

## **I. Destruction of Jarrette Family due to Buck's Death and Traumatic Life of Conrad**

This research has depicted the trauma experienced, during early 70s, by average middle class American family in Robert Redford's *Ordinary People*. Redford successfully produces this movie based upon a novel in same title by American novelist Judith Guest. It is the story of a traumatized adolescent victim and his road to recovery throughout the movie. Redford visualizes not only the traumatic experience of protagonist, Conrad, but he has equally been able to present the trauma of Calvin and Beth at the same time.

The movie *Ordinary people* is a brilliant movie which won Robert Redford an Oscar in his debut as a director. The protagonist, who is the representative of American youths suffering from the psychological traumatic dread caused by the different types of event like accident, suicide, war, natural disaster, generation and communication gap with their parents. Similarly, Calvin and Beth represent the contemporary middle class parents who can't manage properly for the harmonious environment in the family. They mirror how the American society were and in what ways each person was getting depressed and ultimately traumatized. In same way Dr. Berger, is the representative of the therapist during the decade of 70s, who certainly has a bit of an existential flair in his approach. This is one of the best portrayals of the healing process as experienced through emotion in movie history.

The destruction of a harmonious family due to a member's death is lively reflected. The regular visit to psychiatrist Dr. Berger gradually makes Conrad able to avoid such self blaming for Buck's death and begin to regain a sense of optimism, as healing, that helps him to back at normality. This is the overall issue of this project. By the employment of Conrad, Redford shows his empathy towards all the youth victims suffering from psychological trauma. When Buck dies, Conrad witnesses it and gradually starts to suffer from depression,

alienation that's why he tries to commit suicide which drives him to more degraded situation. Such his failure suicide leads him to the state of excessive guilt psychology for surviving in boat accident where he lost his sibling.

Metaphorically, the harmonious choir represents the healing process of Conrad stopping ceaseless self-blaming and guilt psychology which can be watched throughout the movie. Conrad strives a lot to live a normal life leaving the all trauma and suffering. In the beginning of movie, Conrad is already psychologically traumatized and has developed Post Traumatic Stress Disorder (PTSD) but he is almost healed in the ending of the movie and this progressive way of healing has been symbolized by his frequent participation in choir class.

Death of Buck and its negative aftermaths is the skeleton of this movie on which all the characters and story itself is revolved around. Though it sounds very common story, the movie has artistically presented that none of the person can be out of touched. It has played great role to give moral lesson especially to those parents who are unknowingly leading their children to suffer from excessive psychological trauma as well as unknowingly encouraging them to commit suicide in the name of modernity, individuality maintaining the appearance of perfection and normality as Beth does.

Thus, Redford, in this movie portrays the psychologically traumatized generation through the protagonist Conrad who is traumatized because of his witnessing the sibling death and for his surviving guilt psychology. Redford has tried to reflect the civilized parents and their rude behavior towards their child. The more they become civilized the more they fall into the pond of complexity. Therefore, the adolescents are alienated even in their own family and parents. Robert Redford has tactfully used the technique of flashback. The way each family has to face a lot of difficulties and circumstances is effectively reflected in this movie.

Many movie critics have criticized in many ways over the *Ordinary People*. Among them Vincent Candy is the one who glorifies the directing capability of Redford as well as mentions about Conrad's painful guilt psychology which happens to be excessive by the frequent flashbacks. According to him, the more horrible nightmares heighten Conrad's guilt psychology, the more audience are full of tears due to the catharsis aroused within him. In *New York Times*, he writes:

Mr. Redford's appreciation for his actors is apparent, but it is also disciplined. Ordinary people don't look like any director's first movie. With the exception of fleeting flashback, which are necessary I suppose, for exposition, the film's manner is cool, gentle, reserved. It never forces the emotion. It watches them erupt and allows us to make of them what we will, that is, until the last few minutes. (8)

The critic Candy has appreciated the way of Redford's skill on use of flashback technique as it has direct and deep relation with trauma, which multiplies misery on each character's life. No audience is left untouched by their catharsis. It means the capability of directing skill and the good quality on content. He means to say is that issue this movie has raised is very contextual and related to the trend of contemporary trauma victimization.

The suffered person is more drown into the pond of agony, suffering, flattering even becomes mad or driven in the stage of commit suicide if the patient is not taken under treatment. There is no right or wrong way to feel after a traumatic event. Trauma disrupts the body's natural equilibrium, freezing in a state of hyper arousal and fear. In essence, the nervous system gets stuck in overdrive. Successful trauma treatment must address this imbalance and reestablish the physical sense of safety. There are many strategies that can help people work through feelings of pain and grief and regain the emotional equilibrium but

it takes time to recover emotional equilibrium and for rebuilding the normal life.

There are good treatments available for the victim of post traumatic stress disorder (PTSD). When people have PTSD, instead of sharing with others they keep their feelings bottled up. But talking with a therapist can help to get better health. Psychotherapy may be helpful for person who suffers from PTSD; it is often useful to talk about the event with a “safe” person, who is a trained professional. Such kind of information is main content of this movie. Therefore, many critics have appreciated this movie and director at the same time. According to Todd McCarthy, Redford’s *Ordinary people* concerns psychological suffering and family explosion. He claims Conrad’s surviving guilt psychology is the responsible factor for his suicidal attempt and vice-versa. Such fragmented psychology becomes more problematic after the suicidal case. McCarthy opines that the rude behavior made Conrad’s mind heavy and filled with nothing else except guilt mentality. In *Times Magazine*, he writes:

Dilemma of youth who at first glimpse has recently attempted suicide in remorse for not having saved his older brother from drowning and there after proves a heavy burden for both himself and his normally complacent parent, may be too grim for some viewers, but total conviction in the story telling and performances will grab many who have lived through their own variations on the domestic turmoil here portrayed. (16)

The above criticism made by McCarthy justifies, like Redford, the most of the youths reach to the situation to commit suicide for not playing vital role to solve the traumatic events.

They grow guilt psychology for not doing something worthy deeds for family and sometimes for themselves. Such kind of depressive guilt feelings torment to their lives as well as their parents which ultimately violate the harmony of peaceful family like Jarrettes.

The more world is being modernized, the more people suffer from problems such as

alienation, depression, fragmentation, complexity, mental stress and so on. No people are free from these problems though the civilization is in developing way. The size of family is day by day getting tiny but the problems are rapidly increasing in same ratio. What it indicates is the piles of complexity of society, family and individuality itself. Due to the science and technology, these days the world is more widen, people are conscious of individual freedom, personal privacy and choices. The concept of nuclear family is more popularized and most of the people believe it for the happy family. However, this movie has portrayed that even the nuclear family too suffers much though it is often supposed to be harmonious and happy. Due to the concept of individuality there is the communication gap and mutual understanding even between the mother and son. This kind of circumstances is artistically reflected in this movie through the less conversation between Beth and Conrad.

Furthermore, another movie critic Bill Chamber deliberately compares *Ordinary People* with Martin Scorsese's *Ragging Bull*. He says that this movie is succeeded to capture the common problems faced by contemporary youths therefore it won the Oscar Awards in three titles. This movie heals those who are suffering from psychological trauma having guilt psychology like protagonist. Chamber remarks:

It's not a fashionable thing to say, but here goes: I don't mind that Robert Redford's *Ordinary People* beat out Martin Scorsese's *Ragging Bull* for Best Picture at the 1981 Academy Awards. I was irate Kevin Costner's *Dances with Wolves* trumped Scorsese's *Goodfellas* at the 1991 ceremony (and to have twice cost Best Director to actors turned-first-time helmers is an especially salty twist of fate for Scorsese), but cinephiles-and yes, I consider myself to be one tend to be a little stubborn about *Ragging Bull*, which is in grave danger of becoming a

designated classic, a default selection on Top 10 lists everywhere. Although *Ordinary People* went home with Oscar, history has swapped its place with *Ragging Bull* as the black sheep of that infamous race. (37)

What Chamber claims is that this movie is far better than its rivalry movie titled *Ragging Bull* in terms of direction, script and event in the characterization that's the reason it owned Oscar Award. During the decade of this movie's production, the concept of trauma and psychiatry were rapidly getting popularized. He furthermore views, many adolescent like protagonist Conrad were being victimized by different kinds of trauma therefore this film became fruitful for those trauma victim to reduce their wound to some extent.

In this way, the critics vary in their criticism made upon *Ordinary people*. Different movie critics have analyzed and interpreted this movie from different perspectives. Some movie critic like Candy only focuses on the technical part and the use of technique. Some argue about the destruction of a harmonious family. And some critics argue about the adolescent and their problems. But the issue of Psychological trauma has not been dug out by any one of them. So the present research aims at breaking the new ground through the analysis of the movie in the light of the psychological trauma theory. And the issue of guilt psychology and healing are simultaneously analyzed relating with Post Traumatic Stress Disorder.

The methodology of this research rests in trauma theory with especial focus on psychological trauma. The term 'trauma' refers to a profound emotional shock or wound that creates substantial lasting damage to the psychological development of a person. Trauma theory as privileged critical category includes diverse fields with its special focus on psychological, philosophical, ethical and aesthetic questions about the nature and representation of traumatic events. Among the different types of trauma, 'psychological

trauma', which is the result of extraordinarily stressful event that shatters our security, making us feel hopeless and vulnerable in a dangerous world.

Psychological trauma is simultaneously interrelated with post traumatic stress disorder, memory and ethics. Trauma is a complex form of memory, and a person is traumatic because of his/her horrible past events and memories, Avishai Margalit, in his book *The Ethics and Memory* depicts the ethical significance of memory. He believes that we do have obligations to memorize people or events of the past.

Psychological trauma is also strongly interrelated with the post traumatic stress disorder though it is related with other trauma too. Judith Herman, a pioneer in the study of PTSD and the sexual abuse of women and children, believes that victims who feel powerless because of a traumatic event may become paralyzed, submissive entirely shutting down their defenses. This is relived as constriction, a defense in which the trauma victim escapes from, a situation not by action in the real world, but rather by altering her state of consciousness. Traumatized people who do not experience constriction may use other numbing agents as alcohol or drugs.

Similarly, there is the connection of psychological trauma (victim of PTSD) with healing. And for healing there is different type therapy like Psychodynamic therapy, group therapy, family therapy, exposure therapy, medication, trauma focused cognitive behavioral therapy (CBT) and so on.

However, this research only focuses on Robert's Psychodynamic therapy which is a kind of therapy where therapist makes the victim learning the ways of dealing with emotional conflicts caused by the trauma. The therapist makes victim to understand how the past affect the way they feel at the present situation. This sort of therapy helps finding ways to cope with intense surviving guilt psychology due to the past traumatic event contributes identifying the

stressful memories and other symptoms, becoming more aware of thoughts, feelings and raising the self-esteem for the victim of psychological trauma. Basing upon these theories on psychological trauma, this research has explored Robert Redford's *Ordinary people*.

The first chapter of this research deals with the introduction to this research and provides the kind sights of the succeeding chapters. The second chapter deals with the textual analysis and succeeding chapter deals with the introduction of different tools to be applied in the movie. The last chapter has concludes the entire efforts carried out in this research and has mentioned its findings.

## **II. Representation of Guilt Psychology and Healing in Redford's *Ordinary People***

The movie *Ordinary People*, directed by Robert Redford consists of two interwoven stories of traumatic experience told from the perspective of Calvin and Conrad. However, this research significantly depicts the traumatic experience and healing process of Conrad in detail. The primary purpose of this research is to lively sketch how a sixteen years old adolescent boy is traumatized by survivor's guilt psychology and ultimately becomes able to be healed.

The protagonist, Conrad, is the main victim of trauma who is haunted by the guilt psychology. The major cause for his guilt psychology is sudden sibling death. Buck, his elder brother, and Conrad are friends like sibling. They seem to be an intimate friend more than brothers. They most of the time spend together in swimming. There is no long age gap between them that's why their choices and thoughts are quite similar. They feel incomplete without each other's friendly company. However, due to the Buck's death in a boat accident not only of leaves Conrad alone but drives him in to the pond of depression and ultimately makes victim of Post Traumatic Stress Disorder (PTSD).



Though Conrad tries his best to rescue his brother from boat accident unfortunately his all effort goes worthless. He strives a lot to hold Buck's hand tight to save him from drowning in to the water, but he is unable to do so, as a result, Buck dies. Such accidental death traumatized Conrad along with whole Jerrette family. Conrad is completely friendless, alienated and depressed in absence of Buck. Gradually he grows up self blaming for Buck's death. He begins to feel if he could hold strong, there would be a lot possibility to save Buck. Buck's death itself is very sorrowful for Conrad, at the same time he suffers from guilt psychology for not being able to save. Such feelings drive him even to attempt failure suicide.

An attempt to commit suicide itself is the outcome act of his guilt psychology. After witnessing his brother's death lead him to attempt suicide. Generally, people are sorrowed by death and gradually normalized the time passes on. But this is not the case in Jerrette family especially in Conrad who is recently back to home following 4 months treatment in psychiatric hospital due to his suicidal attempt. It is an appropriate example how deadly he is mentally shattered and suffered by guilt psychologically.

In order to analyze such guilt psychology and healing in Robert Redford's *Ordinary People*, 'trauma' has been accepted as theoretical tool. When we go through the history or the development of trauma theory, its credit goes to Sigmund Freud who initially took the job of managing and flourishing the trauma theory in course of his treatment of people who were being mentally and physically wounded, disturbed and disordered in World War I. As Freud is the propounder of the psychoanalytical approach both in treatment and literature, most of the trauma theorists and critics are more or less influenced and associated with him. Freud in, *In Studies of Hysteria*, has used the term 'trauma' to elucidate a hard situation. He states, "Trauma is a painful event that doesn't inflict hat but the mind that is an overpowering event,

unacceptable to consciousness, can be forgotten and yet is returned in the form of somatic symptoms of compulsive and repetitive behavior” (570).

Freud has strong belief on trauma and has defined it as mental process. Even a physically man can harbor traumatic experiences, which are very recurring

Studying trauma theory related with Freud, Berger comments on the relating matter of neurotic symptom with the repressed drives:

Initial theory of trauma and symptoms were more problematic for Freud, when he concluded that, neurotic symptoms were more often the result of repressed drives and desires than of traumatic events. Freud returned to the theory of trauma in “Beyond the Pleasure Principle”, a work which originated in his treatment of World War I Combat Veterans who suffered from repeated nightmares and other symptoms of their wartimes experiences. (570)

The traumatic events and its aftermaths become central to psychoanalysis. Though people suffer from various traumas the ultimate consequences are seen in their psychological sector. Traumatized people always have psychological threat in their mind and always remain upset or anxious. It's the result of extraordinarily stressful event that shatters people's security, making them pessimistic and vulnerable in a dangerous world. It is not objective fact that determines whether an event is traumatic but our subjective emotional experience of the events. The more frightened or helpless we feel, the more likely we are to be traumatized.

Regarding the Jarrettes family, the sudden death of elder son in boat accident, whole family members are traumatized particularly younger son, Conrad. When the trauma leads to PTSD, damage may involve physical changes inside the brain and to brain chemistry, which changes the person's response to future stress. Conrad seems to be day dreaming, looking out from the window. Female literature teacher asks questions about the character of Jude in the

story of *Jude the obscure*, written by Thomas Hardy:

TEACHER: How about we discussed some theory here? Conrad what's your theory on *Jude Fawley*? Conrad?

CONRAD: Uh . . .

TEACHER: Do you think he was powerless in the grip of circumstances, or could he have helped himself?

CONRAD: I don't, Uh, Powerless? I guess he thought he was, yeah. (11.30 sec).

The above conversation explores aloof Conrad's fragmented psyche. He, most of the time in school, just seems to be so called student because he neither can pay attention on the study nor enjoys the class instead always day dreams where he is completely free out of those mentally burdens. He is unable to answer the question which teacher had recently taught that shows his diverted mind. It's all due to the trauma he has been suffering for a year.

Regarding the relation between dreams and trauma, psychoanalyst Louise Tyson in his book '*Critical Theory Today*', explains that each dream is the outcome of our repressed desires and some of them are very traumatic. He states:

If a dream becomes too threatening, we will wake up as we most often do during nightmares. However, if my nightmare begins to occur while I'm awake-that is, if the breakdown of my defenses is more than temporary if my anxiety cannot be abated, if the truth hidden by repression comes out before my conscious self in a manner can neither disguise nor handle-then I'm in crisis, or trauma. (21)

Louise puts forward his view that desires which is repressed in our unconscious label of mind due to social morality and boundary come out through slip of tongue and sometimes in the

dreams. Some desires are inappropriate to present directly. As a result, ultimately it haunts and throws us in trauma.

Similarly he clearly views that if dream is too threatening, horrible than we excessively suffer from nightmare, which is the dominant feature of psychological trauma. Teenage boy Conrad too suffers from frequent nightmares, but unlike, perspective of Louise he has long been haunted by guilt psychology. He most of the night feels sleepless and tired. The moment he could not save his brother Buck, always beats his mind, compels him to live the dead life. No well treat, love and sense of security from mother's side are other supporting key reasons that hundred percent guarantee him to be responsible for Buck's death.

Jenny Edkins in *Trauma and the memory of politics* discusses about the nature of trauma and effect of memory as well as its relation with dream. He depicts:

Victims of trauma are unable to remember the incident under ordinary circumstances but are haunted by dreams and nightmares during which, the event replays itself. In other words the experience of the trauma, fixed or frozen in time, refuses to be represented as past, but it perpetually re-experienced in a painful, dissociated, traumatic present. The notion has now become so widely adopted in discourse that trauma can refer to anything from the experience of Nazi persecution to the sexual harassment allegedly suffered by Paula Jones at the hands of President Clinton. (13)

What he means to say is nothing else more than the traumatic event is by nature very painful that always make the victim to re-experience the trauma through different mode like nightmares, dreams and flashbacks. He puts forward his view regarding the traumatic stress

as it is a disease of time that permits the past (memory) to relive itself in the present in the form of intrusive image and thoughts and in the patient's compulsion to replay old events.

