## Contents

1. **Introduction** ......................................................................................................................... 1
2. **Loss of Relevancy: The Problem and Literature Review** ..................................................... 13
   - Loss: Its Forms and Prejudices ............................................................................................... 21
3. **Analysis of the Factor of Societal Pressure**
   - **Contributing to the Problem** ............................................................................................. 25
   - Loss of Relevancy Pathology Scale: R-Score ......................................................................... 28
   - The Powerful Commodity of Fear ......................................................................................... 30
   - Goal Conflict .......................................................................................................................... 30
   - Self-Development as the Key to Controlling Fear .................................................................. 31
4. **Exploration of the Construct of Meaning:**
   - **Influences on the Person** .................................................................................................... 33
   - Endurance in Attitude: The Key to Self-Improvement ............................................................ 33
5. **Resiliency: One Solution Toward Transformation of the Suffering Person** ......................... 37
6. **Case Study of a Person Evidencing the Constructs of Relevancy and Resiliency** .................... 41
   - Case Study: Rex ....................................................................................................................... 41
   - Introduction ............................................................................................................................... 41
   - Background ............................................................................................................................... 42
   - The Case Study Method ........................................................................................................... 44
   - Presentation of the Case .......................................................................................................... 44
   - Gestalt Exercise ....................................................................................................................... 51
   - Analysis ..................................................................................................................................... 53
   - A Setback or a New Opportunity to Overcome Weakness? ..................................................... 55
   - Analysis of the Letter .............................................................................................................. 57
   - Parental Abuse ......................................................................................................................... 62
   - Analysis of Rex’s Psychiatric Evaluations ............................................................................. 69
   - Rex’s Psychiatric Profile .......................................................................................................... 70
Appendix B  Use of Poetry in the Transformation of the Prisoner ........ 215

References ............................................................................................................... 219

Index ..................................................................................................................... 227
Fostering Resilience for Loss and Irrelevance
Kreuter, E.
2013, XXVI, 234 p., Hardcover