

## **Psychological Aspects of the Memory of the Holocaust 318.4236**

**Time:** Semester B, Wednesday 14– 17:30, Room 225 (New Students Building)

**Instructor:** Professor Hadas Wiseman

**Office Hours:** Monday 14-15, Room 512, Education building. Email: [hadasw@edu.haifa.ac.il](mailto:hadasw@edu.haifa.ac.il)

**Course Type:** Seminar

**Course Level:** MA

**Pre-Requisites (recommended):** (1) Undergraduate course in research methods and qualitative research; (2) Undergraduate course – Introduction to Psychology, Developmental Psychology.

**Course Overview:** In this seminar we will focus on the study of the long-term psychological effects of the Holocaust on the survivors and their families (the 'second' and 'third' generations). Among the topics: Intergenerational transmission of the Holocaust trauma, intergenerational familial communication about the Holocaust, remembering and memory of the Holocaust across the generations, interpersonal relationship patterns in survivor families, vulnerability and resilience, coping patterns, the trip to Poland and Righteous among the Nations. Students will interview survivors and/or survivors' children and/or grandchildren and will chose a research question to focus on for their seminar paper. Supervision for the interviews and for the seminar paper will be provided.

### **Topics and course outline:**

1. [26.2.14] Introduction- Memory of the Holocaust: The Holocaust Story across the Generations
  - 5.3.14 – Yad Vashem Seminar (no class)
2. [12.3.14] Life stories of three generations in the family (Bar-On, 1995; Chapter 1).
3. [19.3.14] Survivors and Child Survivors (Cohen, et al., 2001; Krell, 1997; Barel et al., 2010).
4. [26.3.14] Intergenerational effects of the Holocaust: The second generation (Solomon, 1998; Van IJzendoorn, et al., 2003). Interpersonal themes and emotions in the second generation (Wiseman, et al., 2002; Wiseman, Metzl, & Barber, 2006)
5. [2.4.14] Attachment theory as a framework for studying the long terms effects of the Holocaust (Sagi-Schwartz et al., 2003; Scharf, 2007).

6. [9.4.14] 12:00 - Guest lecture: Arie Oz – The story of a child survivor IDF pilot and El Al captain.

*Passover*

7. [23.4.14] The third generation (Chaitin, 2000, 2003; Sagi-Schwartz, et al., 2008).
8. [30.4.14] Righteous among the Nations – Rescuers and the rescue story in the families of rescuers (Fogelman, 1998). Guest lecture: Lilach Ashoulin;
9. [7.5.13] Resilience and vulnerability among old Holocaust survivors and their families;
10. [14.5.13] 12:00 Guest lecture: Adi Duchin
11. [21.5.13] Class Presentations of the interviews [Assignment #1]. (continued)
12. [28.5.13] Class Presentations of the interviews (continued)

*Shavuot*

13. [11.6.14] Psychotherapeutic work with families of Holocaust survivors. (Weiss & Weiss, 2000). [Assignment # 2]. Last class.

**At the end of the course students will be able to: [Learning Outcomes]**

1. Understanding of the complex and heterogeneous research literature on the long-term psychological effects of the Holocaust and intergenerational effects of the Holocaust while considering developmental-emotional processes of vulnerability and resilience.
2. Experience first-hand interviewing of a survivor/ second /third generation of the Holocaust supervised by the course instructor and conducting a thematic analysis of the interview.
3. Apply the tools they learned in the course in order to define a topic of their interest and write a seminar paper or course final paper.

**Course requirements:**

Readings for each class and active participation (10%). Re: missing class - please notify me ahead of time or when not possible inform me after the fact.

Assignment 1: Conducting a personal interview with a survivor/second/third generation and presenting parts of the interview in class (20%). You will receive an interview outline and supervision for conducting the interview.

Assignment 2: Short proposal for your seminar/course paper (10%).

Seminar/course Final Paper (60%).

**Grading:** Attendance and active class participation (10%); Report and Class presentations of interview (Assignment 1- 20%); Short proposal for final paper (Assignment 2-10%); Final Paper (60%).

