

Cambridge University Press
978-1-108-47991-2 — Wounded Healers
Keh-Ming Lin , Translated by Keh-Ming Lin
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WOUNDED HEALERS

Freud was addicted to cocaine and nicotine, Jung was psychotic for several years, and Margaret Mead remained closeted throughout her lifetime. Yet, adversities notwithstanding, they all made monumental contributions that still shape our views on ourselves and the world. This book includes biographies of fifteen modern explorers of the mind who altered the course of history. All of them were wounded healers who made great discoveries while struggling with traumatic life crises and emotional problems in their personal lives. Full of unexpected twists and turns, their life stories alone are worthy of our attention. In linking their maladies with their creativity, showing the vulnerable and human side of these giants, this book makes the greats approachable and illuminates their scientific findings through narrating their life stories.

Keh-Ming Lin is Professor Emeritus at UCLA, USA, and Distinguished Life Fellow of the American Psychiatric Association. He has published 250 papers and 11 books, including translations of books by Sigmund Freud, and is co-editor of *Ethno-psychopharmacology* (Cambridge University Press).

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Advance Praise for *Wounded Healers*

This book is a tour de force. With the skills of an esteemed neuroscientist and clinician, Keh-Ming Lin presents a scholarly examination of fifteen extraordinary, but wounded, psychotherapists. He suggests that a wounded healer exists within all of us and, if properly contained, might contain the seeds for a talented psychotherapist.

*Warren R. Procci, Clinical Professor of Psychiatry, UCLA School of Medicine, USA,
 and the 64th President of the American Psychoanalytic Association*

This volume integrates and balances the important areas of relational and mediated communication. It reflects a growing aspect of communication scholarship and the way many relational partners interact today. The writing style is informative for scholars and approachable for those new to the topic, which is no small feat.

Jennifer L. Bevan, Professor of Communication, Chapman University, USA

This is a wonderfully readable testimony to some of the most important pioneers in psychotherapy. Keh-Ming Lin makes each of these individuals come alive as vivid and complex human beings, while making their ideas accessible and linking them to the far older tradition of the wounded healer.

John Launer, Honorary Lifetime Consultant, Tavistock Clinic, UK

After reading Keh-Ming Lin's excellent book, I am happy to report that I enjoyed and appreciated this important work very much. It presents a scholarly study and thoughtful meditation on the personal coping methods and seminal theory of giants in psychology. It is both inspiring and compassionate – perfect for clinicians and patients alike.

*Mitchell Weiss, Professor Emeritus of Epidemiology and Public Health,
 Swiss Tropical and Public Health Institute, Switzerland*

Weaving together Eastern and Western culture within a study of famous psychotherapists, this book has it all. For therapists, aspiring therapists, and healers in general, Keh-Ming Lin reinforces the idea that greatness can spring from adversity and may even be a prerequisite for such innovation.

*Ira Lesser, Vice Chair and Professor of Psychiatry
 and Biobehavioral Sciences, UCLA, USA*

Thich Nhat Hanh reminds us, “No Mud, No Lotus.” Suffering is fuel for enlightenment. Without the wound, there is no need for the journey. Keh-Ming Lin shows us how the greats looked inwards and developed understanding, empathy, and medicine. May we do so as well!

*Ravi Chandra, psychiatrist and author of
 Facebuddha: Transcendence in the Age of Social Networks*

In this beautiful book, an esteemed professor of psychiatry describes how fifteen mental health luminaries wrestled with their own inner adversities to open new therapeutic pathways. As all “healers” have mental obstacles to overcome, these stories will inform and inspire a wide range of mental health devotees.

*Joel Yager, Professor of Psychiatry,
 University of Colorado School of Medicine, USA*

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Wounded Healers is an account of how emotional experiences and interpersonal difficulties influenced leaders in the mental health field and suggests possible origins for the creative genius of those leaders. It is powerful, touching, engaging, and insightful – a major contribution to the mental health field.

*Stanley Sue, Emeritus Distinguished Professor of Psychology,
Palo Alto University and University of California, Davis, USA*

Originally appearing as essays in Chinese, published in Taiwan, this book illustrates how a Chinese-American psychiatrist came to understand ideas about mental illness and psychiatric treatment that are European and American in origin, but have now been globalized.

*Arthur Kleinman, Professor of Anthropology and Psychiatry,
Harvard University, USA*

Keh-Ming Lin breaks down the stigma of emotional and mental suffering as the plight of “others” who are cared for by “the healthy.” This absorbing work shows how emotional health is a process, earned by sustained effort, rather than the passive state it appears to be from the outside.

*Roberto Lewis-Fernández, Professor of Clinical Psychiatry,
Columbia Vagelos College of Physicians and Surgeons, USA,
and President of the World Association of Cultural Psychiatry*

Fascinating and perceptive . . . Keh-Ming Lin brings to life the early suffering and struggles that shaped the theories and teachings of fifteen founders of contemporary psychology. Practitioners of mental health must read this, as well as anyone interested in the triumph of the human spirit.

*Albert C. Gaw, Clinical Professor of Psychiatry,
University of California, San Francisco, USA*

An eloquent testimony of resiliency and personal struggles, *Wounded Healers* offers an original historical analysis of the lives of fifteen psychiatry and psychotherapy heroes. The reader will share their frailties, triumphs, doubts, and challenges, as the book puts forward a vibrant message of courage and hope.

