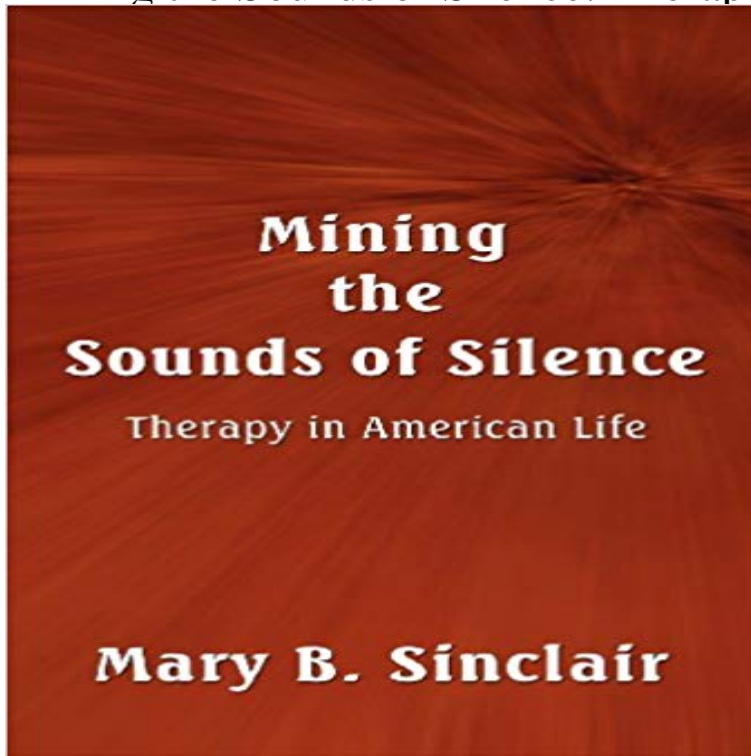


Mining the Sounds of Silence: Therapy in American Life



Is silence golden? It has to be when rocking the boat means the psychological death of ostracism (or worse). A popular song illustrates this ambiguous complexity: Silence is golden, but my eyes still see. Very often what is at first thought of as a golden silence soon shades into passive aggression and then a conspiracy of silence. My book explores the anomaly of Silence, placing it in a context where people usually turn to express problems with the larger society: the mental health profession. But the therapy profession (controlled by, defined by and playing off of the larger society) is unfortunately the problem and not the solution. (Its all about rigid, inflexible, too socially channeled boundaries). Sure, such boundaries have a purpose. But boundaries (like rules) must be periodically reevaluated. Otherwise they become tyrannical and out of touch, gradually losing their stated purpose. There should be room for boundary disputes. If boundaries are owned and ever vigilantly enforced/perpetuated by those with all the disproportionate power/authority, the word communication has no meaning at all. (Mining the Sounds of Silence is about people everywhere hurt and abused by boundaries for the sake of boundaries. Which means boundaries that are far too rigid and locked in. That overprotect socially channeled authority figures, forgetting completely about those they purport to be helping). It means picking up on (or mining) the difference between what people seem to be saying (usually what they are told to say and think to keep the peace) and what they really mean but cant put into words.

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