**Website:** Moodle system: <http://online.haifa.ac.il/>

**Reading List:**

**Readings for Class (by order of course outline(\*))**

1. Bar-On, D. (1995). *Fear and hope: Three generations of five Israeli families of Holocaust survivors*. Cambridge, MA: Harvard University Press. Chapter 1: The Belinsky family, from the camps: Death and life. To Remember / To Forget.
2. Cohen, M., Brom, D., & Dasberg, H. (2001). Child survivors of the Holocaust: Symptoms and coping after fifty years. *Israel Journal of Psychiatry and Related Sciences*, 38, 3-12.
3. Krell, R. (1997). The psychological challenges facing child survivors. In R. Krell (Ed.), *Messages and memories: Reflections on child survivors of the Holocaust* (p. 85-96). Vancouver BC: Memory Press.
4. Barel, E., Van IJzendoorn, M.H., Sagi-Schwartz, A., & Bakermans-Kranenburg, M.J. (2010). Surviving the Holocaust: A Meta-Analysis of the Long-Term Sequelae of a Genocide. *Psychological Bulletin*, 136 (5), 677–698.
5. Solomon, Z. (1998). Transgenerational effects of the Holocaust: The Israeli research perspective. In Y. Danieli (Ed.), *International handbook of multigenerational legacies of trauma* (pp. 69-85). New York: Plenum.
6. Van IJzendoorn, M. H., Bakermans-Kranenburg, M.J., & Sagi-Schwartz, A. (2003). Are children of Holocaust survivors less well-adapted? A meta-analytic investigation of secondary traumatization. *Journal of Traumatic Stress*, 16, 459-469.
7. Wiseman, H., Barber, J.P., Raz, A., Yam, I., Foltz, C., & Snir, S. (2002). Parental communication of Holocaust experiences and interpersonal patterns of offspring of Holocaust survivors. *International Journal of Behavioral Development*, 26, 371-381.
8. Wiseman, H., Metzler, E., & Barber, J.P. (2006). Anger, guilt, and intergenerational communication of trauma in the interpersonal narratives of second generation Holocaust survivors. *American Journal of Orthopsychiatry*, 76(2), 176-184.
9. Sagi-Schwartz, A., van IJzendoorn, M.H., Grossmann, K.E., Joels, T., Grossmann, K., Scharf, M., Koren-Karie, N., & Alkalay, S. (2003). Attachment and traumatic stress in female Holocaust child survivors and their daughters. *American Journal of Psychiatry*, 160, 1086-1092.
10. Scharf, M. (2007). Long-term Effects of Trauma: Psychosocial Functioning of the Second and Third Generation of Holocaust Survivors. *Development and Psychopathology*, 19, 603–

622.

11. Sagi-Schwartz, A., van IJzendoorn, M. H., & Bakermans-Kranenburg, M. J. (2008). Does intergenerational transmission of trauma skip a generation? No meta-analytic evidence for tertiary traumatization with third generation of Holocaust survivors. *Attachment & Human Development, 10* (2), 105-121.
12. Chaitin, J. (2003). "Living with" the past: Coping and patterns in families of Holocaust survivors. *Family Process, 42*(2), 305-322.
13. Chaitin, J. (2000). Facing the Holocaust in generations of families of survivors: The case of partial relevance and interpersonal values. *Contemporary Family Therapy, 22*(3), 289-313.
14. Fogelman, E. (1998). The rescuer self. In M. Berenbaum & A. J. Peck (1998). *The Holocaust and history: The known, the unknown, the disputed, and the reexamined* (pp. 663-677). Bloomington and Indianapolis: Indiana University Press.
15. Shmotkin, D., Shrira, A., Goldberg, S. C. & Palgi, Y. (2011). Resilience and vulnerability among old Holocaust survivors and their families: An intergenerational overview. *Journal of Intergenerational Relationships, 9*(1), 7-21.
16. Weiss, M., & Weiss, S. (2000). Second generation to Holocaust survivors: Enhanced differentiation of trauma transmission. *American Journal of Psychotherapy, 54*(3), 372-385.

***\*Required Readings are all in the Moodle, including when available versions of these articles in Hebrew.***

***\*\* There may be changes during the semester.***

***\*\*\* Movies and Guest speakers to be announced later.***

## **Bibliography by Topics**

### **The memory of the Holocaust**

**זכרון השואה**

Adelman, A. (1995). Traumatic memory and the intergenerational transmission of Holocaust narratives. *The Psychoanalytic Study of the Child, 50*, 343-367.

Auerhahn, N.C., & Laub, D. (1998). Intergenerational memory of the Holocaust. In Y. Danieli. (Ed.), *International handbook of multigenerational legacies of trauma* (pp. 21-41). New York: Plenum.

Bar-On, D. (1996). Attempting to overcome the intergenerational transmission

of trauma. Dialogue between descendants of victims and of perpetrators. In R. Apfel & B. Simon (Eds.), *Minefields of their hearts: The mental health of children in war and communal violence* (pp. 165–188). New Haven: Yale University Press.

Bar-On, D. (1999). *The indescribable and undiscussable: Reconstructing human discourse after trauma*. Budapest: Central European University Press.

