a comprehensive comprehension of its precise denotation. Is an adverse childhood experience synonymous with trauma

This study centered on a topic of utmost significance and complexity for scholars in this field of study. As you correctly observe, the term "trauma" is frequently employed in contemporary discourse. The term "typically" denotes a commonly observed phenomenon characterized by an exceedingly disagreeable event or encounter that remains indelibly imprinted in one's memory, thereby possessing the potential to exert a prolonged impact on an individual. It has long been recognized that the violence and devastation of warfare possess the capacity to profoundly transform individuals. Numerous instances

of narratives depicting "trauma" can be found within the realm of literature and film. Notably, a significant number of superhero origin stories incorporate elements of profound personal tragedy and loss.

However, the academic community has encountered difficulties in defining and comprehending trauma in its entirety. One aspect of the challenge lies in the subjectivity of the term "bad event." Take, for instance, the occurrence of a fire outbreak at an elementary school. A firefighter with extensive experience possesses the ability to effectively and proficiently extinguish fire through the application of a composed approach. Conversely, a young child enrolled in the initial year of primary education who becomes a witness to the conflagration of their educational environment will encounter an immense and distressing emotional response characterized by fear, bewilderment, and a profound sense of helplessness, which may endure for an extended duration of several minutes. This highlights a primary concern in the comprehension of a potentially distressing event, namely the individual's understanding of the situation.

The book elucidates the processes by which traumatic events impact an individual's psychological maturation by employing psychoanalytic theories and concepts, thereby providing valuable insights into the enduring consequences of trauma. Through an analysis of concepts such as repression, transference, and attachment, the book enhances our comprehension of the intricate interrelationships between childhood trauma and subsequent psychological well-being. By emphasizing the potential for rehabilitation and resiliency through therapeutic interventions and the development of healthy relationships, it also fosters optimism. Overall, *What Happened to You* is a psychoanalytic examination of childhood trauma that advances our knowledge of the tremendous influence of

early experiences on human development and paves the road for greater empathy, awareness, and healing in those who have experienced childhood trauma. Childhood trauma leaves an indelible mark on our psyche. It plants seeds of melancholia that can hinder our maturation process, impeding our ability to form healthy relationships and find fulfillment in life.

The incident from *What Happened to You* explains, and emphasizes the tremendous effects of childhood trauma on a person's mind and later maturity process. It alludes to the idea of melancholia and its connection to trauma and development from a psychoanalytic standpoint. Melancholia according to psychoanalytic theory, melancholia is a condition that is characterized by intense melancholy, guilt, and internalized distress. It frequently has a connection to unresolved loss or trauma. According to the quotation, childhood trauma serves as a trigger for melancholy feelings that linger into adulthood. Childhood trauma leaves an indelible mark on our psyche, the quote underscores the enduring nature of traumatic experiences. Here are some examples from the book of the personal experiences of writer Samuel is a good example. When he was a young boy, his father slapped him repeatedly. The maltreatment just halted after he was taken out from his dad's consideration by Kid Defensive Administrations. Following a tempestuous few years pushing through encouraging homes, Sam moved into a gathering home. He received the assistance he required there and was making good progress. However at that point, he got another educator and, abruptly, he began carrying on at school, becoming forceful and removed. Until Sam's father came to visit, this behavior baffled Dr. Perry. The man was wearing areas of strength for a - Old Zest. Perry quickly realized that Sam's teacher was also wearing Old Spice. All of a sudden, Sam's actions made sense.

This portion will explore how challenging surroundings can cause psychological trauma among children. Understanding the impact of trauma and our responses to it cannot be achieved without taking into account the context of our interpersonal connections. The most significant aspect is the impact of those occurrences on individuals' connections with their loved ones, themselves, and the global community. This remains valid irrespective of whether they have experienced a natural disaster such as an earthquake or have been subjected to multiple instances of sexual assault. The decimation of interpersonal connections stands as one of the gravest consequences of any calamity. This is particularly accurate for children. The most devastating experiences are those that involve losing relationships with those we love, feeling deserted by them, and forfeiting the deep personal bonds that provide us with a sense of security and significance. This is particularly the case for us as social beings. The process of recovering from trauma and neglect is highly dependent on building human connections which help in reestablishing self-assurance, affection, trust, and a feeling of safety. Undoubtedly, the use of drugs may alleviate symptoms, and seeking advice from a therapist can prove highly advantageous. One cannot achieve healing and recovery solely through medication and treatments; long-lasting, significant bonds with others are necessary. The unpleasant experiences of being isolated and lacking emotional connections may hinder personal growth.

