

Rage

Managing an Explosive Emotion

The destructive power of rage is well known, but until now has been a taboo subject. Whether in our professional or private lives, we have all been witness to sudden outbursts of rage. To underpin these everyday observations, a team of researchers in Switzerland asked almost 600 people about their personal experiences of sudden rage. The surprising result: 20 per cent were the victims of their parents' rage as children, and 24 per cent of those surveyed experienced rage themselves. Is sudden rage a widespread disease? Where does it come from? How does it manifest itself? What can we do about it? These questions lead the author on a journey through religion, myth, literature and film. The book's case studies supply new socio-psychological and therapeutic insights, as well as a call to action for psychotherapists, doctors, teachers and other members of the caring professions. They also provide a valuable source of information for those personally affected, and for their loved ones.

Theodor Itten was born in Langenthal, Switzerland. He was an apprentice of psychoanalyst, psychiatrist and writer R.D. Laing (1927–89) and studied with Francis Huxley. He trained in psychotherapy with the Philadelphia Association London from 1976–81 and since then has practised as a Psychoanalytic & Integrative Body Psychotherapist in St. Gallen, Switzerland. Theodor Itten has been the President of the Swiss Psychotherapeutic Association ASP since 2008.

He is Executive Editor of the *International Journal of Psychotherapy* and is a member of the International Board of Experts for the *World Journal of Psychotherapy*. He is married with three grown-up sons.

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"Theodor Itten has used his wide-ranging intelligence to create a text perfectly balanced between emotion and reason. He roams so thoughtfully and gracefully through the many expressions of rage that are found within the human experience that many readers will find it difficult to resist some of the feelings his examples inspired. While the general reader cannot help but be intrigued by this book, the professional audience will find it an important contribution with much to ponder within the seriousness of his thesis."

Deirdre Bair, author of *Jung: a Biography*

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Translated from the German Jähzorn by Ruth Martin


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