



# **The Red Place: Transforming Past Traumas Through Relationships (Muswell Hill Press)**

*Cynthia Anne Hale*

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Most of us encounter trauma at some point in our lives, whether directly through our own experiences or indirectly through relationships with trauma victims. Hale describes these encounters as journeys to “The Red Place”—an emotionally intense state of being often beyond conscious awareness that contains both the heroic and the monstrous aspects of past violations, a place where we can both experience the pain of trauma and find the strength to cope with it. This book courageously delves into the psychological complexities of the Red Place by analyzing stories of trauma—from myths passed down by ancient people, to modern films and novels, to real-life case studies from her own work as a psychotherapist. With clarity and compassion, Hale reveals how empathic connections in both personal and professional relationships have the power to heal in the aftermath of trauma. Such relationships, she demonstrates, can help us harness the generative forces of the Red Place rather than being led by its destructive ones. The Red Place is an invaluable source of insight, support, and inspiration for all those working to resolve and transform past traumas.

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