Similarly, Conrad's guilt psychology is excessively seen when he hears the suicidal death of Karen, an intimate friend met in hospital. The news of Karen's suicide threatens to send him spiraling back in to re-experience of the traumatic event which is very dangerous in a sense it generates difficulties in healing like to Conrad. Karen and Conrad both are the victim of psychological trauma.

The news of Karen's suicidal death re-memorizes Buck's accident which that compels him to suffer from guilt psychology. He immediately wishes to quit the fearful flashback however he is not able. He even can't speak properly due to intolerable agony aroused within him. He is deeply shocked and becomes restless. Therefore, he rushes to meet Dr. Berger even in the midnight which we can observe in the following dialogue.

CONRAD: Oh God! I need something.

DR. BERGER: What do you need? Tell me!

CONRAD: It just keeps coming! I can't, I can't make it stop!

DR. BERGER: Don't try.

CONRAD: I gotta. . . I got . . . I gotta get off the hook!

DR. BERGER: For what?

CONRAD: For what I did.

DR. BERGER: What did you do?

CONRAD: What I did to him!

DR. BERGER: What did you do?

CONRAD: It's something, It's something . . . Don't you see? (1.36.42 sec).

What the above conversation concludes that Conrad loses control over himself and remains under the illusion in which he is more responsible for Buck's death. After the regular

visiting of Dr. Berger, he is almost normalized. As Conrad also has developed the post traumatic stress disorder due to the Karen's suicidal death he is re-traumatized

Psychological trauma can lead to serious long-term negative consequences like perpetual survivor guilt psychology, self blaming, depression, and ultimately diverts them in to the victim of post traumatic stress disorder. Regarding this context, Louise Tyson opines that such perpetual self-blaming and survivor guilt psychology make people more melancholic. Louise states:

Crisis or trauma brings into the spotlight wounds, fears, guilty desires or unresolved conflicts that I have failed to deal with and that demand action. In flooded by the past because I can now see what was really going on. This is how I can know myself through crisis. Trauma is also used of course, to refer to a painful experience that scars us psychologically. Thus, I might experience and childhood trauma of losing a sibling to illness, accidental death, or suicide and, in later life experience the trauma, or crisis of being flooded by all guilt, denial and conflict I've repressed concerning that death. (21)

Tyson here means to say that witnessing the traumatic event like sibling death, accident suicide make people suffers from survivor guilt psychology. As psychological trauma is melancholic by its nature, victims can never be able to repress throughout the entire life. The tension and suffering are like unresolved conflict which remains for so long period of time that such past event becomes more visible and fresh the year passes on. The more memories beat the victim's mind the more psychologically traumatized s/he becomes

No the death of sibling, suicide, disastrous event can never be completely forgotten in entire life, so is with Conrad. The tension and suffering are like unresolved conflict which remains for so long period of time that such past event becomes more visible and fresh the

year passes on, which seems very similar in case of Conrad who can't forget Buck's accident rather always comes in mind. The more memories beat his mind the more psychologically traumatized he becomes.

Furthermore, the next leading cause for Conrad's traumatic life and guilt psychology is his mother, Beth, who behaves so rudely that Conrad grows misconception that she doesn't love him rather still loves the dead one, Buck. She even dislikes Calvin's attitude and his insistence on worrying about their son. Rude and unfriendly behavior of Beth is dominantly responsible for Conrad's traumatic guilt psychological state.

As Beth makes rare communication with Conrad, neither she addresses his problems nor shows any interest to understand Conrad's feelings rather she spends most of the time playing golf game, going theatre and attending parties as a result, she becomes cold with Conrad that obstructs to tie bond for the harmonious family. Mother is the first teacher who shapes her child's future, needs to feel and treat according to psychology. But Beth is not a perfect mother who never strives to find out what makes Conrad depressed. Instead she often debates for the trivial matters.

Beth feels insult over Conrad's secret swim quit and for not informing after all. When she scolds him for telling lie, Calvin, to some extent, supports her as swimming is a matter of restoring health. But it wasn't Conrad's intention neither to insult nor to hurt them. He simply thought it wouldn't make any differences. Beth doesn't realize what made him compulsion to quit swimming. She just keeps on discussion with him.

Calvin urges Conrad to stop debating with mother when discussion airs in to the apex but Conrad counter argues his father for never telling anything to her. Conrad aggressively argues with mother for never visiting when he was in under treatment at psychiatric hospital. He claims if Buck were in the hospital, she would come in any cost. Calvin tends to mediate

but it is worthless as both aren't ready to compromise.

Even after the death, Beth loves a dead son and has less attachment with a survived son who should have been cared indeed more than the dead one. Conrad can't bear his mother's preference to Buck so, he goes upstairs putting his hands over head. He wants Beth to love him as much as she loves Buck. Of course every mother misses her dead children but it doesn't worth to worry of past incident and punish those survived child. Same happen to Conrad. He is more alienated, depressed and mentally stressed due to Beth's rude behaviors and her declaration of her sympathy towards dead Buck and ignorance towards Conrad, which is crystal in the given dialogue:

CALVIN: Just stop it, Connie!

CONRAD: No! You tell her to stop it! You never tell her a godamn thing!

And I know why she never came to hospital, she's busy gong to godamn Spain and godamn Portugal! Why should she care if I'm hung up by the balls out there?

BETH: May be this is how they sit around and talk at the hospital, but we're not at the hospital now.

CONRAD: You never came to the hospital!

CALVIN: How do you know she never came? You know she came but she had the flu and couldn't come inside, but she came.

CONRAD: Yeah! She wouldn't have had any flu if Buck were in the hospital!

She would have come if Buck were in the hospital!

BETH: Buck would have never been in the hospital!

[Conrad takes his head between his hands and runs upstairs to his room.]

(1.05.30 sec.)



Such Beth's claim on behalf of Buck is the most painful for Conrad who immediately fills with guilt psychology as the name of Buck is pronounced. Instead of sympathy he receives only outrage response from father too. His mother's rude behavior and father's weak role contributes to drive him in the state of guilt psychology.

Arthur T. Jerild in '*Child psychology*' discusses a lot about why a mother or parent can't love children. Jerild simply calls such kind of mother or parent as a 'rejecting mother/parent. For example, Beth can be called a 'rejecting mother' in a sense she doesn't have any affection for Conrad as much he expects from her. Child psychologist, Arthur states:

A parents' tendency to reject or to over- protect may be influenced by many conditions. According to Levy (1943), an over- protecting attitude may be disappointment of frustration prior to having (due, for example to miscarriage or death of another infant); of conditions that threatened the child life; such as severe illness; of unsatisfied hunger for affection. Any condition in a parent life, which makes him anxious, withdrawn, unable freely to feel and to express emotion will interfere with his ability to love his child. (136)

Arthur puts forward his view, sometimes parents may seem to be 'rejecting' even if they are deeply devoted to their child. Moreover, the press of everyday life and the need for setting limits on what a child can expect or be allowed to do inevitably, means that every parent are quite often seen by the child as a 'rejecting' parents. It happens to be so due to the child immature label of thinking and innocence. However, mostly in the developed country, many parents seem to be 'rejecting' towards their teenage children, may be due to the spreading trend of individualism and independency that contribute children to be suffered from psychological trauma like Conrad.

Adolescence, are reared without affection, face a hard life. While young and immature s/he can't count on the protection and help s/he needs. They are thrown on their own resources for defense where resources are very limited. The teenage children carry a large burden if there is no friendly adult at home to blunt the edge of assaults which s/he receives from unkind playmates or teachers or other members of the community who have a cruel streak. S/he is constantly driven back on his own defenses. If s/he withdraws within her/himself s/he might somewhere find. If s/he fights back it is likely to meet with further rejection. As a result, children have maximum possibility to be suffered from the deep psychological trauma and never able to escape from that.

The protagonist Conrad's guilt psychology is most visible in his daily activities as most of the time he keeps silence, doesn't make any true communication particularly with his mother. The usual joking and laughter is interrupted when, on the occasion of Christmas, Calvin longs to get a picture of Conrad and Beth. He has a little trouble adjusting the camera settings, building anxiety in Beth. She urges repeatedly him to give her the camera. The volume of their exchange rises until Conrad shouts, "Give her the Godamn Camera!" He stalks into a corner as Beth takes the camera from the startled Calvin and with an awkward cheeriness, clicks the shutter at her stunned husband which is depicted in the following picture.



Fig.1. Conrad taking photo with his parents and maternal grandfather in traumatic mood.

What the above picture demonstrates is Conrad's traumatic as he suffers from mental stress like temper, irritation and alienation which is normally considered as the symptoms of Post traumatic stress disorder (PTSD). He is often re-traumatized which is the salient feature of Post Traumatic Stress Disorder. Actually PTSD doesn't fall under the category of any trauma mentioned above, rather it is the excessive state of frightening or psychological shock lead by the any trauma which sounds more similar with the symptoms of trauma however, it is a stage unknowingly developed by the trauma victim due to the most horrible traumatic events like sexual/physical abuse, war, rape, natural disaster, car/plane crash, kidnapping, death of dearest one and so on. Memory of past traumatic event and the guilt psychology mainly contribute for the development of post traumatic stress disorder which is very dangerous in a sense there is maximum possibility of suicidal death of PTSD victim.

Post Traumatic stress Disorder (PTSD) can affect those who personally experience the catastrophe, those who witness it and those who pick up the pieces afterwards, including emergency workers and law enforcement officers. Here in *Ordinary People*, the protagonist, Conrad witnesses the death of his elder brother, Buck in boat accident which becomes the most horrible and always haunts him. He becomes the victim of surviving guilt psychology. Scaer talks in a different manner about PTSD in his book *The Trauma Spectrum: hidden wounds and human resiliency*. It can even occur in the friends or family members of those who go through the actual trauma. Scaer further says that traumatic events that can lead to post traumatic stress disorder include violent assault, sibling death, accident, medical procedure (especially in kids), broken marital life, alcoholism, sexual abuse and so on.

The traumatic events that lead to post traumatic stress disorder are usually so

overwhelming and frightening that they would upset anyone when your sense of safety and trust are shattered. It's normal to feel crazy, disconnected or numb and most people so. The only difference between people who go on to develop PTSD and those who don't is how they cope with the trauma.

Babette Rothschild, a psychotherapist has worked a lot in distinguishing among the various dimensions of trauma, particularly among stress, traumatic stress, PTS, and PTSD. Stress is basically a response to any change, good or bad. It can be reflected in marriage or divorce, getting a new job or being fired, and moving or losing your home. These events have certain effects on the individuals experiencing them, however, traumatic stress results from, a traumatic incident. It is prone to continue even long after the incident. That way it becomes as Posttraumatic Stress (PTS). PTS may aggravate to the level of symptoms described in the DSM-IV (Diagnostic and Statistical Manual of Mental Disorders). It is then defined as Post Traumatic Stress Disorder (PTSD). Judith Herman has further described the symptoms. She mentions:

Since neither the intrusive nor the numbing symptoms allow for the integration of the traumatic event, the alternation between these two extreme states might be understood as an attempt to find a satisfactory balance between the two. But balance is precisely what the traumatized person lacks. They find themselves caught between the extremes of amnesia or of reliving the trauma, between floods of intense, over-whelming feeling and arid states of no feeling at all, between irritable, impulsive action and complete inhibition of action.

(47)

The balance Judith Herman refers to is in the ability to self-regulate affect. For example, children who are chronically abused or neglected most often feel a sense of uneasiness that

can escalate in to anxiety, panic, rage, and despair. As adults, these symptoms often become chronic.

Victims will dissociate to detach from the abuse, thereby continuing to use dissociation to detach themselves from the PTSD symptoms of the trauma and even from stress in their daily life. A.N. Shore explains, “This prevents them from experiencing new ways to cope” (36). Victim does not feel little better each day.

Re-experience of traumatic event, guilt psychology, depression, trouble sleeping, suicidal thought or feelings, out burst of anger, flashbacks (acting or feeling like the event is happening again), nightmares (either of the event or of other frightening things), frequent and upsetting memories are supposed to be the dominant symptoms that pave the way to develop the PTSD. Such symptoms occur within weeks, months or sometimes even years too.

The family relationship, the way of dealing and their attitude affect a lot to trauma victim as Conrad in *Ordinary People*. Jerrette members are in the dinning room where Beth is preparing meal. Calvin and Conrad are just waiting it to be served. Calvin and Beth are talking about their friend who recently died whereas Conrad is meek and silence. Suddenly he laughs and starts to communicate with father about his first visit to psychiatrist Dr. Berger. As response Calvin makes him ease by pleasing smile. Conrad informs psychiatry is not necessary if the charge is expensive. But Calvin assures money doesn't matter in treatment. Beth says nothing though she claims problems should be solved in a privacy of family. There is communication gap between mother and son which contributes Conrad's for guilt psychology. Even after his suicide, Beth doesn't talk as essential, instead gets angry when Calvin worries about Conrad

Both Conrad and Beth prefer less talk though its mother's responsibility to read her children' psychology for proper guidance. As plenty of psychological changes occur in

adolescent they must be well behaved, if not there is maximum possibility to be depressed like teenage Conrad. Actually he needs more consolation, inspiration and love in a sense he is already suffered from post traumatic stress disorder. But Beth is emotionally void towards Conrad so her insensitivity and emotional distance caused Conrad to feel isolated and rejected.

Parental attitude and behavior play the vital role in teenage psychology and their activities. Every child, especially adolescent, should be given a friendly family environment and should be treated according to their psychology as they are very aggressive, emotional and quick decision makers. Such kind of friendly environment is vanished in Jarrette family. Calvin is emotionally available to his son but troubled by his son and wife's relationship or lack there of. Father is success to provide a comfortable and caring environment to aloof Conrad, who is no longer treated as according to adolescent psychology by his mother. Such her ignoring habit and less communication drive traumatized Conrad towards the guilt psychology.

Consequently, Conrad's guilt psychology is disguised in to nightmares he often has. When he wakes up from the fearful nightmares and unwillingly starts to memorize all the past traumatic incidents. Nightmares memorize the past incident he wants to forget. Conrad dreams the same event where he is struggling together with Buck to come out from the boat storm in Lake. Conrad strives much to get back Buck out from the boat. He screams helplessly to Buck for holding his hand tight so that they can't easily be drowned. Unfortunately, their hands are separated. Conrad is hardly saved but Buck is drowned after all. There is neither Conrad's nor Buck's fault for his death. But these nightmares leave him frightened. Right after he wakes up from the nightmares he has rapid heartbeat, louder breath, washed by sweat which can be observed in the following conversation:

## INT. BEDROOM

[Conrad is twisting in his bed under a nightmare, STORM ON LAKE.

Conrad and Buck are fighting against the storm in their small sailboat.]

CONRAD: Lift the rope off Bucky!

BUCK: We are going in!

CONRAD: Give me your hand, Bucky!

CONRAD: Fuck! Fuck! Ha! (14.35 Sec).

What it shows the nightmare is extremely frightened which don't let Conrad to forget completely traumatic past incidents. It haunts him by re-memorizing Buck his death that compel to suffers from survivor's guilt, depression, frustration, post traumatic stress disorder. As a result, he believes he made Buck to die due to his weak role and finally haunted by guilt psychology. Nightmare is fearful which makes victim more horrified and helpless. Once traumatized, people can't forget the traumatic event completely rather doubles the pain and suffering.

As psychological trauma is melancholic by its nature, victims can never be able to repress throughout the entire life. The tension and suffering are like unresolved conflict which remains for so long period of time that such past event becomes more visible and fresh the year passes on. The more memories beat the victim's mind the more psychologically traumatized s/he becomes.

Supporting such issue of memory, one of the psychologists Martin Stone in his book, *Shellshock and the Psychologists in the Anatomy of Madness: in the History of Psychiatry*, discusses about the survivor's psychology and the effect of nightmares by illustrating aftermath of a war or catastrophe comes the reckoning. He strongly states, "Survivors are subdued, even silent. Many witnessed the deaths of those around them. They can't forget and

some are haunted by nightmares and flashbacks to scenes of unimaginable horror. In their dreams they re-live their battlefield experiences and awake again in a sweat” (41). In this statement, Stone has clearly sketched the scene of battlefield and the inhuman barbaric death and witnesses of such war who are now suffering from the flashback. What after all he means to say is that survivor and witness both can't be free from such horror memories, dream and flashback which creates the compulsive situation to reoccur the psychological trauma.

Conrad's nostalgia proves his guilt psychology. The whole Jerrette family is nostalgic in a sense they often memorize Buck and harmonious family they had, just before the catastrophic disaster took place. The protagonist Conrad is nostalgic towards his elder sibling and his friendly company. Conrad is psychologically victimized by Buck's memory. He really misses Buck and the days they spent together, simultaneously feels guilt for having survived.

After regular counseling with Dr. Berger, to some extent, he feels normal and stops to memorize the traumatic incidents. As the time progresses, he takes interest with a girl at school named, Jeannine Pratt, who is very new to Lake Forest school. The time he spends with her is so delightful that he automatically forgets all the traumatic experiences. However it doesn't long last. Unfortunately when he reads about Karen's suicidal. He has guilt of survival, that's the reason he wants to stop memorizing but it is not under his control death in newspaper, he is re-traumatized. At the same time, the snapshots of boat accident come to his eyes. No longer, he is without of past memories and flashbacks. He is guided by thick relation that's why he can't stop memorize, instead he becomes more nostalgic.

Avishai Margalit, the author of the book *The Ethics of Memory*, is concerned with the ethics of memory or the duty of remembrance. According to him there are obligations to remember people or events from the past. He writes:



Thick relations are grounded in attributes such as parent, friend, lover, fellow-countryman. Thick relations are anchored in a shared past or moored in shared memory. Thin relations, on the other hand, are backed by the attribute of being human, such as being a woman or being sick. Thick relations are in general our relations to the stranger and the remote. (7)

Margalit explores the way rely on memory to give meaning and substance to the “thick” or “thin” ethical relationships. “Thick” relations, he argues, are those that we have with family, friends or community and they are all dependent on shared memories, but we also have “thin” relations with total strangers, people with whom we have nothing in common except our common humanity.

