



AJP WEBINAR

WHEN THE TABLETS BREAK

**UTILIZING THE DIMENSION OF
TIME AND STORYTELLING**

IN

**THERAPEUTIC WORK WITH
RECURRENT TRAUMA**

FIRST LOSS OF COMPOSURE - EXODUS, CHAPTER 32:

When the people saw that Moses was so long in coming down from the mountain, the people gathered against Aaron and said to him, “Come, make us a god who shall go before us, for that fellow Moses—the man who brought us from the land of Egypt—we do not know what has happened to him.”



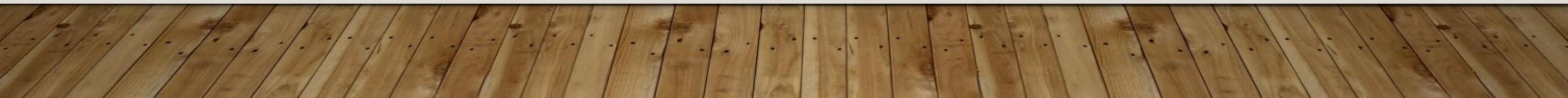
THE SECOND LOSS OF COMPOSURE - GOD HIMSELF.

וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה רְאִיתִי אֶת־הָעָם הַזֶּה וְהִנֵּה עַם־קָשֶׁה־עֹרֹף הוּא:

God further said to Moses, I see that this is a stiffnecked people.

וְעַתָּה הִנֵּיחָה לִּי וַיַּחַר־אַפִּי בָהֶם וְאֶכְלֵם וְאַעֲשֶׂה אוֹתָךְ לְגוֹי גָּדוֹל:

Now, let Me be, that My anger may blaze forth against them
and that I may destroy them, and make of you a great nation.



MOSES IMPLORED HIS GOD

Let not Your anger, God, blaze forth against Your people, whom You delivered from the land of Egypt with great power and with a mighty hand.

לֹמֶה יֹאמְרוּ מִצְרַיִם לֵאמֹר בָּרָעָה הוֹצִיאָם לְהָרֹג אֹתָם בְּהָרִים וְלִכְלֹתָם מֵעַל פְּנֵי הָאֲדָמָה
שׁוּב מִחֲרוֹן אַפֶּךָ וְהִנָּחֵם עַל־הָרָעָה לַעַמְּךָ:

Let not the Egyptians say, 'It was with evil intent that he delivered them, only to kill them off in the mountains and annihilate them from the face of the earth.' Turn from Your blazing anger, and renounce the plan to punish Your people.

וַיִּנָּחֵם יְהוָה עַל־הָרָעָה אֲשֶׁר דִּבֶּר לַעֲשׂוֹת לַעַמּוֹ: {פ}

And God renounced the punishment planned for God's people.

THIRD LOSS OF CONTROL

- וַיֵּפֶן וַיֵּרֶד מֹשֶׁה מִן־הָהָר וּשְׁנֵי לַחֹת הָעֵדֻת בְּיָדוֹ לַחֹת כְּתָבִים מִשְׁנֵי עֲבָרֵיהֶם מִזֶּה וּמִזֶּה יָהֶם כְּתָבִים:
- Thereupon Moses turned and went down from the mountain bearing the two tablets of the Pact, tablets inscribed on both their surfaces: they were inscribed on the one side and on the other.
- וְהַלַּחֹת מַעֲשֵׂה אֱלֹהִים הֵמָּה וְהַמְּכָתֵב מְכָתֵב אֱלֹהִים הוּא חָרוּת עַל־הַלַּחֹת:
- The tablets were God's work, and the writing was God's writing, incised upon the tablets

וַיְהִי כַּאֲשֶׁר קָרַב אֶל־הַמַּחֲנֶה וַיֵּרָא אֶת־הָעֵגֹל
וּמַחֲלֹת וַיַּחַר־אַף מֹשֶׁה וַיִּשְׁלֶךְ מִיָּדוֹ אֶת־הַלְּחֹת
וַיִּשְׁבֹּר אֹתָם תַּחַת הַהָר:

As soon as Moses came near the camp and saw the calf and the dancing, he became enraged; and he hurled the tablets from his hands and shattered them at the foot of the mountain.

CHAPTER 34 – RE-WRITING THE TABLETS

- 34

- וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה פֶּסֶל־לָךְ שְׁנֵי־לַחֹת אֲבִנִים כְּרָאשֵׁנִים וְכָתַבְתִּי עַל־הַלַּחֹת אֶת־הַדְּבָרִים אֲשֶׁר הָיוּ עַל־הַלַּחֹת הָרָאשֵׁנִים אֲשֶׁר שִׁבַּרְתָּ:
- **God said to Moses: “Carve two tablets of stone like the first, and I will inscribe upon the tablets the words that were on the first tablets, which you shattered.**
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- וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה כָּתֹב־לָךְ אֶת־הַדְּבָרִים הָאֵלֶּה כִּי עַל־פִּי | הַדְּבָרִים הָאֵלֶּה כָּרַתִּי אִתְּךָ בְּרִית וְאֶת־יִשְׂרָאֵל:
- **And God said to Moses: [you] Write down these commandments, for in accordance with these commandments I make a covenant with you and with Israel.**

