

Dear S&S,

I enjoyed Hilary Mantel's review of Patrick Casement's latest book: 'Learning from Mistakes.' but feel that she has not understood the importance of the author not holding the patient's hand. (paragraph 4) It is not simply that the trauma needs to be revisited. What this patient needed was to be able to feel and express the rage that was repressed at the time of the trauma.

I have not yet read his latest book but was present at a seminar/workshop when Patrick Casement, very movingly, presented this case and I remember vividly him saying that for 18 months, day after day she raged at him and how hard it was to tolerate this and not retaliate. Had he held her hand and acted the part of the good mother his patient would have had no reason to experience the force of her 'murderous' rage and its survivability.

I know from my own experience in therapy that keeping such rage out of awareness requires large amounts of energy. Once expressed and rendered containable that energy can become available for 'living creatively' (Winnicott 1971).

Yours Sincerely

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Winnicott, D.W. (1971) *Playing and Reality*. London: Routledge

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