As an astonishingly humane thinker, Margalit argues that human beings have an ethical obligation to remember the past persons and events, he maintains that the source of this obligation to remember comes from the effort of radical evil forces to undermine morality by rewriting the past and controlling collective memory, he argues that it is necessary for community to have collective memories on order to achieve a level of repentance and reconciliation, in the book, he explores the evaluative and ethical dimensions of memory both in the private and in the collective spheres. The central idea of Margalit is that when radical evil attacks our shared humanity, we ought, as human beings, to remember the victims.

Kulaks argues that memory should share a renewed and universally shared understanding of morality. Exceptional moral witness to such crimes can preserve harrowing memories that will galvanize others to act against social and political evil.

Same like Conrad, Beth is also very nostalgic towards Buck. Normally dead person are always dear. Moreover, no mother is cruel who forgets her dead children. It is impossible,

so happens with Beth. The given conversation explores Beth's nostalgic situation where she enters in to Buck's room after returning from shopping. She becomes nostalgic when she deeply watches all the Buck's photographs hung in the wall. Conrad's arrival makes her shaking because she is thinking of Buck. She is interrupted by Conrad's entry.

[Beth is in Buck's room watching each and everything around there. She is interrupted by Conrad's sudden arrival]

BETH: HA! (shakes in terrific way.)

CONRAD: Oh, I'm sorry.

BETH: Don't do that!

CONRAD: I'm sorry, I.

BETH: Ha, I didn't think you were here.

CONRAD: I'm sorry, I just got in. I didn't . . . I didn't know you were here.

BETH: I didn't play golf today. It's too colder.

CONRAD: How's your golf game?

BETH: I didn't play.

CONRAD: Oh! It did get colder today.

BETH: No, I mean . . . for the year it's colder.

CONRAD: Yeah. (26.52 sec.)

This dialogue between mother and son proves how Beth is affected by Buck's death and she became nostalgic. She simply pretends as if nothing has happened. Immediately she diverts her concentration by talking about the golf game. She might have been aimed death of Buck when she feels colder for a year which Conrad doesn't understand. Similarly Calvin is also very nostalgic for losing such a harmonious family right after Buck's death. Conrad memorizes the boat accident, their struggle for survival, Buck's death which he wants to

forget completely but he can't because there is thick relation between them. There is a compulsion of 'thick relation' for their nostalgic life.

Relating the issue of thick and thin relation, Margalit states that ethics guides our thick relations whereas morality guides our thin relations. According to him, ethics tells us how we should regulate our thick relations and morality tells us how we regulate our thin relations. He further states:

The primary concern of both and morality is with certain aspects of human relations. Morality is greatly concerned, for example, with respect and humiliation; these are attitudes manifest themselves among those who have thin relations. Ethics, on the other hand, is greatly concerned with loyalty and betrayal, manifested among those who have thick relations. (8)

The major concern of Margalit is that "while there is an ethics of memory there is very little of memory" (7). According to him, because it encompasses all humanity, morality is long on geography and short on memory whereas ethics is typically short on geography and long on memory. For him, memory is the cement that holds thick relations together, and communities of memory are the obvious habitat for thick relations and thus for ethics. And by playing such a crucial role on cementing thick relations, memory becomes an obvious concern of ethics "which is the enterprise that tells us how we should conduct our thick relations" (8). The central idea of Margalit is that morality should be concerned with memory as well when the gross crimes against humanity are an attack on the very notion of shared humanity.

Conrad's excessive guilt psychology is transparent when Conrad hears the news of Karen's suicide. Geoffrey Hartman, in his work "*Trauma within the Limits of Literature*", defines trauma study in the arts and literature. He writes:

As a specifically literary endeavor, trauma study explores the relation of words

and wounds. Its main focus is on words that wound, and presumably can be healed, if at all, by further words. But hurt, striking deeper than realized, may also come through the inadequacy of words when they cannot find a response, or convey reality or redress other shocks including the impact of visual images. (258)

Hartman, considering trauma within the limits of language and literature, further says that trauma theory within literary studies does shift attention, in any case, to the medium of words, their forcefulness as well as importance. It is a shift with both an intriguing and a more dubious consequence. According to him, when we speak of the nightmare suffering of war, or of the Holocaust's break with civilized values, these extra-ordinary determinants of trauma differ from such ordinary ones as an unguarded word or a deliberate insult, or more violent but still random excitations that inflict psychic pain.

Buck and Karen's death leave him helpless, he rushes to Berger in the midnight and narrates everything that made him almost dead. At the same time, he comments Dr. Berger that he charges so expensive, fifty dollar per an hour twice in a week, however, why he can't feel better. He regrets no good changes he found during the therapy. He tells it's the same Conrad what he was last year. Same suffering, pain, guilt and same problems he had last year, nothing is progress. He is full of tear when Dr. Berger says he is not a therapist rather a good friend and realizes the big support he got since he was searching. He hugs and cries in mixture of pain and pleasure as in the given picture.



Fig. No. 2 Conrad with Dr. Berger in excessive traumatic mood

Such painful guilt psychology is artistically depicted in the above picture when Conrad hears Karen's death and reminds all the traumatic events that he longs to quit since he is consulting with psychiatrist.

Even in the ending part of Movie, Conrad feels guilt over his mother's departure. His father Calvin clashes in the night with mother Beth regarding the issue of her nature of maintaining only appearance and perfection. He blames her not taking concern of Conrad even for a while. He blames her for not being a perfect mother and perfect wife. When he finally assesses and declares her as someone he doesn't think he can love anymore, Beth packs her luggage and leaves the home early in the morning. Conrad goes near to father and blames himself for his mother's departure. He assumes it was only and due to him that made his mother leaves the home. But Calvin scolds him not always to have guilt over each trivial matter.

There are mainly three persons who play the vital role for Conrad's healing. They are his father Calvin and Dr. Berger his therapist and Jeannine. The thing that contributes him to be nursed back to health is the relationships he has with his elders like Calvin, Berger and his girlfriend Jenninne Pratt and Karen. As well as his self willing for coming out from such

pathetic trauma life drives him to return in normality. Psycho Therapy and Group Therapy is the main gate to move ahead in the healing.

As Conrad is victimized by guilt psychology, his father Calvin paves the way for his treatment. Being a responsible father he always encourages him to visit psychiatrist Dr. Berger. It is the initial stage for healing. He believes the ultimate way to heal Conrad is only psychiatrist.

Calvin takes well care of Conrad. He often spends time with Conrad not to make him feeling sense of alienation and frustration. He knows Conrad needs more love and friendly. But Beth doesn't have any interest in Conrad's traumatic situation rather she has always games and visiting plans. But Calvin takes care of Conrad even in minimal matter. He promotes to see Dr. Berger. As Conrad denies, he recommends having meal to be energetic. Calvin wants harmonious family as it was before the disaster. Therefore, he feels it is necessary for Conrad's restoration to health and to connect him with mother Beth.

In the beginning part of the movie, when Beth and Calvin return late night watching the drama, Beth directly goes into the bedroom. But Calvin goes to the Conrad's room and inquiries if he has trouble sleeping. Yet Conrad awake. He sincerely asks about his health condition. He requests Conrad to see the doctor and causes Conrad to feel the needs of treatment. In this way, his father all the time motivates visiting the doctor as soon as possible which constructs the base for healing. His motivation helps gradually to open the gate of regaining his sound health.

Similarly, it is Dr. Berger who plays the vital role for Conrad's healing by Psycho Therapy. The power he has to heal Conrad is his inspiring friendly behavior who always tells Conrad that, people don't change on command for other people. What he means to say is that Conrad can't change instantly when someone tells him to. He has to do for himself for

changing when he wants to. Conrad could always talk to him and also looked to him for good advice. This sort of his inspiring advices boosts up Conrad's confidence level to come back in normal life.

As Berger is a psychiatrist he treats Conrad according to teenage psychology. Conrad feels secured when he is with his therapist who treats as a friend so that he expresses his each and every feeling in a straight way.

Dr. Berger knows that psychological trauma can lead to serious long-term negative consequences that are often overlooked even by mental health professionals. If clinicians fail to look through a trauma lens and to conceptualize client's problems as related possibly to current or past trauma, they may fail to see that trauma victims, young and old, organize much of their lives around repetitive patterns of reliving and warding off traumatic memories reminders and affects. But in case of *Ordinary People* Dr. Berger addresses Conrad's numerous concerns. He asks about boat accident and his relation with mother which contributes to find out the reasons behind his suicidal attempt and sufferings. He discovers the main reason of Conrad's depression and alienation as he is the victim of post traumatic stress disorder, Berger easily generates the condition where Conrad feels much better. An effective treatment for the patient of mental stress can be succeeded when the victim him/herself longs to be cured which plays the vital role for the healing of Conrad that is presented in the following conversation:

DR. BERGER: How did that go in hospital?

CONRAD: It didn't change anything.

DR. BERGER: Why do you want to change?

CONRAD: I told you I'd like to be more in control.

CALVIN: why?

CONRAD: I told you, so people especially father can stop worrying about me.

(19:00)

From the above dialogue what it comes to prove is after all Conrad's self eagerness for the treatment and the normal life he used to live before Buck's death and before he victimized by guilt of survivor. Moreover, finding the most effective and efficient treatment for any psychological condition is the hope of any good therapist. Robert explains about the treatment of trauma especially of PTSD. He views that trauma treatment is in its early stages (2000) and that there is both scientific and clinical wisdom attesting to range of approaches that are considered effective for trauma conditions and symptoms. He states:

The treatment for trauma-related disturbances has been discussed extensively in the literature for over 100 years. The rich literature has provided us with much clinical wisdom. In the last two decades, several treatments for PTSD have been studied using experimental and statistical methods. Thus at the present time we have both clinical and scientific knowledge about what treatment modalities help patients with post-trauma problems. (956)

He puts forward his view that there are many paths to recovery from trauma or a concept which applies to many forms of psychological problems. He furthermore depicts about the psychodynamic which is essential treatment for the victim of psychological trauma who develops post traumatic stress disorder like Conrad.

In the (fig. no. 3.) picture Dr. Berger is getting busy for psycho therapy in which he contributes Conrad for learning the ways of dealing with emotional conflicts caused by the trauma. This is their second therapy where Dr. Berger is making Conrad to understand how his past affects the way he feels at present situation. Dr. Berger is telling Conrad to make communication with his mother. This sort of therapy helps finding ways to cope with intense



feelings about the past, identifying the stressful memories and other symptoms, becoming more aware of thoughts, feelings and raising the self-esteem for the victim of psychological trauma like aloof Conrad.



Fig. no. 3. Dr. Berger, doing Psychodynamic Therapy to Conrad.

The above picture demonstrates the way of psychotherapy. In the picture Conrad is seen to be very depressive and restless whereas Dr. Berger is very concerned to him and asking the questions. It is the main feature of Psychodynamic Psychotherapy so that the therapist can make victim to deal with the traumatic event and horrible nightmares. Robert further states:

The term 'psychodynamic' covers a diverse group of approaches to trauma. There are also older approaches within the psychodynamic group which use the tripartite models of unconscious processes. The important role for unconscious processes such as defences and they accept the adaptive role of compromise solutions to the impact of the traumatic event. Older models incorporating such notions as Oedipus complex, penis envy and other highly derogatory concepts, especially with respect to women, may still be practiced, but are largely discredited in the broader trauma therapist community. (57)

He mentions above about an effective way if treatments such as psychodynamic, Oedipus

complex and penis envy. He simply justifies the term psychodynamic as it covers a very diverse group of approaches to trauma.

Generally, psychodynamic is a kind of therapy where therapist makes the victim learning the ways of dealing with emotional conflicts caused by the trauma. The therapist makes victim to understand how the past affect the way they feel ta the present situation. This sort of therapy helps finding way to cope with intense surviving guilt psychology due to the past traumatic event. In similar way, such therapy contributes identifying the stressful memories and other symptoms, becoming more aware of thoughts, feelings and raising the self-esteem for the victim of psychological trauma.

Relating the issue of healing of trauma, Dominick LaCarpa, a leading scholar in the field of trauma theory, has produced some works that address the moral and hermeneutical dimensions of representing traumatic history and the Holocaust in particular. In *History and Memory after Auschwitz*, LaCarpa deals with the nature of history and memory following the Holocaust. LaCarpa sets about examining history and memory in a post-Holocaust age: what does it mean to remember? What is remembered and to what purpose? What is the precise role of forgetting? The book leaves reader with a probing sense of the difficulties that surround the very act of remembering the Holocaust. Concerned primarily with the generations of individuals who did not experience Nazi horror directly yet who have lived with its memory all their lives, the book launches a thoughtful probe into some of the ensuring problematics.

LacCarpa, in his another work, *Trauma, Absence, Loss*, describes recovery from trauma as a process of separating absence from loss, where loss involves a particular historical event, and absence the perception of something as missing that was never present to being with. Conflation or confusion of these is a part of traumatic experience, but could also

result from inappropriate identification with another's loss, mistaking felt absence for experienced loss. Failure to properly distinguish between these two has disastrous consequences. As LaCarpa writes:

When absence is converted into loss, one increases the likelihood of misplaced nostalgia or utopian in quest of a new totality or fully unified community.

When loss is converted into (or encrypted in an indiscriminately generalized rhetoric of ) absence, one faces the impasse of endless melancholy, impossible mourning, and interminable aporia in which any process of working through the past and its historical losses is foreclosed or prematurely aborted. (728)

LaCarpa further says that treated as loss, absence pushes witness to fill voids that cannot be filled, through retaliation or through misplaced identification with real victims. Alternately, a witness or victim may chose to preserve the void, and revisit the site of perceived historical loss with compulsive regularity.

As it is well matter, that trauma can lead to the serious long term negative consequences that are often overlooked even by mental health professionals. If clinicians fail to look through a trauma lens and to conceptualize client's problems as related possibly to current or past trauma, they may fail to see that trauma victims, young and old, organize much of their lives around repetitive patterns of reliving and warding off traumatic memories reminders and affects. Therefore, every trauma therapist should give the proper treatment like Dr. Berger did to Conrad.

Simultaneously, another person who contributes to remove Conrad's guilt psychology would be his girlfriend Jeannine Pratt. She makes him open his eyes to see the world and his heart to feel. She is new friend in choir class. She befriends with Conrad and they spend time together. She boosts up Conrad's confidence and makes optimistic as she admires his singing

is super. She goes for game and to restaurant where Conrad is fond of. She keeps in touch with him so that Conrad doesn't feel aloof and alienated. Her accompaniment gives him vibrating energy and positive attitude which helps him a lot to wash out his sense of guilt psychology.

Moreover, Conrad himself is enough conscious, regarding his trauma problems, to search the way of healing. No doubt his father urges to visit doctor but his eager willingness is the most important factor that drives him to the destination of normal life. When Conrad starts seeing a psychiatrist and he comes closer and closer to confronting what he has to in order to truly overcome his troubles. He tries his best to come in normal life therefore he consults a lot about what makes him depressed, frightened and hyper anger. He wants to quit for forever those sad feelings and mental stress aroused within him.

Conrad's self interest in healing and his eager longing for normal life are the key factor that lead him to his destination. Once patients grow willingness and determination for better health, they are supposed to be half cured. Because mental state plays the vital role to heal any kind of wound. Conrad is aware of his pathetic condition. He wants to quit the traumatic life as soon as possible though it's tough task. He time and again fights against his shattered psyche. He does a lot of thing to overcome his guilt psychology.

As it is known that it's not a magic to heal the trauma within few days, he keeps patience with full hope as Dr. Berger advises to think of something optimistic things. When he meets for the first time, Dr. Berger starts asking his duration of stay in hospital and inquiries if he is feeling depressed and have any difficulties with friends, teacher and with parents. Conrad explains no such environment he has though it was completely wrong. He tells lie. He informs Dr. Berger that the main purpose he came there to be more in control and to stop his father worrying of him. He goes alone there in search of Dr. Berger that proves to

what extent he is eager to come back in normality throwing all of his traumatic illness.

In addition, he regularly goes to the Church and join the choir class what is he mostly fond of. This sort of his love for music gradually keeps him engaged and works as a medicine which gradually cures him.

Moreover, many people want to talk about their trauma with others who have had similar experiences. In group therapy, victim is encouraged to talk with a group of people who also have been through a trauma and who have Post Traumatic Stress Disorder. Sharing the story with others may help them feel more comfortable talking about trauma. This helps to cope the symptoms, memories and other parts of their life. Group therapy supports to build relationships with others who understand what they have been through. It leads victims to build up the self-confidence and trust. This therapy makes able to focus them in present life, rather than feeling overwhelmed by the past.

Conrad too conducts the group therapy for his soon recovery. While in group therapy, he often meets and makes phone calls to Karen, friend met in hospital, who had also tried to off herself like he did. They share their feelings, sufferings and thoughts. Conrad feels hesitation even to talk to the people except her. Both of them energize each other to come in normal life like other people do forgetting all the past. Karen always consoles and encourages him. To some extent, Conrad is affected by her vibrating in the hospital during treatment. The person to whom Conrad talks happily without any hesitation is only Karen. It may be so because their sufferings are same and able to understand each other's mentality. Such kind of group therapy assists to reduce the trauma and paves the way of healing.

Most dominantly Dr. Berger makes him to accept his mother as she is and not to expect the love more than she can. He makes him to realize the things he never knew before. As a result, near the end of the film, after Conrad has made a significant breakthrough in

therapy, he welcomes his parents to the home from a golf trip to Houston, bending down to give Beth a full, prolonged hug which the following picture represents.



Fig. no. 4. Conrad, gives a hug to mother at Houston after returning from the golf.

