# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>List of contributors</td>
<td>XV</td>
</tr>
<tr>
<td>1</td>
<td>Introduction</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><em>Michael Linden, Andreas Maercker</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>Features of embitterment</td>
<td>5</td>
</tr>
<tr>
<td>2.1</td>
<td>Embitterment – a larger perspective on a forgotten emotion</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td><em>Hansjörg Znoj</em></td>
<td></td>
</tr>
<tr>
<td>2.1.1</td>
<td>Embitterment in the context of specific stressors</td>
<td>5</td>
</tr>
<tr>
<td>2.1.2</td>
<td>A circumplex model of embitterment</td>
<td>7</td>
</tr>
<tr>
<td>2.1.3</td>
<td>Research findings</td>
<td>10</td>
</tr>
<tr>
<td>2.1.4</td>
<td>Discussion and outlook</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>15</td>
</tr>
<tr>
<td>2.2</td>
<td>Hope and embitterment</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td><em>Beate Schrank, Astrid Grant Hay</em></td>
<td></td>
</tr>
<tr>
<td>2.2.1</td>
<td>What is hope?</td>
<td>17</td>
</tr>
<tr>
<td>2.2.2</td>
<td>An overview on hope concepts</td>
<td>17</td>
</tr>
<tr>
<td>2.2.3</td>
<td>Why is hope important in psychiatry?</td>
<td>22</td>
</tr>
<tr>
<td>2.2.4</td>
<td>Hope and embitterment disorder</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>26</td>
</tr>
<tr>
<td>2.3</td>
<td>Embitterment – from the perspective of justice psychology</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td><em>Claudia Dalbert</em></td>
<td></td>
</tr>
<tr>
<td>2.3.1</td>
<td>Injustice and Posttraumatic Embitterment Disorder (PTED)</td>
<td>30</td>
</tr>
<tr>
<td>2.3.2</td>
<td>The belief in a just world construct</td>
<td>31</td>
</tr>
<tr>
<td>2.3.3</td>
<td>Functions of the belief in a just world</td>
<td>32</td>
</tr>
<tr>
<td>2.3.4</td>
<td>Belief in a just world operates on an unconscious level</td>
<td>36</td>
</tr>
<tr>
<td>2.3.5</td>
<td>Conclusions for posttraumatic embitterment disorder</td>
<td>36</td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>38</td>
</tr>
</tbody>
</table>
2.4 Revenge after trauma: Theoretical outline ........................................ 42
   Ira Gäbler, Andreas Maercker
   2.4.1 Introduction: Embitterment and revenge ............................. 42
   2.4.2 Revenge in the context of trauma ........................................ 43
   2.4.3 Revenge as a coping strategy .............................................. 45
   2.4.4 Toward a definition of revenge .......................................... 47
   2.4.5 A theoretical process model of revenge ............................... 48
   2.4.6 The course of feelings of revenge ...................................... 59
   2.4.7 Revenge and health .......................................................... 60
   2.4.8 Coming full circle: Therapeutic implications and research perspectives 61
       References ........................................................................ 64
2.5 “She looks back without bitterness”: Wisdom as a developmental opposite of embitterment? ........................................ 70
   Judith Glück
   2.5.1 Wisdom: A developmental opposite of embitterment? ............ 70
   2.5.2 The psychology of wisdom: A heterogeneous but growing field 71
   2.5.3 How does wisdom develop? ............................................... 75
   2.5.4 Can wisdom research inform bitterness research? .................. 78
       References ........................................................................ 80
2.6 Personality as risk and resilience in embitterment reactions .......... 83
   Anja Dodek, Sven Barnew
   2.6.1 Introduction ......................................................................... 83
   2.6.2 Level of personality traits ................................................... 84
   2.6.3 Level of social-cognitive constructs ...................................... 85
   2.6.4 Emotion regulation and Coping .......................................... 86
   2.6.5 Integration: A heuristic model of risk and resilience factors .... 88
   2.6.6 Research findings ............................................................... 89
   2.6.7 General discussion and outlook ........................................... 96
       References ........................................................................ 97
2.7 Neurobiological correlates of social exclusion and social pain ........ 101
   Anna Berkefeld, Dieter F. Braus
   2.7.1 Neural network of pain processing ...................................... 102
   2.7.2 Affiliation, exclusion and neuronal correlates of the social pain system 105
   2.7.3 Major influence factors on the pain system ......................... 109
   2.7.4 Conclusion ....................................................................... 113
       References ........................................................................ 114
3 Context of embitterment