*Renato D. Alarcón, Emeritus Professor of Psychiatry,
Mayo Clinic School of Medicine, USA*

In this engaging book, Keh-Ming Lin – international leader in culture and psychopharmacology – examines psychiatry’s early masters coping with themselves amidst sociocultural vicissitudes. Ultimately, “woundedness” suffused their work, helping patients find meaning and self-acceptance. Clinician-readers, who may recognize similar hurdles in their ongoing development, will most certainly want this volume in their libraries.

*Joe Westermeyer, Professor of Psychiatry and
Adjunct Professor of Anthropology, University of Minnesota, USA*

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Wounded Healers

*Tribulations and Triumphs of Pioneering
Psychotherapists*

Keh-Ming Lin

University of California, Los Angeles



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ACKNOWLEDGMENTS

You may have guessed that I see myself as a wounded healer. By this I don't mean to be conceited. I do not compare myself with the luminaries included in this book, either in terms of their achievements or the difficulties encountered in their lives. However, I do have my share of tribulations and *angst*, making life difficult for myself and for those around me. Living with a wounded healer is no piece of cake; yet through all these years, with all its ups and downs and twists and turns, my wife, Wen-Ling, has stood by my side, accepting my weaknesses, appreciating (at times) my idiosyncrasies, sharing our life journeys together. For all this, I'm truly grateful. This book is, first and foremost, dedicated to you, Wen.

So many people have made my life meaningful and possible. First on the list is our daughter, Jessica. Jess, you never complained about having an absent-minded father, and you are always patient listening to my endless ramblings. And now that you have recruited Andrew into our family, I'm so pleased to have one more person to share our tastes for exotic food and esoteric ideas.

Expressions of gratitude are long overdue to my parents, who provided unyielding support even though (I suspect) most of the time they were unsure what I was doing or why I was so discontent and difficult. An ancient Chinese tale described someone lamenting, "The tree wants to stand still, but the wind keeps on blowing; Now I want to get close to you, you are nowhere to be found." Likewise, I'm grateful to my parents-in-law for accepting me as I am, even though they may have wished that I were less wounded.

Sisters Linda and Ching have indulged and tolerated my egocentrism all my life. Brother Shyng has enriched our lives with his energy and audacity. It's wonderful sharing so many indelible memories with all of you, in Taiwan and in this promised land of ours called the United States of America.

In my long quest of becoming myself, I have been blessed with a great many remarkable mentors who pointed the ways to distant mountains and reminded me to appreciate the flowers blossoming along our shared path. In

Taiwan, while Wen-Shing Tseng showed me the richness of the unconscious world, Chu-Chang Chen persuaded me that psychiatry is a worthy profession. In Seattle, Arthur Kleinman taught me the power of culture and healing, and Minoru Masuda made me believe that it is possible to live a good life in a world of diversity, conflict, and uncertainty. In Los Angeles, Milton Miller convinced me that existentialism is not just Sisyphus and his boulder, but an essential tool enabling clinicians to help their patients, as well as negotiating with the powers that be for better care of populations. He also gave me the support and freedom to venture into uncharted territories, be they the mental health care of Americans of Asian and Pacific descent, the influences of genetics and culture on drug response, or, even more importantly, how to become a “good enough” healer in this puzzling modern world.

In Los Angeles I also found my blood brothers in Ira Lesser, Russell Poland, and Stanley Sue, who assured me that an academic career isn’t just a rat race but is about doing it together to make things happen. It’s also about asking questions and finding answers, in clinics, in laboratories, in the classrooms and in communities.

And how wonderful it is to have colleagues like Warren Procci and Charles Grob to bounce crazy ideas off of, drawing parallels between the twentieth-century psychoanalysts and the ninth-century Zen Buddhist Masters, and marveling at the mystery of ayahuasca and the ingenuity of native Amazonians in inventing such a powerful brew.

The idea of this book germinated during my year at the Center for Advanced Study in the Behavioral Sciences at Stanford (CASBS), where the theme of “wounded healers” first came to mind. However, the actual writing of these biographies would not have happened without the encouragement of many of my “comrades” from our medical school days, who provided space in *Medicine Today*, giving me the much-needed structure to come up with one chapter each month. Friends including Yun-fang Liaw, Chi-Wan Lai, Sunhoo Foo, and Hai-Gwo Hwu, and many others, combed through these pieces sentence by sentence, paragraph by paragraph, to make sure they are coherent and relevant. Hao-Wei Wang and Doris Wang, founder and editor-in-chief of Psygarden Publishing Co. in Taiwan, helped me to package these pieces into a book. It was through their labor of love that the Chinese version of the book has been issued in Taiwan and, separately, in China as well.

The English version of the book has benefited tremendously from editorial input from Marciana Poland and Jack Adler, as well as comments from two groups of friends we made since moving to San Francisco. One of them is an informal group of seasoned mental health professionals including Albert and Tina Gaw, George and Gail Hamilton, Robert and Anita Mixon, and Stanley and Sophia Sue. The other is the biweekly writer’s group sponsored by the Mechanics’ Institute, whose members include June Johnson, Harlan Lewin, Barbara Michelman, Stephen Sagar, and Rolene Walker. Other friends and

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