The above picture illuminates the heart attachment and positive attitude of Conrad towards mother he had never since Buck's death.

To wrap up, as Conrad is a victim of psychological trauma ultimately becomes able to restore the health through psychotherapy, group therapy, by keeping good relationship with parents and by showing self interest for healing. His father's kind inspiration too plays the dominant role for his recovery. No doubt he accomplishes his willingness for normal life by boosting his confidence and by filling up mind with positive attitude positive thoughts and optimistic vision. His girlfriend, Jeannine Pratt, and Karen also have equal contribution for his healing.

### **III. Psychotherapy is the Only Way of Healing the Traumatized Victim**

After the deep analysis of Robert Redford's debut film *Ordinary People*, the research has come to the conclusion that this movie has succeeded to reveal the overall traumatic experience of the American upper middle class family and microscopically explores the guilt psychology most of the youths were suffering from. The movie *Ordinary People* consists of two interwoven stories of traumatic experience told from the perspective of Calvin and Conrad. However, this research significantly has depicted the traumatic experience and healing process of Conrad in detail. This research has lively sketched how a seventeen years old adolescent boy is traumatized by survivor's guilt psychology and ultimately becomes able to be healed.

Redford has represented the traumatic life, has addressed their suffering and also recommended for the better solution. This researcher has come up with the idea that Redford, by visualizing the pathetic condition of protagonist suffering from psychological traumatic dread, intends to make learn to every family about the way of proper dealing and caring of their traumatized children who have destroyed life themselves due to the lack of friendly behavior and environment in family like Conrad.

The movie begins with the Conrad's excessive guilt psychology and ends with his state of gradual healing. What Redford tends to symbolize that though psychological trauma, especially who have developed PTSD, is very painful it can be healed but it needs long period of time. For that victim should have determination and optimism because, to be psychologically positive is half cured. At the same time well treatment like psychodynamic therapy, should be followed for the better health. Furthermore, Redford has glorified the magic of psychotherapy and psychiatry through the character of Dr. Berger who plays the vital role for Conrad's to chase all his surviving guilt psychology and to be positive with his mother, Beth.

Robert Redford has presented himself in favor of Conrad. As already mentioned in previous chapters, psychological trauma simply refers a type of damage to the psyche that occurs as a result of a traumatic events like false or sport injuries, war, rape, kidnapping, sexual abuse, natural disaster, car/plane crash, surgery, a break up of a significant relationship. A person becomes psychologically traumatic because of witnessing to the suffering of the victim and his empathetic engagement with the victimhood. In this movie, Conrad is a direct and primary victim who becomes victim when he lost his sibling in boat accident and he was safe. Since than he has been suffering from surviving guilt psychology and developed PTSD. Likewise his parents, Calvin and Beth, are secondary victim because they witness Conrad's sufferings.

As Conrad has 'thick' relation, feels ethical obligation to memorize his dead sibling, Buck. He consciously strives to forget Buck and the boat accident but he is unable rather he is always haunted by frequent frightening nightmares. When Calvin urges, Conrad starts to visit psychiatrist, Dr. Berger. It is his eagerness to get well soon. Redford uses the technique of flashback to symbolize the obstacle in Conrad's healing. However, he is ultimately succeeded to restore the health.

Thus, this research has attempted to unravel the issue of guilt psychology and healing in Robert Redford's *Ordinary people*. Departing from the other movie criticism on this movie, this research has centralized how youths (particularly American adolescent) are being psychologically victimized in rapid ratio. At the same time it analyzes how the upper middle class families are shattered by such kind of traumatic disasters. More significantly this research has explored the treatment for psychologically traumatized victim which is psychodynamic therapy.



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## II. Representation of Guilt Psychology and Healing

Trauma simply refers the wound or shock produced by sudden physical injuries as from accident, war, natural calamities, sexual harassment, domestic violence, death, abduction, terror or something like bitter experiences that creates substantial lasting damage to the psychological development of a person. It is a medical term of Greek origin denoting a severe wound or injury and the resulting after effects. Traumatic experience is extremely unpleasant and it causes us to feel upset and anxious. Past crucial events which people face as bitter experience in their life may also termed as their traumatic experiences.

In order to analyze guilt psychology and healing in Robert Redford's *Ordinary People*, "trauma" has been accepted as theoretical tool. When we go through the history or the development of trauma theory, its credit goes to Sigmund Freud who initially took the job of managing and flourishing the trauma theory in course of his treatment of the people who were being mentally and physically wounded, disturbed and disordered in World War I. As Freud is the propounder of the psychoanalytical approach both in treatment and literature, most of the trauma theorists and critics are more or less influenced and associated with him. They try their best to define trauma basing on Freud's psychoanalysis even speak for or argue against it.

According to Webster dictionary (5<sup>th</sup> edition), trauma is the Greek word for 'wound', although the Greek used the term only for physical injuries, nowadays trauma is just as likely to refer to psyche or emotional wound. We now know that emotional trauma often remains long after than many physical injuries. The psychological reactions to emotional trauma an extremely stressful event such as: post traumatic stress disorder. The reaction usually occurs after an extremely stressful such as: wartime combat, a natural disaster, sexual or physical abuse. Typical symptoms include depression, anxiety, flashbacks and recurring nightmare.

Trauma is specially related to physical and psychological problem, which lasts for long time in people's life and makes them helpless and anxious. Physical torture or psychological impact of past always haunts them and makes them upset. It remains as a nightmare through out their life. Mostly such past experience, especially of a childhood, remains all over the life. Mature person can get rid of such experiences but the threat experienced in our childhood can not be omitted whether people are mature or strong in our present time but the childhood horrible experiences cause is to remain under pressure.

Human mind always face such experiences by placing themselves in same situation, while recurring past crucial events he acts same as a kid but not as a mature man. The same threat which she faces in his childhood remains same even after his maturity. Mainly people can observe six types of trauma and they are situational, vicarious, historical, cultural, betrayal and psychological respectively.

Among the different types of the trauma, it is historical trauma which is cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma. Native Americans have, for over 500 years, endured physical, emotional, social, and spiritual genocide from European and American colonialist policy. Contemporary Native American life has adapted such that many are healthy and economically self-sufficient. Yet a significant proportion of Native people are not faring well.

The effect of historical trauma include: unsettled emotional trauma, depression, high mortality rates, high rates of alcohol abuse, significant problems of child abuse and domestic violence. There are 583 federally recognized tribes where the impact of historical trauma is often most pronounced. Understanding the experiences of a community is imprisonment towards beginning the healing process. Genocide, imprisonment, forced assimilation and misguided governance has resulted in loss of culture and identity, alcoholism, poverty and

despair.

As it is a well known matter that cultural influences what type of threat is perceived as traumatic and how we interpret the meaning of the traumatic event. Culture also influences how individuals and communities express traumatic reactions. While reactions to trauma seem to be common throughout all cultures and based in physiology of human beings, manifestations of responses may differ significantly.

Culture forms a context through which the traumatized individuals or communities views and judge their own response. If people think that the society around them will not accept them as victims, there is a tendency to withdraw and be silent; culture may affect the response of immediately “non-traumatized to trauma” and the traumatized. This is a critical issue for many people who are victims. Their own culture or the culture in which they exist may reject or stigmatize them and may be perceived as an additional injury; cultures may help define healthy pathways to new lives after trauma. The routines and traditions may aid survivors of a tragedy in feeling re-oriented or rendering life predictable.

Trauma and culture are particularly complicated today. Multiple identification require complex reasoning for negotiation the environment. With an increase in life stress and a decrease in the capacity to screen and moderate the impact of a trauma cultural traumas can be transmitted across time and generation as a bond for survival.

Among the different types of trauma, ‘vicarious trauma’, which is also referred to as secondary trauma, is a normal response to repeated exposure and empathetic engagement with traumatic material. This type of trauma occurs to the secondary witness to traumatic events. In such case, a person is traumatic because of his/her empathetic engagement with the victimhood. The virtual experience involved in empathy gives way to the vicarious victimhood, and empathy with the victim seems to become an identity. So, vicarious trauma

occurs because one cares or empathizes with people who are suffering.

As it is a psychological term used to refer to a transformation in a therapist or any other humanitarian worker as a result of working with client's traumatic experiences.

Pearlman and Saakvitne in their *Trauma and the Therapist: Counter transference and Vicarious Traumatization in psychotherapy with Incest Survivors* describe vicarious trauma as "the inner transformation that occurs in the inner experience of the therapist [or other professional] that comes about as a result of empathic engagement with client's trauma material" (31). In short, vicarious trauma is the effect of bearing witness to the emotional pain and the explicit details of another person's suffering, loss and trauma.

Trauma has come to be expected during situations involving genocide, warfare and crime. People subjected to torture, natural and manmade disasters and medical emergencies are bound to experience a great deal of trauma. In cases like these, trauma victims don't usually seek out treatment, or is not available, trauma is very common, but often goes undiagnosed, in instances of domestic abuse, child molestation, and incest, this is due to the fact that the victims are rarely identified by care givers and likely fail to receive the correct treatment for ongoing trauma.

In this way, it is not the type of event that dictated trauma, but it is how a person perceives the event such as participating or witnessing brutal terrorism, military soldier's involvement, surviving a natural disaster, accident, childhood physical, psychological or sexual abuse and so on.

In addition, it is betrayal trauma theory that draws on studies of social contracts to explain why and how humans are excellent at detecting betrayals; however, Freud argues that under some circumstances detecting betrayals may be counter-productive to survival. Specifically, in cases where a victim is dependent on a caregiver, survival may require that

s/he remain unaware of the betrayal. In the case of childhood sexual abuse, a child who is aware that her/his parent is being abusive may withdraw from the relationship (e.g. emotionally or in terms of proximity).

For a child who depends on a caregiver for basic survival, withdrawing may actually be at odds with ultimate survival goals, particularly, when the caregiver responds to withdrawal by further reducing care giving or increasing violence. In such cases, the child's survival would be better ensured by being blind to the betrayal and isolating the knowledge of the event, thus remaining engaged with the caregiver.

This betrayal trauma theory predicts that unawareness and forgetting of abuse will be higher when the relationship between perpetrator and victim involves closeness, trust, and care giving. It is in these cases that the potential for a conflict between need to stay in the relationship and awareness of betrayal is greatest, and thus where we should see the greatest amount of forgetting or memory impairment.

Same like this, there is psychological trauma which is generally considered as the result of extraordinarily stressful event that shatters our security, making us feel hopeless and vulnerable in a dangerous world. Traumatic experiences often involve a threat to life or safety but any situation that leaves us feeling overwhelmed and alone can be traumatic, even if doesn't involve physical harm. It is not objective fact that determines whether an event is traumatic but our subjective emotional experience of the events. The more frightened and helpless we feel, the more likely we are to be traumatized.

In other word, it can be defined as it simply refers as a type of damage to the psyche that occurs as a result of a traumatic events like false or sport injuries, war, rape, kidnapping, sexual abuse, natural disaster, car/plane crash, surgery, a break up of a significant relationship. Most of the people argues that psychological trauma is many times painful than

physical trauma, as it takes long period of time to be fully cured.

Besides these, Post traumatic stress disorder which actually doesn't fall under the category of any trauma mentioned above, however it is essential to mention here since it is quite inter related with all trauma. It is an excessive state of frightening or psychological shock lead by the any trauma which sounds more similar with the symptoms of trauma however, it is a stage unknowingly developed by the trauma victim due to the most horrible traumatic events like sexual/physical abuse, war, rape, natural disaster, car/plane crash, kidnapping, death of dearest one and so on. Memory of past traumatic event and the guilt psychology mainly contribute for the development of post traumatic stress disorder which is very dangerous in a sense there is maximum possibility of suicidal death of PTSD victim.

Post Traumatic stress Disorder (PTSD) can affect those who personally experience the catastrophe, those who witness it and those who pick up the pieces afterwards, including emergency workers and law enforcement officers. Scaer talks in a different manner about PTSD in his book *The Trauma Spectrum: hidden wounds and human resiliency*. It can even occur in the friends or family members of those who go through the actual trauma. Scaer further says that traumatic events that can lead to post traumatic stress disorder include violent assault, sibling death, accident, medical procedure (especially in kids), broken marital life, alcoholism, sexual abuse and so on.

The traumatic events that lead to post traumatic stress disorder are usually so overwhelming and frightening that they would upset anyone when your sense of safety and trust are shattered. It's normal to feel crazy, disconnected or numb and most people so. The only difference between people who go on to develop PTSD and those who don't is how they cope with the trauma.

Babette Rothschild, a psychotherapist has worked a lot in distinguishing among the

various dimensions of trauma, particularly among stress, traumatic stress, PTS, and PTSD. Stress is basically a response to any change, good or bad. It can be reflected in marriage or divorce, getting a new job or being fired, and moving or losing your home. These events have certain effects on the individuals experiencing them, however, traumatic stress results from, a traumatic incident. It is prone to continue even long after the incident. That way it becomes as Posttraumatic Stress (PTS). PTS may aggravate to the level of symptoms described in the DSM-IV (Diagnostic and Statistical Manual of Mental Disorders). It is then defined as Post Traumatic Stress Disorder (PTSD).

Judith Herman, a pioneer in the study of PTSD and the sexual abuse of women and children believes that victims who feel powerless because of a traumatic event may become paralyzed, submissive entirely shutting down their defenses. This is relived as constriction, a defense in which the trauma victim escapes from, a situation not by action in the real world, but rather by altering her state of consciousness. Traumatized people who do not experience constriction may use other numbing agents as alcohol or drugs. Judith Herman has further described the symptoms. She mentions:

Since neither the intrusive nor the numbing symptoms allow for the integration of the traumatic event, the alternation between these two extreme states might be understood as an attempt to find a satisfactory balance between the two. But balance is precisely what the traumatized person lacks. They find themselves caught between the extremes of amnesia or of reliving the trauma, between floods of intense, over-whelming feeling and arid states of no feeling at all, between irritable, impulsive action and complete inhibition of action.

(47)

The balance, Judith Herman refers to, is in the ability to self-regulate affect. For example,



children who are chronically abused or neglected most often feel a sense of uneasiness that can escalate in to anxiety, panic, rage, and despair. As adults, these symptoms often become chronic.

Victims will dissociate to detach from the abuse, thereby continuing to use dissociation to detach themselves from the PTSD symptoms of the trauma and even from stress in their daily life. According to A.N. Shore, this prevents them from experiencing new ways to cope (36). Victim does not feel little better each day.

Re-experience of traumatic event, guilt psychology, depression, trouble sleeping, suicidal thought or feelings, out burst anger, flashbacks (acting or feeling like the event is happening again), nightmares (either of the event or of other frightening things), frequent and upsetting memories are the dominant symptoms that pave the way to develop the PTSD. Such symptoms occur within weeks, months or even years too.

### **Critical View of Trauma**

The trauma studies today, has become intrinsically multidisciplinary. In the field of literary field, it has not come as surprise since there are plenty of writer, critics and theorists who critically analyzed and published many more textbooks based upon the trauma, its nature and about the representation of the traumatic events. Many reputed trauma theorists like, Geoffrey Hartman, Cathy Catruth, Dominick LaCapra, Ryan Lamothe, James Berger and others have researched on this theory. And their researches are based upon Freud's psychoanalysis who is the father of the trauma theory.

Regarding the trauma studies Oxford Advanced Learner Dictionary (7<sup>th</sup> edition) has defined the word 'trauma' as mental condition caused by severe shock, especially when the harmful effects last for long time or an unpleasant experience that makes us feel upset and anxious (page16). This is used today to describe a kind of psychological wound. What was

once a concept reserved strictly for physical blows and injury, its meaning, since the late nineteenth century, has been psychologized.

Trauma theory has been based on the psychoanalysis theory propounded by Sigmund Freud. He in, *In Studies of Hysteria*, has used the term 'trauma' to elucidate a hard situation.

He says in a bid to define what constitute trauma:

Trauma is a painful event that doesn't inflict hat but the mind, that is an overpowering event, unacceptable to consciousness, can be forgotten and yet is returned in the form of somatic symptoms of compulsive and repetitive behavior. (570)

He has strong belief on trauma and has defined it as mental process. Even a physically man can harbor traumatic experiences, which are very recurring.

Studying trauma theory related with Freud, Berger comments on the relating matter of neurotic symptom with the repressed drives:

Initial theory of trauma and symptoms were more problematic for Freud, when he concluded that, neurotic symptoms were more often the result of repressed drives and desires than of traumatic events. Freud returned to the theory of trauma in "Beyond the Pleasure Principle", a work which originated in his, treatment of World War I Combat Veterans who suffered from repeated nightmares and other symptoms of their wartimes experiences. (570)

The traumatic events and its aftermaths become central to psychoanalysis.

Geoffrey Hartman, in this work "*Trauma within the Limits of Literature*", defines trauma study in the arts and literature. He writes:

As a specifically literary endeavor, trauma study explores the relation of words and wounds. Its main focus is son words that wound, and presumably can be

healed, if at all, by further words. But hurt, striking deeper than realized, may also come through the inadequacy of words when they cannot find a response, or convey reality or redress other shocks including the impact of visual images. (258)

Hartman, considering trauma within the limits of language and literature, further says that trauma theory within literary studies does shift attention, in any case, to the medium of words, their forcefulness as well as importance. It is a shift with both an intriguing and a more dubious consequence. According to him, when we speak of the nightmare suffering of war, or of the Holocaust's break with civilized values, these extra-ordinary determinants of trauma differ from such ordinary ones as an unguarded word or a deliberate insult, or more violent but still random excitations that inflict psychic pain.

While trauma has been redefined and reconsidered over many decades, there is still no single definition and understanding of it; however, one of the most useful definitions of trauma in its psychological rather than psycho-medical understandings is from Cathy Caruth. She signals that trauma as the limit of knowledge is a continuation of the Yale Project. In its most general definition, trauma describes an overwhelming experience of "sudden or catastrophic events, in which the responses to the event occurs in the after delayed and controlled repetitive occurrence of hallucinations and other intrusive phenomena" (181). The mind and body both get numb state when traumatic experience occurs.