Finkelstein, L.E., & Levy, B.R. (2006). Disclosure of Holocaust experiences: Reasons, attributions, and health implications. *Journal of Social and Clinical Psychology*, 25(1), 117-140.

Greenspan, H. (1998). *On listening to Holocaust survivors: Recounting and life history*. Westport, Connecticut: Praeger.

Langer, L.L. (1991). *Holocaust testimonies: the ruins of memory*. New Haven: Yale University Press.

### **Survivors and Child Survivors**

### **ניצולים וילדים ניצולים**

Barel, E., Van IJzendoorn, M.H., Sagi-Schwartz, A., & Bakermans-Kranenburg, M.J. (2010). Surviving the Holocaust: A Meta-Analysis of the Long-Term Sequelae of a Genocide. *Psychological Bulletin*, 136 (5), 677–698.

Breznitz, S. (1993). *Memory fields*. New York: Knopf.

Dasberg, H. (2001). Adult child survivor syndrome – On deprived childhoods of aging Holocaust survivors. *Israel Journal of Psychiatry and Related Sciences*, 38(1), 13-26.

Fridman A, Bakermans-Kranenburg MJ, Sagi-Schwartz A, & Van IJzendoorn MH. (2011). Coping in old age with extreme childhood trauma: Aging Holocaust survivors and their offspring facing new challenges. *Aging Mental Health*; 15(2):232-42.

Klein, H. (1980). *The survivors search of meaning and identity*. In *Proceedings of the Forth Yad Vashem International Historical Conference: The Nazi Concentration Camps*. (pp. 543-553). Jerusalem: Yad Vashem.

Krell, R., Suedfeld, P., & Soriano, E. (2004). Child Holocaust survivors as parents: A transgenerational perspective. *American Journal of Orthopsychiatry*, 74(4), 502-508.

Lev-Wiesel, R. & Amir, M. (2000). Posttraumatic Stress Disorder Symptoms, Psychological Distress, Personal Resources, and Quality of Life in Four Groups of Holocaust child Survivors. *Family Process*, 39 (4), 445-459.

Niederland, W. (1968). Clinical observations on the “survivor syndrome”. *International Journal of Psychoanalysis*, 49, 313-315.

Sagi-Schwartz, A., van IJzendoorn, M.H., Grossmann, K.E., Joels, T., Grossmann, K., Scharf, M., Koren-Karie, N., & Alkalay, S. (2003). Attachment and traumatic stress in female Holocaust child survivors and their daughters. *American Journal of Psychiatry*, 160, 1086-1092.

Solomon, Z., Prager, E. (2007). Elderly Israeli Holocaust survivors during the Persian Gulf War. In B. Trappler (Ed.), *Modern terrorism and psychological trauma* (pp. 232-240). New York, NY, US: Gordian Knot Books/Richard Altschuler & Associates.

## Second Generation

דור שני

Baider, L. Peretz, T., Hadani, P. E., Perry, S., Avramov, R., De-Nour, & Atara, K. (2000). Transmission of response to trauma? Second-generation Holocaust survivors' reaction to cancer. *American Journal of Psychiatry*, 157 (6), 904-910.

Baider, L., Goldzweig, G., Ever-Hadani, P. & Peretz, T. (2006) Psychological distress and coping in breast cancer patients and healthy women whose parents survived the holocaust. *Psycho-Oncology*, 15, 635-646.

Bar-On, D. Eland, J., Kleber, R.J., Krell, R., Moore, Y., Sagi, A., Soriano, E., Suedfeld, P, van der Velden, P.G., & van IJzendoorn, M.H. (1998). Multigenerational perspectives on coping with the Holocaust experience: An attachment perspective for understanding the developmental sequelae of trauma across generations. *International Journal of Behavioral Development*, 22(2), 315-338.

Brom, D., Kfir, R., Dasberg, H. (2001). A controlled double-blind study on children of Holocaust survivors. *Israel Journal of Psychiatry and Related Sciences*, 38(1), 47-57.

Felsen, I. (1998). Transgenerational transmission of effects of the Holocaust: The North American research perspective. In Y. Danieli (Ed.), *International handbook of multigenerational legacies of trauma* (pp. 43-69). New York: Plenum.

Kellermann, N.P.F. (2001). Perceived parental rearing behavior in children of Holocaust survivors. *Israel Journal of Psychiatry and Related Sciences*, 38(1), 58-68.

Kidron, C.A. (2009). In pursuit of Jewish paradigms of memory: Constituting carriers of Jewish memory in a support group for children of Holocaust survivors. *Dapim: Studies of the Shoah*, 23, 7- 43.