It deals with various coping strategies and therapies that aid individuals with trauma in achieving mental and physical well-being. Despite severe trauma, the brain is capable of undergoing alterations. To put it differently, there is a potential for recovery. Comprehending this concept can offer a glimmer of hope during the bleakest moments. Additionally, the timing of the distressing event plays a crucial role; the

earlier it occurs, the more challenging it becomes to cure, and the potential for harm increases. Freud emphasizes how hidden feelings and emotions can impact a child's growth and shape an individual's character. To address this, one must bring these repressed thoughts to the surface of an adult's consciousness to facilitate proper treatment. Trauma and neglect are often found together. However, their bodily responses differ significantly and can have distinct impacts on the growth of a child's brain. In my perspective, the utilization of the term "complex trauma" to define developmental neglect and abuse seems to merge various distinct matters, which some have tried to do and discuss the development process of a child. For a child's genetic capabilities to be fully utilized, they require a range of essential encounters. The development of important abilities is hindered if there is a lack of proper, inconsistent, or completely absent experiences. If children do not receive adequate stimulation during their crucial developmental stages, especially when their brains are growing rapidly, it can have a detrimental effect on their overall well-being.

Conclusion

This study explored through some real-life events of different children, how neglected behavior of parents and caregivers in early life could affect the mental and physical growth of a child and later it's clear in the section on maturation that only love, care, and affection from the side of caregiver's help the traumatized identities to grow and heal from their stressful past experiences. Which later shape their personalities as an individual. This research is grounded in the psychoanalytic theory of Sigmund Freud. Sigmund Freud, an Austrian neurologist, who took a keen interest in individuals suffering from "hysteria" and "neurosis", hypothesized that the underlying cause of many of his patients' problems stemmed

from the unconscious psyche. One of his numerous publications, *A General Introduction to Psychoanalysis*, was published in 1922, delving into his insights on psychoanalytic treatment. Moreover, there exists a psychological theoretical framework associated with this undertaking. Psychoanalysis views humans as exhibiting both sexual and aggressive instincts. Psychoanalytic theorists believe that human behavior is predetermined. Illogical forces, innate and biological urges, irrational factors, and the unconscious mind govern it.

The deterministic nature of psychoanalysis leads its theorists to reject the concept of free will. Freud established a range of therapeutic methods that focused on dialogue-based therapy, which integrated approaches like transference, free association, and analysis of dreams. Freud introduced therapeutic methods that revolved around verbal communication, utilizing techniques such as transference, free association, and dream analysis. This investigation strives to emphasize the impact of traumatic experiences on the cognitive development of children's psyche. Dr Perry studied different children through case studies. Perry enlightens us on the importance of proper treatment of individuals during their early life stages. The complete depiction of the tragic incidents exhibits how people were experiencing distress and sadness. An attempt has been made to illustrate how these afflictions can be relieved through adequate attention and effective therapy sessions.

This examination also sheds light on diverse ways of dealing with stress and treatments that help emotionally and physically injured persons become healthy individuals. As social beings, calamities that involve fellow humans tend to be the most devastating experiences we encounter. Undoubtedly, medications and sessions with a therapist can provide relief from symptoms. Nonetheless, without lasting and compassionate

connections to others, achieving healing and recuperation is unattainable, even with the finest treatments and therapy available. Our culture tends to have a prevalent pattern of reacting to situations, valuing easy and immediate solutions, avoiding risks, and giving importance to material possessions over genuine relationships. The main objective of this ponder is to see how awful events influence children's psyches amid

their cognitive improvement. Dr. Perry illustrates how people ought to be treated in their early stages of life with a case consideration of a few children. The loathsome events of how people were managing trauma and sadness are displayed, and an endeavor is made to clarify how these injuries can be mended through great treatment and treatment sessions.

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