Caruth points out in her introduction to *Trauma: Exploration in memory*, "the issue of trauma emerged from an originally fragmented (psychiatric, psychological and sociological) discourse on reactions to catastrophes in the wake of the Vietnam war" (333). She explains as violent traumatic takes place later on it disguises into the form of repeated flashbacks and horrible nightmares which leaves the victim of trauma in excessive pain.

Jenny Edkins in *Trauma and the memory of politics* discusses about the nature of trauma and effect of memory. He depicts:

Victims of trauma are unable to remember the incident under ordinary circumstances but are haunted by dreams and nightmares during which, the event replays itself. In other words the experience of the trauma, fixed or frozen in time, refuses to be represented as past, but it perpetually re-experienced in a painful, dissociated, traumatic present. The notion has now become so widely adopted in discourse that trauma can refer to anything from the experience of Nazi persecution to the sexual harassment allegedly suffered by Paula Jones at the hands of President Clinton. (13)

What Edkins means to say above is that nothing else is more painful than the traumatic event. It is by nature so painful that it always makes the victim to re-experience the trauma through different mode like nightmares, dreams and flashbacks. He puts forward his view regarding the traumatic stress as it is a disease of time that permits the past (memory) to relive itself in the present in the form of intrusive image and thoughts and in the patient's compulsion to replay old events.

Supporting such issue of memory, one of the psychologists Martin Stone in his book, *Shellshock and he psychologists' in The Anatomy of Madness: in the History of psychiatry*, discusses about the survivor's psychology and the effect of nightmares by illustrating aftermath of a war or catastrophe comes the reckoning. He strongly states:

Survivors are subdued, even silent. Many witnessed the deaths of those around them. They can't forget and some are haunted by nightmares and flashbacks to scenes of unimaginable horror. In their dreams they re-live their battlefield experiences and awake again in a sweat. (41)

In the above statement, Stone has clearly sketched the scene of battlefield and the inhuman barbaric death and witnesses of such war who are now suffering from the flashback. What after all he means to say is that survivor and witness both can't be free from such horror memories, dream and flashback which creates the compulsive situation to reoccur the psychological trauma.

Avishai Margalit, the author of the book *The Ethics of Memory*, is concerned with the ethics of memory or the duty of remembrance. According to him there are obligations to remember people or events from the past. He writes:

Thick relations are grounded in attributes such as parent, friend, lover, fellow-countryman. Thick relations are anchored in a shared past or moored in shared memory. Thin relations, on the other hand, are backed by the attribute of being human, such as being a woman or being sick. Thick relations are in general our relations to the stranger and the remote. (7)

Margalit explores the way rely on memory to give meaning and substance to the “thick” or “thin” ethical relationships. “Thick” relations, he argues, are those that we have with family, friends or community and they are all dependent on shared memories, but we also have “thin” relations with total strangers, people with whom we have nothing in common except our common humanity.

The book takes up the question of duties of memory. Margalit opens his study with the question: “Is there an ethic of memory?” (6), and thereby drives forward his subject of examination by evocating a series of questions like “Are we obligated to remember people and events from the past? If we are, what is the nature of this obligation?” (7). He answers later in the book: “Let us understand we as the collective or communal we” (48). Finally he concludes, the “ethics of memory is the ethics of collective memory” (48).

As an astonishingly human thinker, Margalit argues that human beings have an ethical obligation to remember the past persons and events, he maintains that the source of this obligation to remember comes from the effort of radical evil forces to undermine morality by rewriting the past and controlling collective memory, he argues that it is necessary for community to have collective memories in order to achieve a level of repentance and reconciliation, in the book, he explores the evaluative and ethical dimensions of memory both in the private and in the collective spheres. He writes: “My question, Is there an ethics of memory? Is both about micro-ethics (the ethics of individuals) and about macro-ethics (the ethics of collectives)?” (6-7). The main unifying theme of the book, as the title signals, is the treatment of memory, individual and collective, as something responsive to ethical evaluation. The central idea of Margalit is that when radical evil attacks our shared humanity, we ought, as human beings, to remember the victims.

Kulaks argues that memory should share a renewed and universally shared understanding of morality. Exceptional moral witness to such crimes can preserve harrowing memories that will galvanize others to act against social and political evil.

Margalit states that ethics guides our thick relations whereas morality guides our thin relations. According to him, ethics tells us how we should regulate our thick relations and morality tells us how we regulate our thin relations. He further states:

The primary concern of both and morality is with certain aspects of human relations. Morality is greatly concerned, for example, with respect and humiliation; these are attitudes manifest themselves among those who have thin relations. Ethics, on the other hand, is greatly concerned with loyalty and betrayal, manifested among those who have thick relations. (8)

The major concern of Margalit is that “while there is an ethics of memory there is very little

of memory” (7). According to him, because it encompasses all humanity, morality is long on geography and short on memory whereas ethics is typically short on geography and long on memory. For him, memory is the cement that holds thick relations together, and communities of memory are the obvious habitat for thick relations and thus for ethics. And by playing such a crucial role on cementing thick relations, memory becomes an obvious concern of ethics “which is the enterprise that tells us how we should conduct our thick relations ” (8). The central idea of Margalit is that morality should be concerned with memory as well when the gross crimes against humanity are an attack on the very notion of shared humanity. Dominick LaCapra, a leading scholar in the field of vicarious trauma theory, has produced some works that address the moral and hermeneutical dimensions of representing traumatic history and the Holocaust in particular. In *History and memory After Auschwitz*, LaCapra deals with the nature of history and memory following the Holocaust. LaCapra sets about examining history and memory in a post-Holocaust age: what does it mean to remember? What is remembered and to what purpose? What is the precise role of forgetting? The book leaves reader with a probing sense of the difficulties that surround the very act of remembering the Holocaust. Concerned primarily with the generations of individuals who did not experience Nazi horror directly yet who have lived with its memory all their lives, the book launches a thoughtful probe into some of the ensuing problems.

LaCapra, in his another work, *Trauma, Absence, Loss*, describes recovery from trauma as a process of separating absence from loss, where loss involves a particular historical event, and absence the perception of something as missing that was never present to being with. Conflation or confusion of these is a part of traumatic experience, but could also result from inappropriate identification with another’s loss, mistaking felt absence for experienced loss. Failure to properly distinguish between these two has disastrous

consequences. As LaCapra writes:

When absence is converted into loss, one increases the likelihood of misplaced nostalgia or utopian in quest of a new totality or fully unified community. When loss is converted into (or encrypted in an indiscriminately generalized rhetoric of ) absence, one faces the impasse of endless melancholy, impossible mourning, and interminable aporia in which any process of working through the past and its historical losses is foreclosed or prematurely aborted. (728)

LaCarpa further says that treated as loss, absence pushes witness to fill voids that cannot be filled, through retaliation or through misplaced identification with real victims. Alternately, a witness or victim may chose to preserve the void, and revisit the site of perceived historical loss with compulsive regularity.

As it is well known matter that trauma can lead to the serious long term negative consequences that are often overlooked even by mental health professionals. If clinicians fail to look through a trauma lens and to conceptualize client's problems as related possibly to current or past trauma, they may fail to see that trauma victims, young and old, organize much of their lives around repetitive patterns of reliving and warding off traumatic memories reminders and affects. Therefore, every trauma therapist should give the proper treatment.

Finding the most effective and efficient treatment for any psychological condition is the hope of any good therapist, Robert explains about the treatment of trauma especially of PTSD. He views that trauma treatment is in its early stages (2000) and that there is both scientific and clinical wisdom attesting to a range of approaches that are considered effective for trauma conditions and symptoms. He states:

The treatment for trauma-related disturbances has been discussed extensively



in the literature for over 100 years. The rich literature has provided us with much clinical wisdom. In the last two decades, several treatments for PTSD have been studied using experimental and statistical methods. Thus at the present time we have both clinical and scientific knowledge about what treatment modalities help patients with post-trauma problems. (956)

He puts forward his view that there are many paths to recovery from trauma or a concept which applies to many forms of psychological problems. The forms of therapy that are prominent in the literature and clinical practice include Psychodynamic-based treatments, emphasis on cognitions) treatments. He furthermore says:

There are also older approaches within the psychodynamic group which use the tripartite models of unconscious processes. The important feature to keep in mind with all the psychodynamic treatments is that they recognize important roles for unconscious processes such as defences and they accept the adaptive role of compromise solutions to the containment of the impact of the traumatic event. Older models incorporating such notions as an Oedipus complex, Penis envy and other highly derogatory concepts, especially with respect to women, may still be practiced, but are largely discredited in the broader trauma therapist community. (56-57)

He mentions above about an effective way of treatments such as psychodynamic, Oedipus complex and penis envy. He simply justifies the term psychodynamic as it covers a very diverse group of approaches to trauma.

Generally, psychodynamic is a kind of therapy where therapist makes the victim learning the ways of dealing with emotional conflicts caused by the trauma. The therapist makes victim to understand how the past affect the way they feel at the present situation. This

sort of therapy helps finding ways to cope with intense surviving guilt psychology due to the past traumatic event. In similar way, such therapy contributes identifying the stressful memories and other symptoms, becoming more aware of thoughts, feelings and raising the self-esteem for the victim of psychological trauma.

To wrap up, trauma studies has moved beyond the parameters of clinical study to draw much attention of literary and cultural critics. It has also become intrinsically multidisciplinary.

### **III. Representation of Guilt Psychology in Redford's *Ordinary People***

The movie *Ordinary people*, directed by Robert Redford consists of two interwoven stories of traumatic experience told from the perspective of Calvin and Conrad. However, this research significantly depicts the traumatic experience and healing process of Conrad in detail. The primary purpose of this research is to lively sketch how a sixteen years old adolescent boy is traumatized by survivor's guilt psychology and ultimately becomes able to be healed.

The protagonist, Conrad, is the main victim of trauma who is haunted by the guilt psychology. The major cause for his guilt psychology is sudden sibling death. Buck, his elder brother, and Conrad are friends like sibling. They seem to be an intimate friend more than brothers. They most of the time spend together in swimming. There is no long age gap between them that's why their choices and thoughts are quite similar. They feel incomplete without each other's friendly company. However, due to the Buck's death in a boat accident not only of leaves Conrad alone but drives him in to the pond of depression and ultimately makes victim of Post Traumatic Stress Disorder (PTSD).

Though Conrad tries his best to rescue his brother from boat accident unfortunately his all effort goes worthless. He strives a lot to hold Buck's hand tight to save him from drowning in to the water, but he is unable to do so as a result Buck dies. Such accidental death traumatized Conrad along with whole Jerrette family. Conrad is completely friendless, alienated and depressed in absence of Buck. Gradually he grows up self blaming for Buck's death. He begins to feel if he could hold strong, there would be a lot possibility to save Buck. Buck's death itself is very sorrowful for Conrad, at the same time he suffers from guilt psychology for not being able to save. Such feelings drive him even to attempt failure suicide.

An attempt to commit suicide itself is the outcome act of his guilt psychology. After witnessing his brother's death it ultimately leads him to attempt suicide. Generally people turn into sorrow by somebody's death and gradually come in to normal situation as the time passes on. But this is not the case in Jarrette family especially in Conrad who is recently back to home following 4 months treatment in psychiatric hospital due to his suicidal attempt. It is an appropriate example how deadly he is mentally shattered and suffered by guilt psychologically.

Similarly, Conrad's guilt psychology is excessively seen when he hears the suicidal death of Karen, an intimate friend met in hospital. The news of Karen's suicide threatens to send him spiraling back in to re-experience of the traumatic event which is very dangerous in a sense it generates difficulties in healing like to Conrad. Karen and Conrad both are victimized by psychological trauma.

The news of Karen's suicidal death rememorizes Buck's accident which that compels him to suffer from guilt psychology. He immediately wishes to quit the fearful flashback however he is not able. He even can't speak properly due to intolerable agony aroused within him. He is deeply shocked and becomes restless therefore he rushes to meet Dr. Berger even in the midnight. We can observe in the following dialogue about Conrad's sense of guilt psychology:

CONRAD: Oh God! I need something.

DR. BERGER: What do you need? Tell me!

CONRAD: It just keeps coming! I can't . . . I can't make it stop!

DR. BERGER: Don't try.

CONRAD: I gotta . . . I gotta . . . I gotta get off the hook!

DR. BERGER: For what?

CONRAD: For what I did.

DR. BERGER: What did you do?

CONRAD: What I did to him!

DR. BERGER: What did you do?

CONRAD: It's something . . . It's something . . . Don't you see? (1.36.42 sec.)

The above conversation is the evidence of Conrad's excessive guilt psychology. It concludes that Conrad loses control over himself and remains under the illusion in which he is more responsible for Buck's death. After the regular visiting of Dr. Berger, he is almost normalized. But the Karen's suicidal death re-traumatizes which is the salient feature of Post Traumatic Stress Disorder.

No the death of sibling, suicide, disastrous event can never be completely forgotten in entire life, so is with Conrad. The tension and suffering are like unresolved conflict which remains for so long period of time that such past event becomes more visible and fresh the year passes on, which seems very similar in case of Conrad who can't forget Buck's accident rather always comes in mind. The more memories beat his mind the more psychologically traumatized he becomes.

Furthermore, the next leading cause for Conrad's traumatic life and guilt psychology is his mother, named Beth, who behaves so rudely that Conrad grows misconception that she doesn't love him rather still loves the dead one, Buck. She even dislikes Calvin's attitude and his insistence on worrying about their son. Rude and unfriendly behavior of Beth is dominantly responsible for Conrad's traumatic guilt psychological state.

As Beth makes rare communication with Conrad, neither she addresses his problems nor shows any interest to understand Conrad's feelings rather she spends most of the time playing golf game, going theatre and attending parties as a result, she becomes cold with

Conrad that obstructs to tie bond for the harmonious family. Mother is the first teacher who shapes her child's future, needs to feel and treat according to psychology. But Beth is not a perfect mother who never strives to find out what makes Conrad depressed. Instead she often debates for the trivial matters.

Beth feels insult over Conrad's secret swim quit and for not informing after all. When she scolds him for telling lie, Calvin, to some extent, supports her as swimming is a matter of restoring health. But it wasn't Conrad's intention neither to insult nor to hurt them. He simply thought it wouldn't make any differences. Beth doesn't realize what made him compulsion to quit swimming. She just keeps on discussion with him.

Calvin urges Conrad to stop debating with mother when discussion airs in to the apex but Conrad counter argues his father for never telling anything to her. Conrad aggressively argues with mother for never visiting when he was in under treatment at psychiatric hospital. He claims if Buck were in the hospital, she would come in any cost. Calvin tends to mediate but it is worthless as both aren't ready to compromise.

Even after the death, Beth loves a dead son and has less attachment with a survived son who should have been cared indeed more than the dead one. Conrad can't bear his mother's preference to Buck so, he goes upstairs putting his hands over head. He wants Beth to love him as much as she loves Buck. Of course every mother misses her dead children but it doesn't worth to worry of past incident and punish those survived child. Same happen to Conrad. He is more alienated, depressed and mentally stressed due to Beth's rude behavior and Calvin's weak role which contributes to drive him in the state of guilt psychology. Such type of Beth's declaration of her sympathy towards dead Buck and ignorance towards Conrad is crystal clear in the following dialogue:

CALVIN: Just stop it, Connie!

CONRAD: No! You tell her to stop it! You never tell her a godamn thing! And I know why she never came to hospital, she's busy gong to godamn Spain and . . . godamn Portugal! Why should she care if I'm hung up by the balls out there?

BETH: May be this is how they sit around and talk at the hospital, but we're not at the hospital now.

CONRAD: You never came to the hospital!

CALVIN: How do you know she never came? You know she came but she had the flu and couldn't come inside, but she came.

CONRAD: Yeah! She wouldn't have had any flu if Buck were in the hospital! She would have come if Buck were in the hospital!

BETH: Buck would have never been in the hospital!

(Conrad takes his head between his hands and runs upstairs to his room.)

Such Beth's claim on behalf of Buck is the most painful for Conrad who immediately fills with guilt psychology as the name of Buck is pronounced. Instead of sympathy he receives only outrage response from father too. His mother's rude behavior and father's weak role contributes to drive him in the state of guilt psychology.

Sometimes parents may seem to be 'rejecting' even if they are deeply devoted to their child. Moreover, the press of everyday life and the need for setting limits on what a child can expect or be allowed to do inevitably, means that every parent are quite often seen by the child as a 'rejecting' parents. It happens to be so due to the child immature label of thinking and innocence. However, mostly in the developed country, many parents seem to be 'rejecting' towards their teenage children, may be due to the spreading trend of individualism and independency that contribute children to be suffered from psychological trauma like Conrad.

Adolescence, are reared without affection, face a hard life. While young and immature s/he can't count on the protection and help s/he needs. They are thrown on their own resources for defense where resources are very limited. The teenage children carry a large burden if there is no friendly adult at home to blunt the edge of assaults which s/he receives from unkind playmates or teachers or other members of the community who have a cruel streak. S/he is constantly driven back on his own defenses. If s/he withdraws within her/himself s/he might somewhere find. If s/he fights back it is likely to meet with further rejection. As a result, children have maximum possibility to be suffered from the deep psychological trauma and never able to escape from that.

The protagonist Conrad's guilt psychology is most visible in his daily activities as most of the time he keeps silence, doesn't make any true communication particularly with his mother. The usual joking and laughter is interrupted when, on the occasion of Christmas, Calvin longs to get a picture of Conrad and Beth. He has a little trouble adjusting the camera settings, building anxiety in Beth. She urges repeatedly him to give her the camera. The volume of their exchange rises until Conrad shouts, "Give her the Godamn Camera!" He talks into a corner as Beth takes the camera from the startled Calvin and with an awkward cheeriness, clicks the shutter at her stunned husband which is depicted in the following picture.



