
Contents

Introduction	1
1 Broken selves	13
2 Signs of breakdown	20
3 The guidelines	31
4 Emily	40
5 Anna	46
6 Mark	60
7 Histories and the <i>après-coup</i>	68
8 Time	75
9 Emotional experience	80
10 Reflection, explanation and working through	85
11 Psychic change	98

12	Conclusion	103
13	Questions	108
	<i>Notes</i>	133
	<i>Bibliography</i>	135
	<i>Index</i>	136