

What have you been up to?
Karyne E. Messina, Ed.D, FABP shares her news

American Board of Psychoanalysis

Fellows in the NEWS



Karyne E. Messina, Ed.D., FABP

After publishing my first book through Routledge in 2019, MISOGYNY, PROJECTIVE IDENTIFICATION AND MENTALIZATION: Psychoanalytic, Social and Institutional Manifestations, my second book was published by the International Psychoanalytic Institute so that I could make it available before the last presidential election. It is entitled, AFTERMATH: Healing from the Trump Presidency. It illustrates how Donald Trump's use of projective identification led to many of our current problems. It also highlights how metallization can help heal the wounds that have been created in the last few years.



[Download from IPI Website](#)

Currently, an electronic version of Aftermath: Healing from the Trump Presidency is available free of charge on the IPI website, and on February 9th the paperback version will be available for purchase on Amazon.

The IPI website describes the book as "Donald Trump's behavior is encouraging the development of a generation of people inclined to hateful identity politics and bigotry, while also dismantling our country's institutions and natural resources. Aftermath is a guide on how we can heal, with ideas on how each of us can help bridge the divide that has only grown deeper since Election Day in November 2016, due in part to the way Trump constantly shifts blame. This behavior is known

employ who unconsciously dislike something about themselves. Instead of taking responsibility, they blame those feelings, thoughts, or actions on others. Trump is an expert at this, and it's hurting all of us.

To heal will take time, patience, and a willingness to take stock of our viewpoints and square them with divergent ones. It's not so unusual anymore for families and friends who find themselves on opposite ends of the political spectrum to refrain from engaging in any sort of meaningful conversation for fear that such discussions will ruin already fractured relationships. It shouldn't be that way.

Though rooted in psychoanalysis, *Aftermath* gets at the essence of projective identification as nurtured by Trump, and how we can combat its prevalence in order to once again engage in thoughtful, meaningful debate with those on opposite ends of the political rainbow without resorting to violent rhetoric.

We must demand that our leaders engage in a process that incorporates a respectful way of communicating between and among people. *Aftermath* shows the way."



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