Fig.1. Conrad taking photo with his parents and maternal grandfather in traumatic good.



The above picture demonstrates Conrad's traumatic experience as he suffers from mental stress like high temper, irritation and alienation which is normally considered as the symptoms of Post traumatic stress disorder. He has double traumatic experience. First one is he lost his brother and becomes guilt for surviving. As a result he tried to off life due to such mental pressure and guilt feeling of surviving which creates complexity in his life. Similarly, the struggle for normal life after his suicidal attempt is the second traumatic experience. He wants to live a comfort and normal life but he can't feel comfort even in the home and the surrounding the friends.

The family relationship and the way of dealing and their attitude affect a lot to trauma victim as Conrad in *Ordinary People*. Jarrette members are in the dinning room where Beth is preparing food. Calvin and Conrad are just waiting it to be served. Calvin and Beth are talking about their friend who recently died whereas Conrad is meek and silence. Suddenly he laughs and starts to communicate with father about his first visit to psychiatrist Dr. Berger. As response Calvin makes him ease by pleasing smile. Conrad informs psychiatry is not necessary if the charge is expensive. But Calvin assures money doesn't matter in treatment. Beth says nothing though she claims problems should be solved in a privacy of family. There is communication gap between mother and son which contributes Conrad's for guilt psychology. Even after his suicide, Beth doesn't talk as essential, instead gets angry when Calvin worries about Conrad. This conversation shows the communication gap between mother and son in Jarrette's family.

[Conrad laughs. Calvin too laughs. He is first surprised then pleased by son's reaction. Conrad informs parents about his visit to Dr. Berger.]

CONRAD: I went.

CALVIN: When?

CONRAD: Today. (Beth comes closer.)

BETH: I didn't know you made an appointment.

CALVIN: How did it go?

CONRAD: If it's too much money, I don't have to go. It's not necessary.

CALVIN: Don't worry about money. It's okay (Enthusiastically).

CONRAD: Not much. (20.45 sec)

The above dialogue evaluates the communication between Conrad and his parents as well as digs out the depth of Conrad's relationship with his parents and the way of their treats, which is very important while analyzing psychological trauma because even the minor way of dealing affects a lot the victim

Both Conrad and Beth prefer less talk though its mother's responsibility to read her children's psychology for proper guidance. As plenty of psychological changes occur in adolescent they must be well behaved, if not there is maximum possibility to be depressed like teenage Conrad. Actually he needs more consolation, inspiration and love in a sense he is already suffered from post traumatic stress disorder. But Beth is emotionally void towards Conrad so her insensitivity and emotional distance caused Conrad to feel isolated and rejected.

Parental attitude and behavior also play the vital role in teenage psychology and their activities. Every child, especially adolescent, should be given a friendly family environment and should be treated according to their psychology as they are very aggressive, emotional and quick decision makers. Such kind of friendly environment is vanished in Jarrette family. Calvin is emotionally available to his son but troubled by his son and wife's relationship or lack there of. Father is success to provide a comfortable and caring environment to aloof Conrad, who is no longer treated as according to adolescent psychology by his mother. Such

her ignoring habit and less communication drive traumatized Conrad towards the guilt psychology.

Consequently, Conrad's guilt psychology is disguised in to nightmares he often has. When he wakes up from the fearful nightmares and unwillingly starts to memorize all the past traumatic incidents. Nightmares memorize the past incident he wants to forget. Conrad dreams the same event where he is struggling together with Buck to come out from the boat storm in Lake. Conrad strives much to get back Buck out from the boat. He screams helplessly to Buck for holding his hand tight so that they can't easily be drowned. Unfortunately, their hands are separated. Conrad is hardly saved but Buck is drowned after all. There is neither Conrad's nor Buck's fault for his death. But these nightmares leave him frightened. Right after he wakes up from the nightmares he has rapid heartbeat, louder breath, washed by sweat:

INT. BEDROOM NIGHT 28 (...Conrad is twisting in his bed under a nightmare, STORM ON LAKE. Conrad and Buck are fighting against the storm in their small sailboat.)

CONRAD: Lift the rope off Bucky!

NIGHT 29

( ... Conrad is twisting . . . in their small sailboat.)

BUCK: We are going in!

NIGHT 30

( ... Conrad is . . . Buck is overboard swimming, trying to cling at the overturned small sailboat.)

NIGHT 31

( ... Conrad is twisting.... ON LAKE. Conrad is clinging at the knee of the

overturned sailboat.)

CONRAD: Give me your hand, Bucky!

NIGHT 32

( ... Conrad is twisting in his bed under his nightmare and muttering in his sleep.)

CONRAD: Fuck! Fuck!. . Ha. . .(14.35 Sec).

It shows that the nightmare is extremely frightened which don't let Conrad to forget completely traumatic past incidents. It haunts him by re-memorizing Buck his death that compel to suffers from survivor's guilt, depression, frustration, post traumatic stress disorder. As a result, he believes he made Buck to die due to his weak role and finally haunted by guilt psychology. Nightmare is fearful which makes victim more horrified and helpless. Once traumatized, people can't forget the traumatic event completely rather doubles the pain and suffering.

Conrad's nostalgia proves his guilt psychology. The whole Jerrette family is nostalgic in a sense they often memorize Buck and harmonious family they had, just before the catastrophic disaster took place. The protagonist Conrad is nostalgic towards his elder sibling and his friendly company. Conrad is psychologically victimized by Buck's memory. He really misses Buck and the days they spent together, simultaneously feels guilt for having survived.

After regular counseling with Dr. Berger, to some extent, he feels normal and stops to memorize the traumatic incidents. As the time progresses, he takes interest with a girl at school named, Jeannine Pratt, who is very new to Lake Forest school. The time he spends with her is so delightful that he automatically forgets all the traumatic experiences. However it doesn't long last. Unfortunately when he reads about Karen's suicidal. He has guilt of

survival, that's the reason he wants to stop memorizing but it is not under his control death in newspaper, he is re-traumatized. At the same time, the snapshots of boat accident come to his eyes. No longer, he is without of past memories and flashbacks. He is guided by thick relation that' why he can't stop memorize, instead he becomes more nostalgic.

Same like this, Beth is very nostalgic towards Buck. Normally dead person are always dear. Moreover, no mother is cruel who forgets her dead children. It is impossible, so happens with Beth. The given conversation explores Beth's nostalgic situation where she enters in to Buck's room after returning from shopping. She becomes nostalgic when she deeply watches all the Buck's photographs hung in the wall. Conrad's arrival makes her shaking because she is thinking of Buck. She is interrupted by Conrad's entry:

(Beth is in Buck's room watching each and everything around there. She is interrupted by Conrad's sudden arrival.)

BETH: HA! (shakes in terrific way)

CONRAD: Oh, I'm sorry.

BETH: Don't do that!

CONRAD: I'm sorry, I . . .

BETH: Ha, I didn't think you were here.

CONRAD: I'm sorry, I just got in. I didn't . . . I didn't know you were here.

BETH: I didn't play golf today. It's too colder.

CONRAD: How's your golf game?

BETH: I didn't play.

CONRAD: Oh. . . It did get colder today.

BETH: No, I mean . . . for the year it's colder.

CONRAD: Yeah. (Beth leaves Buck's Bedroom.) (26.52 sec.)

This dialogue between mother and son proves how Beth is affected by Buck's death and she

became nostalgic. She simply pretends as if nothing has happened. Immediately she diverts her concentration by talking about the golf game. She might have been aimed death of Buck when she feels colder for a year which Conrad doesn't understand. Similarly Calvin is also very nostalgic for losing such a harmonious family right after Buck's death. Conrad memorizes the boat accident, their struggle for survival, Buck's death which he wants to forget completely but he can't because there is thick relation between them. There is a compulsion of 'thick relation' for their nostalgic life.

Conrad's excessive guilt psychology is transparent when Conrad hears the news of Karen's suicide. As memory of Buck's accident and Karen leave him helpless, he rushes to Berger in the midnight and narrates everything that made him almost dead. At the same time, he comments Dr. Berger that he charges so expensive, fifty dollar per an hour twice in a week, however, why he can't feel better. He regrets no good changes he found during the therapy. He tells it's the same Conrad what he was last year. Same suffering, pain, guilt and same problems he had last year, nothing is progress. He is full of tear when Dr. Berger says he is not a therapist rather a good friend and realizes the big support he got since he was searching. He hugs and cries in mixture of pain and pleasure as in the given picture.



Fig. No. 2 Conrad with Dr. Berger in excessive traumatic mood.

Extreme painful guilt psychology is artistically depicted in the above picture when Conrad hears Karen's death and reminds all the traumatic events that he longs to quit since he is consulting with psychiatrist.

Even in the ending part of Movie, Conrad feels guilt over his mother's departure. His father Calvin clashes in the night with mother Beth regarding the issue of her nature of maintaining only appearance and perfection. He blames her not taking concern of Conrad even for a while. He blames her for not being a perfect mother and perfect wife. When he finally assesses and declares her as someone he doesn't think he can love anymore, Beth packs her luggage and leaves the home early in the morning. Conrad goes near to father and blames himself for his mother's departure. He assumes it was only and due to him that made his mother leaves the home. But Calvin scolds him not always to have guilt over each trivial matter.

### **Healing**

There are mainly three persons who play the vital role for Conrad's healing. They are his father Calvin and Dr. Berger his therapist and Jeannine. The thing that contributes him to be nursed back to health is the relationships he has with his elders like Calvin, Berger and his girlfriend Jenninne Pratt and Karen. As well as his self willing for coming out from such pathetic trauma life drives him to return in normality. Psycho Therapy and Group Therapy is the main gate to move ahead in the healing.

As Conrad is victimized by guilt psychology, his father Calvin paves the way for his treatment. Being a responsible father he always encourages him to visit psychiatrist Dr. Berger. It is the initial stage for healing. He believes the ultimate way to heal Conrad is only psychiatrist

Calvin takes well care of Conrad. He often spends time with Conrad not to make him feeling sense of alienation and frustration. He knows Conrad needs more love and friendly family environment on order to forget Buck's death. Beth doesn't have any interest in Conrad's traumatic situation rather she has always games and visiting plans. But Calvin takes care of

Conrad even in minimal matter. He promotes to see Dr. Berger. As Conrad denies he recommends having meal to be energetic. Calvin wants harmonious family as it was before the disaster. Therefore, he feels it is necessary Conrad's restore to health and to connect him with mother Beth.

In the beginning part of the movie, when Beth and Calvin return late night watching the drama, Beth directly goes into the bedroom. But Calvin goes to the Conrad's room and inquiries if he has trouble sleeping. Yet Conrad awake. He sincerely asks about his health condition. He requests Conrad to see the doctor and causes Conrad to feel the needs of treatment. In this way, his father all the time motivates visiting the doctor as soon as possible which constructs the base for healing. His motivation helps gradually to open the gate of regaining his sound health which is represented through following conversation:

CALVIN: Mmmh. Trouble sleeping?

CONRAD: No.

CALVIN: You're sure?

CONRAD: Mm. . hm.

CALVIN: Burning the midnight oil?

CONRAD: Yeah.

CALVIN: Okay, you thought of calling the doctor?

CONRAD: No.

CALVIN: Well, the month's up. I think we should stick to the plan.

CONRAD: The plan was if I needed to call him.

CALVIN: Okay. Don't worry about it. Get some sleep.

The above conversation visualizes the real image of Calvin who is worried of traumatized son and his motivation for Conrad to restore the sound health as well as to regain the normal life.



Similarly, it is Dr. Berger who plays the vital role for Conrad's healing by Psycho Therapy. The power he has to heal Conrad is his inspiring friendly behavior who always tells Conrad that, people don't change on command for other people. What he means to say is that Conrad can't change instantly when someone tells him to. He has to do for himself for changing when he wants to. Conrad could always talk to him and also looked to him for good advice. This sort of his inspiring advices boosts up Conrad's confidence level to come back in normal life.

As Berger is a psychiatrist he treats Conrad according to teenage psychology. Conrad feels secured when he is with his therapist who treats as a friend so that he expresses his each and every feeling in a straight way.

Dr. Berger knows that psychological trauma can lead to serious long-term negative consequences that are often overlooked even by mental health professionals. If clinicians fail to look through a trauma lens and to conceptualize client's problems as related possibly to current or past trauma, they may fail to see that trauma victims, young and old, organize much of their lives around repetitive patterns of reliving and warding off traumatic memories reminders and affects. But in case of *Ordinary People* Dr. Berger addresses Conrad's numerous concerns. He asks about boat accident and his relation with mother which contributes to find out the reasons behind his suicidal attempt and sufferings. He discovers the main reason of Conrad's depression and alienation as he is the victim of post traumatic stress disorder, Berger easily generates the condition where Conrad feels much better.

In the picture (fig. no. 3) Dr. Berger gets busy in psycho therapy by which he contributes Conrad for learning the ways of dealing with emotional conflicts caused by the trauma. This is their second therapy where Dr. Berger is making Conrad to understand how his past affects the way he feels at present situation. Dr. Berger is telling Conrad to make

communication with his mother. This sort of therapy helps finding ways to cope with intense feelings about the past, identifying the stressful memories and other symptoms, becoming more aware of thoughts, feelings and raising the self-esteem for the victim of psychological trauma like aloof Conrad.



Fig. no. 3. Dr. Berger, doing therapy (psychodynamic Psychotherapy) to Conrad.

The above picture demonstrates the way of psycho therapy, an effective treatment for the patient of mental stress, which plays the vital role for the healing of Conrad.

Simultaneously, another person who contributes to remove Conrad's guilt psychology would be his girlfriend Jeannine Pratt. She makes him open his eyes to see the world and his heart to feel. She is new friend in choir class. She befriends with Conrad and they spend time together. She boosts up Conrad's confidence and makes optimistic as she admires his singing is super. She goes for game and to restaurant where Conrad is fond of. She keeps in touch with him so that Conrad doesn't feel aloof and alienated. Her accompaniment gives him vibrating energy and positive attitude which helps him a lot to wash out his sense of guilt psychology.

Moreover, himself is enough conscious, regarding his trauma problems, to search the way of healing. No doubt his father urges to visit doctor but his eager willingness is the most

important factor that drives him to the destination of normal life. When Conrad starts seeing a psychiatrist and he comes closer and closer to confronting what he has to in order to truly overcome his troubles. He tries his best to come in normal life therefore he consults a lot about what makes him depressed, frightened and hyper anger. He wants to quit for forever those sad feelings and mental stress aroused within him.

Conrad's self interest in healing and his eager longing for normal life are the key factor that lead him to his destination. Once patients grow willingness and determination for better health, they are supposed to be half cured. Because mental state plays the vital role to heal any kind of wound. Conrad is aware of his pathetic condition. He wants to quit the traumatic life as soon as possible though it's tough task. He time and again fights against his shattered psyche. He does a lot of thing to overcome his guilt psychology.

As it is known that it's not a magic to heal the trauma within few days, he keeps patience with full hope as Dr. Berger advises to think of something optimistic things. When he meets for the first time, Dr. Berger starts asking his duration of stay in hospital and inquiries if he is feeling depressed and have any difficulties with friends, teacher and with parents. Conrad explains no such environment he has though it was completely wrong. He tells lie. He informs Dr. Berger that the main purpose he came there to be more in control and to stop his father worrying of him. He goes alone there in search of Dr. Berger that proves to what extent he is eager to come back in normality throwing all of his traumatic illness which is presented in the following conversation:

(First meeting with Dr. Berger inside the office at Highland Park)

DR. BERGER: How did that go in hospital?

CONRAD: It didn't change anything.

DR. BERGER: Why do you want to change?

CONRAD: I told you I'd like to be more in control.

CALVIN: why?

CONRAD: I told you, so people especially father can stop worrying about me.

(19:00)

From the above dialogue what it comes to prove is after all Conrad's self eagerness for the treatment and the normal life he used to live before Buck's death and before he victimized by guilt of survivor.

In addition, he regularly goes to the Church and join the choir class what is he mostly fond of. This sort of his love for music gradually keeps him engaged and works as a medicine which gradually cures him.

Moreover, many people want to talk about their trauma with others who have had similar experiences. In group therapy, victim is encouraged to talk with a group of people who also have been through a trauma and who have Post Traumatic Stress Disorder. Sharing the story with others may help them feel more comfortable talking about trauma. This help to cope the symptoms, memories and other parts of their life. Group therapy supports to build relationships with others who understand what they have been through. It leads victims to build up the self-confidence and trust. This therapy makes able to focus them in present life, rather than feeling overwhelmed by the past.

Conrad too conducts the group therapy for his soon recovery. While in group therapy, he often meets and makes phone calls to Karen, friend met in hospital, who had also tried to off herself like Conrad. They share their feelings, sufferings and thoughts. Conrad feels hesitation even to talk to the people except her. Both of them energize each other to come in normal life like other people do forgetting all the past. Karen always consoles and encourages him. To some extent, Conrad is affected by her vibrating in the hospital during treatment. The

person to whom Conrad talks happily without any hesitation is only Karen. It may be so because their sufferings are same and able to understand each other's mentality. Such kind of group therapy assists to reduce the trauma and paves the way of healing.

Most dominantly Dr. Berger makes him to accept his mother as she is and not to expect the love more than she can. He makes him to realize the things he never knew before. As a result, near the end of the film, after Conrad has made a significant breakthrough in therapy, he welcomes his parents to the home from a golf trip to Houston, bending down to give Beth a full, prolonged hug which the following picture represents.



Fig. no. 4. Conrad, gives a hug to mother at Houston after returning from the golf.

The above picture illuminates the heart attachment and positive attitude of Conrad towards mother he had never since Buck's death.