3.1 Relationships and embitterment

Kurt Hahlweg, Donald H. Baucom

3.1.1 Introduction

3.1.2 Infidelity

3.1.3 Prevalence of PTED in affair-couples

3.1.4 Treatment for infidelity

3.1.5 Conclusion

References

3.2 Self-regulation of bitterness across the lifespan

Carsten Wrosch, Jesse Renaud

3.2.1 Goal failure, bitterness, and quality of life

3.2.2 Control attributions and the experience of bitterness

3.2.3 Self-regulation of bitterness

3.2.4 Bitterness in the context of the adult lifespan

3.2.5 Conclusion

References

3.3 Cancer patients: Loss of meaning, demoralization and embitterment

Anja Mehnert, Sigrun Vehling

3.3.1 Cancer survivors and their emerging psychosocial problems

3.3.2 Conceptual framework for meaning and life purpose

3.3.3 Existential issues in cancer

3.3.4 Demoralization and embitterment in cancer

References

3.4 Embitterment and the workplace

Beate Muschalla, Michael Linden

3.4.1 Stressors in the workplace

3.4.2 Injustice at work

3.4.3 Employee reactions to injustice at work

3.4.4 Embitterment in the context of work-related conflicts

3.4.5 Conclusion

References
3.5 Embitterment in Asia: Losing face, inequality, and alienation under historical and modern perspectives ................. 168
Changsu Han

3.5.1 Haan and Hwa-Byung in a cultural perspective ............... 168
3.5.2 Honor suicide .......................................................... 171
3.5.3 North Korean defectors (talbukja) .................................. 172
3.5.4 Occupational injuries and Asian economic crisis ............. 173
3.5.5 Conclusion ......................................................... 175
References ............................................................... 175

3.6 Embitterment and personality disorder .......................... 177
Max Rotter

3.6.1 Bitterness and embitterment ...................................... 177
3.6.2 Reactive embitterment in patients with different types of mental disorders .............................................. 178
3.6.3 Embitterment as integral emotion of personality disorders ... 180
3.6.4 Personality disorders as risk factor for PTED ............... 182
3.6.5 Embitterment prone personality disorder ..................... 183
References ............................................................... 184

4 Context of embitterment ............................................. 187

4.1 Embitterment syndrome: Options for psychopharmacological management 187
Borwin Bandelow

4.1.1 Case vignette .......................................................... 187
4.1.2 Medical management of post-traumatic stress disorder (PTSD) .... 189
4.1.3 Symptom and syndrome targeted treatment options .......... 190
4.1.4 Pharmacodynamic considerations .................................. 192
4.1.5 Conclusion ......................................................... 195
References ............................................................... 195

4.2 Forgiveness therapy to treat embitterment: a review of relevant research .... 197
Nathaniel G. Wade, Brian C. Post, Marilyn A. Cornish

4.2.1 Understanding forgiveness ........................................... 197
4.2.2 Embitterment and forgiveness ...................................... 199
4.2.3 Intervention research on forgiveness ............................... 202
4.2.4 Research implications .............................................. 205
References ............................................................... 206
4.3 Wisdom psychotherapy .................................................. 208
   *Barbara Lieberei, Michael Linden*
   
   4.3.1 Wisdom as competence to cope with negative life events ............ 208
   4.3.2 Learning and teaching of wisdom ........................................ 210
   4.3.3 Cognitive behavior therapy and wisdom training ..................... 211
   4.3.4 Conclusion and outlook ................................................. 217
   References ........................................................................ 218

4.4 Embitterment and Forgiveness in the context of the Conflict in Northern Ireland .................................................. 220
   *Ed Cairns, Miles Hewstone*
   