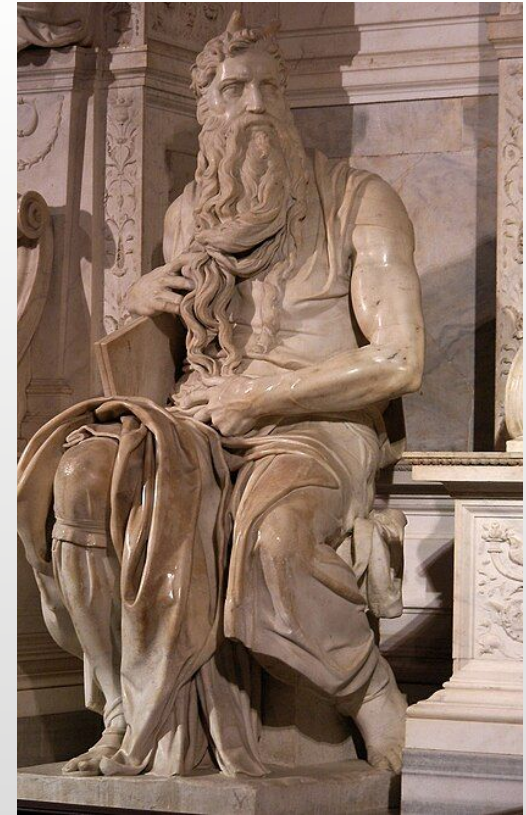
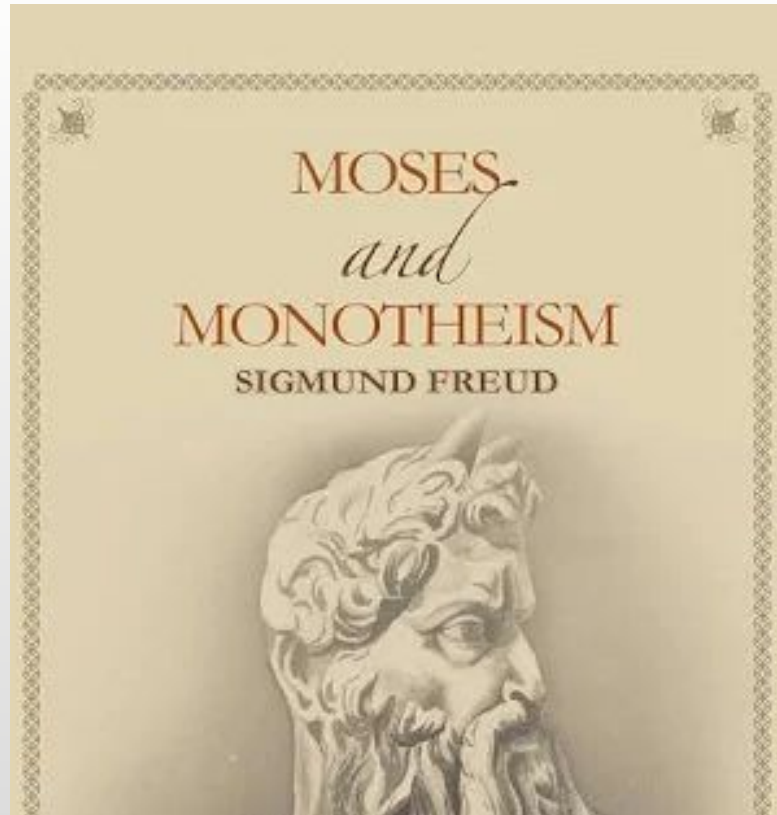
HE WROTE DOWN

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- וַיְהִי־נֹשֶׁם עִם־יְהוָה אַרְבָּעִים יוֹם וְאַרְבָּעִים לַיְלָה לֶחֶם לֹא אָכַל וּמַיִם לֹא שָׁתָה וַיִּכְתֹּב עַל־הַלְּחָת אֶת דְּבָרֵי הַבְּרִית עֲשֶׂרֶת הַדְּבָרִים:

- **And he was there with God forty days and forty nights; he ate no bread and drank no water; and he wrote down on the tablets the terms of the covenant, the Ten Commandments.**

FREUD – 1914; 1938



THE DIALECTIC TENSIONS IN LOSS AND TRAUMA

- **Mourning vs Melancholia**
- **Accepting reality vs denying reality**
- **Survivors guilt (to die from sorrow) vs “Survivors obligation” (to live with sorrow)**
- **Traumatic time vs “Normal time” (4 circles)**

READING THE READER A PSYCHOANALYTIC PERSPECTIVE

- **The therapeutic power of story reading / telling**
- ***Reading the reader* and the distancing paradox**
- **From a passive character in one's (hi)story to (re)writing your own story**