To wrap up, as Conrad is a victim of psychological trauma ultimately becomes able to restore the health through psychotherapy, group therapy, by keeping good relationship with parents and by showing self interest for healing. His father's kind inspiration too plays the dominant role for his recovery. No doubt he accomplishes his willingness for normal life by boosting his confidence and by filling up mind with positive attitude positive thoughts and optimistic vision.

traumatize adolescent boy who is suffering from psychological trauma after surviving from a boat accident where he lost his sibling, Buck. The story marked the directorial debut of Robert Redford and Timothy Hutton (Conrad) was also rewarded by Oscar Award for best supporting actor where they have lost their elder son in a boat accident younger son has just back to home after four months stay in psychiatric hospital to survived. The film focuses on the protagonist, seventeen years old teenager boy Conrad is a simple but painfully emotional story of the disintegration of a perfect family. The protagonist, teenager Conrad, after their boat capsizes in Lake Michigan.

#### Robert Redford

The beginning itself is half part of the movie in a sense Buck's boat accident, Conrad's attempt to commit suicide had already taken place which is revealed later when Berger inquires him about sufferings.

Calvin Jarrett, a secondarily traumatized father, awkwardly struggles to connect Beth, the mother, with surviving son. However, she refuses to comprehend her loss of elder son 'Buck', and struggles to maintain her composure. She, obviously, seems to have loved Buck more. As a result, she has settled cold relation with younger son Conrad.

Conrad too often argues with his mother while Calvin tries to mediate. At one point, Conrad confronts his mother with the fact that, she never visited him in the hospital; when Conrad says that she would have visited if Buck were in the hospital. Beth replies, "Buck never would have been in the hospital!" It clearly discloses Beth's distance attitude towards Conrad contrarily affection and sympathy towards dead son Buck. This event more adds traumatic experience on Conrad. He is already been traumatized, Instead of mother's loving behavior he got only hatred and humiliation.

Calvin Jarrett, is much worried about the traumatic state of Conrad so he always

encourages Conrad to visit Dr. Berger, psychiatrist. From the beginning of the film he appears to be a responsible father who takes each and every matter concerning Conrad seriously. He frequently goes to Conrad's room to see whether he is sleeping or not. He is sketched as a caring father with whom Conrad feels little secured. Conrad is more traumatized when unlike Calvin, Beth involves in debates even in minor matters.

Contrarily, Calvin is so loving and closed to Conrad that at his request Conrad begins to see a psychiatrist, Berger. Eventually, Conrad tells Berger that he does not think highly of psychiatry, but he wants Berger to help him to gain more control over others so that he can make his father stop worrying about him. It is Calvin, his father, who found him, before he died, trying to commit suicide by slashing his wrists in the bath tub. Such a failure suicidal attempt made him more psychologically traumatized. He is so deeply troubled that he is always haunted by Buck's death in nightmares. He suffers from restlessness, insomnia, depression, alienation mental breakdown and Posttraumatic Stress Disorder, which is proved once we give a single glance to the following

It is Buck, elder brother, whose death in boat accident drives Conrad to be suffered from guilt psychology

### **Theoretical Tool: Trauma Studies**

Trauma simply refers the wound or shock produced by sudden physical injuries as from accident, war, natural calamities, sexual harassment, domestic violence, death, abduction, terror or something like bitter experiences that creates substantial lasting damage to the psychological development of a person. Trauma is a medical term of Greek origin denoting a severe wound or injury and the resulting after effects. Traumatic experience is extremely unpleasant and it causes us to feel upset and anxious. Past crucial events which people face as bitter experience in their life may also termed as their traumatic experiences.

## **History of trauma**

For the development of trauma theory, the credit goes to Sigmund Freud who initially took the job of managing and flourishing the trauma theory in course of his treatment of the people who were being mentally and physically wounded, disturbed and disordered in World War I. Being the propounder of the psychoanalytical approach both in treatment and literature, most of the trauma theorists and critics are more or less influenced and associated with him and they try their best to define trauma basing on Freud's psychoanalysis even speak for or argue against it.

According to Webster dictionary (5<sup>th</sup> edition), trauma is the Greek word for "wound". Although the Greek used the term only for physical injuries, nowadays trauma is just as likely to refer to psyche or emotional wound. We now know that emotional trauma often remains long after than many physical injuries. The psychological reactions to emotional trauma an extremely stressful event such as: post traumatic stress disorder. The reaction usually occurs after an extremely stressful such as: wartime combat, a natural disaster, sexual or physical abuse. Typical symptoms include depression, anxiety, flashbacks and recurring nightmare.

## **Types of Trauma**

Trauma is specially related to physical and psychological problem, which lasts for long time in people's life and makes them helpless and anxious. Physical torture or psychological impact of past always haunts them and makes tem upset. It remains as a nightmare through out their life. Mostly such past experience, especially of a childhood remains all over the life. Matured person can get rid of such experiences but the threat experienced in our childhood can not be omitted whether we are matured or strong in our present time but the childhood horrible experiences cause is to remain under pressure.

Human mind always faces such experiences by placing themselves in same situation,



while recurring past crucial events he acts same as a kid but not as a mature man. The same threat which she faces in his childhood remains same even after his maturity. Mainly there are six type of trauma they are situational, vicarious, historical, cultural, betrayal and psychological respectively.

### **Historical trauma**

Historical trauma is cumulative emotional and psychological wounding over the lifespan and across generations, emanating fro, massive group trauma. Native Americans have, for over 500 years, endured physical, emotional, social, and spiritual genocide from European and American colonialist policy. Contemporary Native American life has adapted such that, many are healthy and economically self-sufficient. Yet a significant proportion of Native people ate not faring well.

The effect of historical trauma include: unsettled emotional trauma, depression, high mortality rates, high rates of alcohol abuse, significant problems of child abuse and domestic violence. There are 583 federally recognized tribes where the impact of historical trauma is often most pronounced. Understanding the experiences of a community is imprisonment towards beginning the healing process. Genocide, imprisonment, forced assimilation and misguided governance has resulted in loss of culture and identity, alcoholism, poverty and despair.

### **Cultural trauma**

Cultural influences what type of threat is perceived as traumatic and how we interpret the meaning of the traumatic event. Culture also influences how individuals and communities express traumatic reactions. While reactions to trauma seem to be common throughout all cultures and based in physiology of human beings, manifestations of responses may differ significantly.

Culture forms a context through which the traumatized individuals or communities views and judge their own response. If people think that the society around them will not accept them as victims, there is a tendency to withdraw and be silent; culture may affect the response of immediately “non-traumatized to trauma” and the traumatized. This is a critical issue for many people who are victims. Their own culture or the culture in which they exist may reject or stigmatize them and may be perceived as an additional injury; cultures may help define healthy pathways to new lives after trauma. The routines and traditions may aid survivors of a tragedy in feeling re-oriented or rendering life predictable.

Trauma and culture are particularly complicated today. Multiple identification require complex reasoning for negotiation the environment. With an increase in life stress and a decrease in the capacity to screen and moderate the impact of a trauma cultural traumas can be transmitted across time and generation as a bond for survival.

### **Vicarious trauma**

Among the different types of trauma, ‘vicarious trauma’, which is also referred to as secondary trauma, is a normal response to repeated exposure and empathetic engagement with traumatic material. This type of trauma occurs to the secondary witness to traumatic events. In such case, a person is traumatic because of his/her empathetic engagement with the victimhood. The virtual experience involved in empathy gives way to vicarious victimhood, and empathy with the victim seems to become an identity. So, vicarious trauma occurs because one cares or empathizes with people who are suffering.

As it is a psychological term used to refer to a transformation in a therapist or any other humanitarian worker as a result of working with client’s traumatic experiences.

Pearlman and Saakvitne in their *Trauma and the Therapist: Counter transference and Vicarious Traumatization in Psychotherapy with Incest Survivors* describe vicarious trauma

as “the inner transformation that occurs in the inner experience of the therapist [or other professional] that comes about as a result of empathic engagement with client’s trauma material” (31). In short, vicarious trauma is the effect of bearing witness to the emotional pain and the explicit details of another person’s suffering, loss and trauma.

### **Situational trauma**

Trauma has come to be expected during situations involving genocide, warfare and crime. People subjected to torture, natural and manmade disasters and medical emergencies are bound to experience a great deal of trauma. In cases like these, trauma victims don’t usually seek out treatment, or is not available, trauma is very common, but often goes undiagnosed, in instances of domestic abuse, child molestation, and incest, this is due to the fact that the victims are rarely identified by care givers and likely fail to receive the correct treatment for ongoing trauma.

In this way, it is not the type of event that dictated trauma, but it is how a person perceives the event such as participating or witnessing brutal terrorism, military soldier’s involvement, surviving a natural disaster, accident, childhood physical, psychological or sexual abuse and so on.

### **Betrayal trauma**

The betrayal trauma theory draws on studies of social contracts to explain why and how humans are excellent at detecting betrayals; however, Freud argues that under some circumstances detecting betrayals may be counter-productive to survival. Specifically, in cases where a victim is dependent on a caregiver, survival may require that s/he remain unaware of the betrayal. In the case of childhood sexual abuse, a child who is aware that her/his parent is being abusive may withdraw from the relationship (e.g. emotionally or in terms of proximity).

For a child who depends on a caregiver for basic survival, withdrawing may actually be at odds with ultimate survival goals, particularly, when the caregiver responds to withdrawal by further reducing care giving or increasing violence. In such cases, the child's survival would be better ensured by being blind to the betrayal and isolating the knowledge of the event, thus remaining engaged with the caregiver.

This betrayal trauma theory predicts that unawareness and forgetting of abuse will be higher when the relationship between perpetrator and victim involves closeness, trust, and care giving. It is in these cases that the potential for a conflict between need to stay in the relationship and awareness of betrayal is greatest, and thus where we should see the greatest amount of forgetting or memory impairment

### **Psychological trauma**

The result of extraordinarily stressful event that shatters our security, making us feel hopeless and vulnerable in a dangerous world is generally considered as psychological trauma. Traumatic experiences often involve a threat to life or safety but any situation that leaves us feeling overwhelmed and alone can be traumatic, even if doesn't involve physical harm. It is not objective fact that determines whether an event is traumatic but our subjective emotional experience of the events. The more frightened a helpless we feel, the more likely we are to be traumatized.

In other word, it can be defined as Most of the people argues that psychological trauma is many times painful than physical trauma, as it takes long period of time to be fully cured.

### **Post Traumatic Stress Disorder (PTSD)**

#### **Views on trauma**

The trauma studies today, has become intrinsically multidisciplinary. In the field of

literary field, it has not come as surprise since there are plenty of writer, critics and theorists who critically analyzed and published many more textbooks based upon the trauma, its nature and about the representation of the traumatic events. Many reputed trauma theorists like, Geoffrey Hartman, Cathy Caruth, Dominick LaCarpa, Ryan Lamothe, James Berger and others have researched on this theory. And their researches are based upon Freud's psychoanalysis who is the father of the trauma theory.

Regarding the trauma studies Oxford Advanced Learner Dictionary (7<sup>th</sup> edition) has defined the word 'trauma' as mental condition caused by severe shock, especially when the harmful effects last for long time or an unpleasant experience that makes us feel upset and anxious (page16). This is used today to describe a kind of psychological wound. What was once a concept reserved strictly for physical blows and injury, its meaning, since the late nineteenth century, has been psychologized.

While trauma has been redefined and reconsidered over many decades, there is still no single definition and understanding of it; however, one of the most useful definitions of trauma in its psychological rather than psycho-medical understandings is from Cathy Caruth. She signals that trauma as the limit of knowledge is a continuation of the Yale Project. In its most general definition, trauma describes an overwhelming experience of “sudden or catastrophic events, in which the responses to the event occurs in the after delayed and controlled repetitive occurrence of hallucinations and other intrusive phenomena” (181). The mind and body both get numb state when traumatic experience occurs.

Caruth points out in her introduction to *Trauma: Exploration in memory*, “the issue of trauma emerged from an originally fragmented (psychiatric, psychological and sociological) discourse on reactions to catastrophes in the wake of the Vietnam war” (333). She explains as violent traumatic takes place later on it disguises into the form of repeated

flashbacks and horrible nightmares which leaves the victim of trauma in excessive pain. Psychological trauma can lead to serious long-term negative consequences like perpetual survivor guilt psychology, self blaming, depression, and ultimately diverts them in to the victim of post traumatic stress disorder. Regarding this context, Louise Tyson opines that such perpetual self-blaming and survivor guilt psychology make people more melancholic.

Louise states:

Crisis or trauma brings into the spotlight wounds, fears, guilty desires or unresolved conflicts that I have failed to deal with and that demand action. In flooded by the past because I can now see what was really going on. This is how I can know myself through crisis. Trauma is also used of course, to refer to a painful experience that scars us psychologically. Thus, I might experience and childhood trauma of losing a sibling to illness, accidental death, or suicide and, in later life experience the trauma, or crisis of being flooded by all guilt, denial and conflict I've repressed concerning that death. (21)

What Tyson here means to say is that witnessing the traumatic event like sibling death, accident suicide make people suffers from survivor guilt psychology.

He furthermore says:

There are also older approaches within the psychodynamic group which use the tripartite models of unconscious processes. The important feature to keep in mind with all the psychodynamic treatments is that they recognize important roles for unconscious processes such as defences and they accept the adaptive role of compromise solutions to the containment of the impact of the traumatic event. Older models incorporating such notions as an Oedipus complex, Penis envy and other highly derogatory concepts, especially with

respect to women, may still be practiced, but are largely discredited in the broader trauma therapist community. (56-57)

What he mentions about is the effective way of treatments such as psychodynamic, Oedipus complex and penis envy. He simply justifies the term psychodynamic as it covers a very diverse group of approaches to trauma.

To wrap up, trauma studies has moved beyond the parameters of clinical study to draw much attention of literary and cultural critics. It has also become intrinsically multidisciplinary.

The client is in effect trapped in this state of repetitive behavior which can manifest itself in self-destructive behavior. The trauma thus occurs in layers. Commenting upon this, Bonnie Burstow in *Towards the Radical Understanding of Trauma and Trauma Work* says:

Trauma occurs in layers, with each layer affecting every other layer. Current trauma is one layer. Former traumas history in one's life, are more fundamental layers. Underlying one's own individual trauma historical trauma with which they are associated. Underpinning this are the structural oppressions and the institutions through which they operate. (1309)

After traumatic experience the mind and the body are in shock. But as you make sense of what happened and process your emotions you come out of it, he says with post traumatic stress disorder, however, we remain in psychological shock. Our memory of what happened and our feelings about it are disconnected, in order to move on, it's important to face and feel our memories and emotions.

No. 1.

no.2

No. 3.

He puts forward his view that

No.last

The flashbacks of boat storm which he wants to avoid haunt him. The moment he meets Dr. Berger, immediately begins to cry. He feels guilty for not saving Buck though it was out of his capacity. He comes to suppose as if it was due to his mistake. He expresses his each and every feeling picture.

Fig. no. 1. Conrad in traumatic expression.

Regarding the psychological trauma it is our first duty to be familiar what does really trauma mean so that we can easily know how the Jarrett family is traumatized. The term 'trauma', in general, refers to a profound emotional shock or wound that creates substantial lasting damage to the psychological development of a person. It is an action shown by the abnormal mind to the body and provides a method of interpretation of disorder, distress and destruction aroused by the psychological repression. Trauma theory as a privileged critical category includes diverse fields with its special focus on psychological, philosophical, ethical and aesthetic questions about the nature and representation of traumatic events.

as Conrad. Though he is trying to forget the Buck's death in boat accident he is unable. He is so pathetic that all the time he flatters in search of escape. Such horrible event often recurs and makes him full of depression. He remains reserve and aloof. He enjoys nothing else except alienation. His parents often go to the theatre, attend parties and visit different places on Europe, but he never goes with them, instead unwillingly dives into the depth of thought and pity emotion. He spends most of the time in his room just lying restlessly. It's all due to the painful event, took before a year which haunts him and can't forget yet.

The above Conrad's nightmare exposes to what extent is it fearful and to what extent does the traumatic event haunt a person



Here in *Ordinary People* Conrad is mentally shattered due to Buck's boat accident and he always blames himself for not being able to save his brother. Such seemed on Conrad:

(First meeting of Conrad with Dr. Berger in his office)

DR. BERGER: . . . Why do you want to change?

CONRAD: I told you, I'd like to be more in control.

DR. BERGER: Why?

CONRAD: (He says irritatingly) I told you, so people can quit worrying about me . . . (guess) I'll have to skip practice twice a week and come here.

DR. BERGER: It's up to you.

CONRAD: I don't like being here. I got to tell you I don't like being here at all.

DR. BERGER: (He nods) Mm. . . M mm. (19.00)

(GRANDPARENTS' HOUSE)

BETH: . . No, but I really want a shot of the three of you men. Give me the camera Calvin please...

CALVIN: Not until I get a picture of the two of you.

BETH: Cal?

CONRAD: (Shouts) GIVE HER THE GOODMAN CAMERA (Calvin is startled, Conrad sits in an armchair, Calvin hands the camera the Beth. They exchange the place.)! (54.42 sec).

In the first conversation we can easily understand Conrad's irritation. He is disgusted by Dr. Berger's question. At the same time he expresses that he no longer longs to be there with him, came in suggestion of father. He just wants father to stop worrying about him.

Similarly, the second conversation demonstrates the high temper Conrad shows. Beth and Calvin quarrel in each other just to take photograph for long time that leads Conrad in the hyper anger and he shouts. The above photograph clearly exposes Conrad in depressed, anger, alienated state. This type of symptoms are the major hallmark of PTSD imbedded in Conrad.

PTSD is a disorder that can develop the traumatic events that threaten people's safety or makes them feeling helpless. It can affect those who personally experience the catastrophe, those who witness it, and those who pick up the pieces of afterwards, consisting emergency workers and Law enforcement officers.

Here in case of Jarrettes family, Conrad himself experiences the catastrophe. It can even occur in the friends or family members of those who go through actual trauma. Buck's death throws Conrad in to the ocean of psychological trauma which brings the violation in the whole family environment. Calvin and Beth are also traumatized due to the Conrad's suicidal attempt and his post traumatic stress disorder symptoms, respectively.