   4.4.1 Embitterment in Northern Ireland ........................................ 221
   4.4.2 Embitterment and collective memories ..................................... 222
   4.4.3 Embitterment and forgiveness .............................................. 223
   4.4.4 Focus groups for the understanding of injustice and forgiveness .... 224
   4.4.5 Determinants of forgiveness ................................................ 225
   4.4.6 Continuous political conflicts and mental disorders .................. 226
   4.4.7 Conclusion ................................................................. 227
   References ........................................................................ 228

5 Classification of embitterment .................................................. 231

5.1 PTSD and beyond: Embitterment and relevant concepts of nosology ...... 231
   *Andreas Maercker*
   
   5.1.1 A very brief history of psychopathology .................................... 231
   5.1.2 The “success story” of the PTSD diagnosis ............................... 233
   5.1.3 The concept of stress response syndromes .................................. 234
   5.1.4 Where are we now? ............................................................ 236
   References ........................................................................ 238

5.2 Embitterment in suicide and homicide-suicide ............................. 240
   *Kenneth R. Conner, Robert L. Weisman*
   
   5.2.1 Trait embitterment .............................................................. 240
   5.2.2 Data and theory on embitterment, suicide, and homicide-suicide .... 241
   5.2.3 Future directions for the study of embitterment, suicide, and homicide-suicide .................................................. 243
   5.2.4 Legal implications of PTED in intimate partner homicide ............ 244
   5.2.5 Conclusion ................................................................. 245
   References ........................................................................ 246
5.3 Should embitterment be included among mental disorders? .................. 248
Norman Sartorius

5.3.1 Considerations relevant to the inclusion of a condition such as embitterment among formally recognized mental disorders ... 249
5.3.2 Inclusion of embitterment into a category of the classification of mental disorders ................................................. 253
References ........................................................................ 254

5.4 Posttraumatic embitterment disorder, PTED .............................. 255
Michael Linden

5.4.1 Psychological reactions to negative life events ....................... 255
5.4.2 Posttraumatic embitterment disorder, PTED ................................. 258
5.4.3 The “traumatic” nature of PTED .................................................. 261
5.4.4 Diagnostic differentiation from other mental disorders .......... 263
5.4.5 Etiological considerations ............................................................. 264
5.4.6 The meaning of PTED for the classification of reactive or adjustment disorders ................................................................. 266
References ........................................................................ 269

5.5 Classification of “reactive” mental disorders in ICD and DSM ............... 274
Michael B. First

5.5.1 Etiological factors in the definition of DSM/ICD disorders .......... 274
5.5.2 Approaches to diagnosing pathological reactions to stressors in DSM-IV and ICD-10 ..................................................... 276
5.5.3 Tier 1: Specific reactions to psychosocial stressors ....................... 277
5.5.4 Tier 2: Criterion threshold met for non-stress-defined disorder ...... 280
5.5.5 Tier 3: Adjustment disorder ............................................................. 281
References ........................................................................ 282

5.6 Contextual factors and reactive disorders in the International Classification of Functioning, Disability and Health ................................. 284
Cille Kennedy, T. Bedirhan Üstün

5.6.1 Contextual factors as conceptualized in the ICF ......................... 285
5.6.2 The relationship of the ICD and ICF in formulating a case ............. 287
5.6.3 Using the ICF to document environmental factors relating to reactive disorders ................................................................. 289
5.6.4 Using the ICF and ICD to specify environmental factors, signs and symptoms, disabilities and formulate a case of reactive disorders and PTED ..................................................... 291
References ........................................................................ 293
5.7 Reactive mental disorders: stressors, personality and symptoms ........... 295

Patricia Casey

5.7.1 Classifying reactive mental disorders ........................................ 295
5.7.2 Stressors .............................................................................. 297
5.7.3 Symptoms .......................................................................... 300
5.7.4 Personality and vulnerability .................................................. 303
5.7.5 A word about bereavement .................................................... 306
5.7.6 Conclusion ........................................................................... 307

References ....................................................................................... 308

Index ............................................................................................... 311

About the authors ........................................................................... 319
Embitterment
Societal, psychological, and clinical perspectives
Linden, M.; Maercker, A. (Eds.)
2011, XVIII, 328 p., Hardcover
ISBN: 978-3-211-99740-6