קידרון, ק' (2009). חיפוש אחר פרדיגמות זיכרון יהודיות: כינון של נשאי זיכרון יהודי בקבוצת תמיכה <http://holocaust.haifa.ac.il> לדור שני לשואה. דפים לחקר השואה, כ"ג, מופיע באתר האינטרנט:

Krell, R. (1979). Holocaust families: The survivors and their children. *Comprehensive Psychiatry*, 20, 560-568.

Mazor, A., & Tal, I. (1996). Intergenerational transmission: The individuation process and the capacity for intimacy of adult children of Holocaust survivors. *Contemporary Family Therapy*, 18 (1), 95-113.

Nadler, A., Kav-Venaki, S., & Gleitman, B. (1985). Transgenerational effects of the Holocaust: Externalization of aggression in second generation of Holocaust survivors. *Journal of*

*Consulting and Clinical Psychology*, 53, 365-369.

Rieck, M. (1994). The psychological state of Holocaust survivors offspring: An epidemiological and psychodiagnostic study. *International Journal of Behavioral Development*, 17, 649-667.

Shrira, A., Palgi, Y., Ben-Ezra, M., & Shmotkin, D. (2012). Transgenerational Trauma in Midlife: Holocaust Survivors' Offsprings': Resilience & Vulnerability. *Psychological Trauma: Theory, Research, Practice, and Policy*.

Van IJzendoorn, M. H., Bakermans-Kranenburg, M.J., & Sagi-Schwartz, A. (2003). Are children of Holocaust survivors less well-adapted? A meta-analytic investigation of secondary traumatization. *Journal of Traumatic Stress*, 16, 459-469.

Wiseman, H., & Barber, J.P. (2004). The Core Conflictual Relationship Theme approach to relational narratives: Interpersonal themes in the context of intergenerational communication of trauma. In A. Lieblich, D.P. McAdams, & R. Josselson (Eds.), *Healing plots: The narrative basis of psychotherapy* (pp. 151-170). Washington, D.C.: American Psychological Association.

Wiseman, H., & Barber, J. P. (2008). *Echoes of the Trauma: Relationship Themes and Emotions in Children of Holocaust Survivors*. New York: Cambridge University Press.

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Wiseman, H., Metzl, E., & Barber, J.P. (2006). Anger, guilt, and intergenerational communication of trauma in the interpersonal narratives of second generation Holocaust survivors. *American Journal of Orthopsychiatry*, 76(2), 176-184.

Wiseman, H. (2008). On failed intersubjectivity: Recollections of loneliness experiences of offspring of Holocaust survivors. *American Journal of Orthopsychiatry*, 73(3), 350-358.

Yehuda, R., Teicher, M.H. , Seckel, J.R., Grossman, R.A., Morris, A., & Bierer, L.M. (2007). Parental Posttraumatic Stress Disorder as a vulnerability factor of low cortisol trait in offspring of Holocaust survivors. *Archives of General Psychiatry*, 64(9), 1040-1048.

Somer, E., & Nizri, M. (2013). Intimate relationships among second generation Holocaust survivors in Israel – A qualitative analysis of coping with the parents' heritage. *Klinische Sozialarbeit* 9(4), 9-10.

### **Third Generation**

### **דור שלישי**

Bachar, E., Cale, M., Eisenberg, J., & Dasberg, H. (1994). Aggression expression in grandchildren of Holocaust survivors – A comparative study. *Israel Journal of Psychiatry and Related Sciences*, 31(1), 41-47.

Chaitin, J. (2001). Issues and interpersonal values among three generations in families of Holocaust survivors. *Journal of Social and Personal Relationships*, 19(3), 379-401.

Chaitin, J. (2003). "Living with" with the past: Coping and patterns in families of Holocaust survivors. *Family Process*, 42(2), 305-322.

Fonagy, P. (1999). The transgenerational transmission of holocaust trauma: lessons learned from the analysis of an adolescent with obsessive-compulsive disorder. *Attachment & Human Development*, 1(1), 92-114.

Hass, A. (1990). *In the shadow of the Holocaust: The second generation*. Ithaca, Chapter on Third Generation. NY: Cornell University.

Scharf, M. (2007). Long-term Effects of Trauma: Psychosocial Functioning of the Second and Third Generation of Holocaust Survivors. *Development and Psychopathology*, 19, 603–622.

### **Righteous Among the Nations**

### **חסידי אומות העולם: מצילי יהודים בזמן השואה**

Baum, S.K. (2008). *The Psychology of Genocide: Perpetrators, Bystanders, and Rescuers*. Cambridge University Press. Chapter 5: Rescuers (pp. 181-219).