The traumatic stress disorder are so overwhelming and frightening that they would upset anyone when your, sense of safely and trust are shattered. It's normal to feel crazy, disconnected or numb and most people do. The only difference between people who go on to develop PTSD and those who don't, is how they cope with trauma. Following a traumatic event, almost each individual experience at least some of symptoms of PTSD. It's common to have bad dreams, feel frightened or numb and difficult to halt thinking about what happened.

The central character Conrad too cannot forget about the incident happened with him. He is often disturbed when he has bad dreams and hears somebody's suicidal attempt. Such news immediately makes him restless and helpless. Frequently he is full of sweat when he

suffers from nightmare and bad dream. Consequently, he becomes confused whether he is getting cured or not by regular visit to Dr. Berger. It's happens so because symptoms of PTSD don't decrease rapidly.

In similar way, the symptoms of PTSD can be clearly visible in Conrad when he feels difficulties on concentration on study and swimming that is why he quits the swimming team. The moment he spends during swimming the flashbacks and memory of death of Buck haunts him, makes him full of guilt psychology. Instead he spends his time in library trying to avoid swimming with Jeannine whom he admires.

Their relationship assists him to regain a sense of optimism. However, his fist fight with old friend reveals his irritability, anger, and loss of control.

Similarly,

Aloof Conrad argues with Beth pouring outburst of anger that indicates more problematic sequences of PTSD. Suicidal thoughts, hopelessness, anger, alienation, guilt shame or self blame are some of other additional features which are not only with Conrad rather with Beth and Calvin too.

Calvin believes 'Talking' is the solution of problems and usually fond of talking about the past events with Beth. But she does not have any interest in past. Rather she believes that past adds more tortures. Beth frequently loses temper when Calvin begins to talk. Calvin, once aided by a session with Berger, observes Conrad trying to sincerely apologies for his behavior and affectionately hugs Beth. She freezes and simply returns the hug, fighting to suppress any sentiment. Calvin notices this and confronts Beth again, inquiring whether she is capable of truly loving anyone. When Calvin tells Beth that he might not loves her

anymore. This is the clue of mistrusts between them which lets Beth to leave the home forever.

' He has dominantly defined 'rejecting', unlike 'accepting', as that a child is unkindly by person who views children with distaste or are openly hostile toward them. Same like this those parents who does not only ignore but actively abuses and always notice kids' fault while merits are ignored is primarily called 'rejecting parent.' If we linked this point with son and mother, Conrad is 'rejected' and Beth is 'rejecting mother' who lacks love, affection and concerns for Conrad. This is very clear in the following conversation.

BETH: Weren't you swimming today?

CONRAD: Uh...huh...Sorry I scared you.

BETH: How'd it go?

CONRAD: Good, I swam well today.

BETH: Good.

CONRAD: Yeah, personally I think I could swim the 50 if my timing got....

(He leans back against a wardrobe. Beth sees it.)

BETH: Off.

CONRAD: .... my timing goes better ..... I'm a just a little . . . little off with my..... my timing.

BETH: Well, you have to work at that.

CONRAD: Yeah. Oh. I got seventy four on a trig quiz.

BETH: Seventy four? Gee, I was awful at trig.

CONRAD: Oh? Did you ...? You took Trig? (Beth stares, trying to remember.)

BETH: Wait a minute...Did I take trig? That's ....Uh.....? I bought you two

shirts they're on your bed (Beth enters parents' bedroom and closes the door.

Conrad just stands there, paralyzed). (27.18 sec).

It is clearly seen that Beth is less concerned with Conrad. When Conrad tries to make connection he seriously asks her about participation on trig. Perpetually, Conrad informs about his successive participation on trig quiz expecting she would be happy. But she doesn't behave according to his psychology. She says that once she too took on trig. Conrad excitedly asks about her participation but she leaves him and enters into the bedroom telling she bought two shirts for him. It is the burning instances of 'rejected son' and 'rejecting mother'.

Beth is, though mother, very hostile to her own son Conrad.

As we have already claimed that Beth is appeared to be a 'rejecting' mother and Conrad as 'rejected' adolescent son respectively, he receives no love and sympathy when he is deeply shocked by sibling death. In spite of caring love he has to tolerate harsh behaviors from Beth on the other hand the loss of sibling is there aside. The family no longer stands as family rather just like 'symmetry' in a sense, there is no one to share his emotion openly rather always chased by 'Ghostlike' Buck's memories. Such traumatic event leads him to be the patient of excessive guilt psychology, which is crystal clear in the following conversation:

(Flashback of the boat accident on the Lake where Conrad yells at Buck, who is holding tight the rope maintaining the sail rope, to have him get the sail down)

CONRAD: Get the sail down! Get down!

BUCK: I can't hold it! Keep it starboard! Keep it starboard! Go for it!

The above conversation is based on the Conrad's guilt psychology and the way of healing.

When he hears about Karen's suicide immediately he runs to meet Berger even in the midnight from his maternal grandparents' home in search of relief. The repeated flashbacks which he wants to quit comes simultaneously as a result, he for the first time in his entire life

reveals to somebody that he wants to escape from such mental pressure.

Fig.no.3 Conrad is crying with Dr.Berger.

The above picture exposes the extreme trauma aroused in Conrad due to the news of Karen's suicide and ceaseless flashbacks of Buck. He wants to stop but he can't which drives him to this traumatic state. The moment he dates with Jeannine makes him little bit happy but no longer the happiness in his possession. Such news continuously shatters him to be excessively re-traumatic situation. He wills to meet Dr. Berger even in the midnight. It's the highly traumatic situation. He reveals his guilt psychology to Berger for the first time that he never shared to anyone. He cries in pain and suffering when he couldn't tolerate anymore. Dr. Berger makes him feel ease by consoling and dealing as an intimate friend. This is the most heart touch scene in entire movie.

He cries by lamenting that he did guilt over Buck for not being able to save. He regrets, blames and feels himself responsible for Buck's death. It's the dominant feature of PTSD. The symptoms of PTSD can arise suddenly, gradually or come and go over time. For some people it takes week, months or even years to develop. In case of Conrad, it has taken around a year. He had never and ever shared these things to anybody, but the extreme torture aroused from flashback and memories compel him to reveal with Dr. Berger.

The weapon he used to remove such guilt psychology once he tried to commit a failure suicide. When he cries in anger, guilt, or fear, his cries are likely to evoke complaint instead of compassion. He becomes like a warrior who fights against guilt psychology and strives to run away

We see Beth and Calvin go to the theatre in the very beginning of the movie. What it symbolizes is they want to return a normal life forgetting the past traumatic event. They are

deeply sorrowed by their elder son's untimely demise in a boat accident. No parents can easily forget the death of children. It is human nature and love for children. No doubt they are traumatized by such an event. However, Calvin is double traumatized in a sense he is much worried of survived son Conrad. Conrad is directly affected by Buck's death so he is a primary traumatic victim. And Calvin is secondary traumatic victim. But Conrad's traumatic state adds more suffering on Calvin.

As a responsible leader of the family he always wants happiness and harmony. He is more shocked by Conrad's depressed life than the death of Buck. He strongly believes that the sad moment is harmful so we shouldn't always think about it. But it's obvious we should share the joyful moment so that broken heart could be recovered, he prioritizes. Beth seems to be cold towards Conrad so he tries to mediate because he doesn't want anymore his family to be in disaster.

He does hard labor as much as he can to make both mother and son positive to each other but neither Conrad stops to blame Beth as a 'hatred' mom nor she shows any affection to Conrad. They often debate even in minor which doesn't matter at all. Such cold-relation makes frustrate him a lot.

(..while in the commuter train, Calvin is thoughtful. He remembers his sons when they were kids. At the same time he memorizes Conrad in the hospital right after suicidal attempt.)

YOUNG CONRAD: Give me back my sweater! Come on, it's my sweater!

YOUNG BUCK: Possession is nine tenths. . .

CALVIN: Hang on!

YOUNG BUCK: Dad, what's your possession?

YOUNG CONRAD: Give it to me!

YOUNG BUCK: I can't. It's already on me.

CALVIN: Wait, hang on! Whose sweater is it?

YOUNG CONRAD: It's my sweater!

YOUNG BUCK: Ok! Alright! I'll give it back to you . . . as long as you give me back my hockey stick and my skis.

YOUNG CONRAD: All right.

CALVIN: That's fair. (48.42. Sec).

The above nostalgic conversation explores the innocent childish stubbornness of both Buck and Conrad which Calvin is missing. At the same time he happens to think of rude Beth who often scolds him for unnecessary caring to Conrad. He is full of reminiscence and tear at the same time. Spring of grief and agony pinch him so deeply that he can't avoid it. Calvin doesn't want to remember those snapshots but It automatically comes in his mind and leaves him in the ocean of grieves.

Consequently, though Beth seems to be less responsible to the family, particularly Conrad, she loves him much. It is her nature not to be seen 'loving' as others seem to be. She is really hurt when she hears Conrad's blame her for not loving him instead Buck.

(Beth and Calvin suddenly discuss while playing golf with Audrey and Ward, regarding their son Conrad)

CALVIN: well, stop being so gadamn honest and start being a little generous!  
And start thinking about him for while!

BETH: I don't know what he expects!

CALVIN: well, I'll tell you what he expects! All he wants . . . All he wants is to know you don't hate him. That's it.

BETH: Hate him? My God! How could I hate him? Mother doesn't hate their



sons! Is that what he told you? Do you see how you accept what he says with no question, and you can't do something to me, can you? (1.48.47 sec)

This conversation is the turning point which contributes to separate the Beth with her own family. It shows that Beth is unknown what Conrad thinks about her. She has been confirmed she fmmmmmmhmn ully love him and completely unknown what he expects from her.

Unfortunately! She hears the words out of her imagination. Beth is shocked, because of Conrad's blame delivered by Calvin, as a mother loves her children more than herself. Most of the time she makes herself busy in playing golf so that the sorrow of Buck's death would not pain. Playing is the best way to forget all the suffering she chooses. But it negatively affects to Conrad's mind. The following conversation presents her traumatic condition;

BETH: (Shouts) I don't know what everyone wants from me anymore!

AURDREY: Beth, nobody wants anything from you. Cal, Con, everybody we just want you to be happy

BETH: HAPPY?? (She questions angrily in a sad mood)

WARD: Yes.

BETH: Ward, you tell me the definition of happy, uh? But, first you better make that mo ones fallen off a horse, or been hit by a car. Or drowned in that swimming pool you're so proud of! And then you come to me and tell me how to be happy! (She leaves. Calvin follows. Ward and his wife just stand there.)

All of the audience no longer can watch this scene without tear. Beth can't forget her son's death yet that has badly traumatized her. Moreover, Conrad's blame multiplies her pain. Instead of sympathy, Aurdrey, sister in law, and Ward, brother, say her to be happy. Happy people never feel the sorrow. It's victim him/herself, who knows how the suffering looks

like. Same happens to Beth too.

Fig. no. 4 Conrad hugs Beth

The above picture depicts the emotional situation of Beth. Conrad gives hug to his mother when Calvin and Beth return home from Houston. But Beth remains as cold as ice when she came to know that Conrad is full of illusion (as if she hates him). This is the moment where Conrad is in the process of taking his mother as she is. Quite opposite of it, love and affection for Conrad are gradually getting vanished in Beth. The agonized look on Moore's face and her collapse of almost physical relief when Conrad lets go and leaves the room is almost too painful to watch.



Interviewing Conrad about the sufferings and about what he feels. As psychiatrist, Berger seems to be very concerned towards his clients he is asking Conrad to be open with him, whereas Conrad is very serious. Berger behaves very friendly which makes Conrad glad. Such kind of conversation plays the vital role to know the cause of trauma and the needed process for treatment.

Conrad great respect towards father that's why he obeys and goes to see Berger though father tells many times. Calvin is much worried of Conrad's traumatic condition, that's why he always suggests to visit the psychiatrist.

However, it doesn't mean that

The great philosopher Plato believes on this issue that mind is prior to body. He, regarding this context, prioritizes mind in the process of treatment. He states: "trying to treatment the body without making mind's recovery is the biggest mistake of doctors though the body and mind are same. It is not possible to cure separately (35)." Plato believes that mind is the controller of the whole body so mind should be cured prior to physical illness.

Whether it is a personal tragedy, a natural disaster or other catastrophic event, it can shatter our sense of security making us vulnerable and uncertain. When disaster strikes, it's common to feel helpless, anxious, guilty and even numb. The emotional aftermath of a traumatic event can be every bit as devastating as the physical destruction. And no one is immune. Those of us safely watching from behind our television or computer screens can be powerfully affected. The world may suddenly feel dangerous, unpredictable, and out of control.

The moment human organism is faced with an overwhelming situation that feels like life threatening, it exceeds the person's capacity to emotionally process it. Flashbacks recalls the traumatic event in vivid detail may occur; lack of concentration, depression, fearfulness, phobic responses to similar situations and dissociation (emotionally checking out) may also be the salient hallmark of Post Traumatic Stress Disorder. Same features are with Conrad. After a traumatic experience like violence , natural disaster, war, life threatening accidents, crime, health problems, or loss of a loved one, people are told time and again to take care of themselves and reach out to the people they love. Victims must have been encouraged to see psychiatrist for their soon and effective healing. It is the ultimate way of normalization

ral therapy (CBT), Psychodynamic Psychotherapy, Eye Movement Desensitization reprocessing (EMDR), Exposure Therapy, Medication, are some of the dominant types of treatment for PTSD. In same way, group therapy and family therapy are the other supportive and common way of healing.

The CBT is one type of counseling. It appears to be the most effective type of counseling for PTSD. The VA is providing two forms of cognitive behavioral therapy to Veterans with PTSD: Cognitive processing therapy (CPT) and Prolonged Exposure (PE) therapy. In this therapy, therapist helps the patient to understand and change the way of thinking about the trauma and it's aftermath. The trauma patient learns to identify thoughts about the world and themselves that are making feel afraid or upset. With the help of the therapist its very easy learning to replace those thoughts with more accurate and less distressing thoughts, learn way to cope with feelings such as anger, guilt, self blame, fear and hyper mental conflict.

After a traumatic event, people might blame themselves for things they couldn't change. For example, when Conrad begins to visit Dr. Berger twice a week, he falls in more depression. Because still he is not able to be in control as he expected it would be. But cognitive thera py helps him/her understanding that the traumtatic event occurred was not his/her fault.

There is also a similar kind of therapy known as EMDR (Eye Movement Desensitization and Reprocessing) that is very fruitful for PTSD. It is a promising new treatment that often rapidly alleviates PTSD symptoms. It helps to change how victims react to memories of their trauma. EMDR is a new nontraditional short-term therapy for treating trauma victims that utilizes rhythmical stimulation such as eye movements or hand taps. PARAGON says "EMDR is not currently well understood in terms of its underlying

mechanisms, it still shows good evidence of effectiveness in some populations of survivors.”(58)

While thinking of or talking about the traumatic memories, victims will focus on other stimuli like eye movement, hand taps and sound. For example when therapist moves his/her hand near victims’ face, they will follow the movement with their eye.

The Medication has also been shown to be effective. A type of drug known as a Selective serotonin reuptake inhibitor (SSRI), which is also used for depression, is effective for PTSD. SSRIs are a type of antidepressant medicine which helps to feel less sad and worried. They appear to be helpful, and for some people they are very effective. The SSRI includes citalopram (Celexa), fluoxetine (such as Prozac), paroxetine (Zolift). Chemicals in brain affect the way victims feel. For instance, when victims have depression, they may not have enough of a chemical called serotonin. SSRIs raise the level of serotonin in brain.

Furthermore, there is next appropriate treatment called Exposure therapy. In this type of therapy, victims’ goal is to have less fear about the memories. It is based on the idea that people learn to fear thoughts, feelings and situations that remind them of a past traumatic event. By talking about trauma repeatedly with a therapist, victims learn to get control of their thoughts and feelings about the trauma. They learn that they shouldn’t be afraid of memories though it may be hard at first. It might be strange to think about stressful things on purpose.

With the help of therapist, victims can change how they react to the stressful memories. Talking in a place where they feel secure makes easier. Victims may focus on memories that are less upsetting before talking about worse ones. This is called “desensitization” and it allows victims to deal with bad memories a little bit at a time therapist also may ask to remember a lot of bad memories at once. This is called “flooding”

and it helps learn not to be overwhelmed paragon states:

PTSD can affect the whole family like Jerrette family. Though Buck's death traumatized Beth and Calvin, Conrad is the main victim. His pathetic situation contributes to add more sufferings in family. Sometimes misunderstanding may occur when somebody really gets angry, under so much stress and other family members don't know the cause. At that time s/he may feel scared, guilty or even angry him/herself about their condition. In Jerrette family, often occurs such kind of misunderstanding mainly by Beth. Conrad wishes Beth to love him as same as she loves and cares to Buck. Unfortunately he never felt any love and affection. Such her behaviors makes Conrad more depressed and mentally paralyzed. He loses temper under so much mental stress, but Beth never strives to know the cause. Calvin to some extent feels his helplessness. In this condition family therapy proves to be very effective.

Family therapy is a type of counseling that involves the whole family. A therapist helps victim and his family to communicate and share as much as they can about their fears and feelings, maintain good relationships, and cope with tough emotions. Family learns about what PTSD and the proper way to treat victimized member.

Similarly, by understanding the impact of the trauma ,learning to communicate the needs, managing anger, dealing with traumatic memories recapturing lost intimacy, and recognizing the resiliency in family or in friends circle a 'self help programme' can be conducted t

The *Ordinary People* directed by Robert `Redford, in which many researches have been made applying the different perspectives and theories like psychoanalysis, feminism and marxism however, trauma theory is a complete new theory for this movie. Therefore, this research is fully based upon the trauma theory which explores the traumatic experience of a middle class family living in North Chicago.