Fogelman, E. (1994). *Conscience & Courage: Rescuers of Jews during the Holocaust*. New York: Anchor Books/Doubleday.

Midlarsky, E., Jones, S.F., & Corley, R.P. (2005). Personality correlates of heroic rescue during the Holocaust. *Journal of Personality*, 73(4), 907-934.

Oliner, S.P., & Oliner, P.M. (1988). *The altruistic personality: Rescue of Jews in Nazi Europe*. New York: Free Press.

Oliner, P.M. (2004). *Saving the forsaken: Religious culture and the rescue of Jews in Nazi Europe*. New Haven: Yale University Press.

Reykowski, J. (2002). The justice motive and altruistic helping: rescuers of Jews in Nazi-occupied Europe. In M. Ross & D.T. Miller (Eds.), *The justice motive in everyday life* (pp. 251-270). Cambridge: Cambridge University Press .

Tec, N. (1986). *When light pierced the darkness: Christian rescue of Jews in Nazi occupied Poland*. Oxford University Press.

### **Trauma**

### **טראומה**

Ancharoff, M.R., Munroe, J.F., & Fisher, L. (1998). The legacy of combat trauma: Clinical implications of intergenerational transmission. In Y. Danieli. (Ed.), *International handbook of multigenerational legacies of trauma* (pp. 257-279). New York: Plenum.

Bar-On, D. (1996). Attempting to overcome the intergenerational transmission of trauma.

Dialogue between descendants of victims and of perpetrators. In R. Apfel & B. Simon (Eds.), *Minefields of their hearts: The mental health of children in war and communal violence* (pp.165-188). New Haven: Yale University Press.

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Herman, J. (1997). *Trauma and recovery*. New York: Basic Books.

Lev-Wiesel, R. (2007). Intergeneration transmission of trauma across three generations: A preliminary study. *Qualitative Social Work*, 6, 75-94.

Nagata.D.K. (1998). Intergenerational effects of the Japanese American internment. In Y. Danieli (Ed.), *International handbook of multigenerational legacies of trauma* (pp.125-141). New York: Plenum.

Op den Velde, W. (1998). Children of Dutch war sailors and civilian resistance veterans. In Y. Danieli (Ed.), *International handbook of multigenerational legacies of trauma* (pp.147-163). New York: Plenum.

Sawada, A., Chaitin, J., & Bar-On, D. (2004). Surviving Hiroshima and Nagasaki – experiences and psychosocial meanings. *Psychiatry*, 67, 43-60.

### **Memory of the Holocaust Clinical Literature זכרון השואה בספרות הקלינית והפסיכואנליטית**

Danieli, Y. (1988). Confronting the unimaginable: Psychotherapists' reactions to victims of the Holocaust. In J.P. Wilson, Z. Harel, & B. Kahana, (Eds.), *Human adaptation to extreme stress* (pp. 219-238). New York: Plenum.

Gampel, Y. (1992). Thoughts about the transmission of conscious and unconscious knowledge to the generation born after the Shoah. Special Issue on Holocaust Trauma: Transgenerational Transmission to the second generation. *Journal of Social Work & Policy in Israel*, 5-6, 43-59.

Jucovy, M. E. (1985). Telling the Holocaust story: A link between the generations. *Psychoanalytic Inquiry*, 5, 31-50.

Jucovy, M.E. (1992). Psychoanalytic contributions to Holocaust studies. *The International Journal of Psychoanalysis*, 73, 267-282.

Kogan, I. (1995). *The cry of the mute children: The psychoanalytic perspective of the second generation of the Holocaust*. New York: Free Association Books.

Kogan, I. (2002). Enactment in the lives and treatment of Holocaust survivors' offspring. *The Psychoanalytic Quarterly*, 71, 251-273.

Kogan, I. (2007). *The struggle against mourning*. New York: Jason Aronson.

## Narrative Research

## מחקר נרטיבי

Lieblich, A., Tuval-Mashiach, R., & Zilber, T. (1998). *Narrative research: Reading, analysis, and interpretation*. Thousand Oaks, California: Sage.

### Museums on the internet

### מוזיאונים – קישורים

יד ושם - רשות הזיכרון לשואה ולגבורה  
יד ושם, רשות זיכרון לשואה ולגבורה, נוסדה בשנת 1953 בחוק של הכנסת. מאז היווסדו, בהתאם ל"חוק זיכרון השואה והגבורה – יד ושם", מופקד יד ושם על תיעוד תולדותיו של העם היהודי בתקופת השואה, הנצחת סיפור חייהם וזכרם של כל אחד מששת מיליוני הנספים והנחלת מורשת השואה לדורות הבאים  
<http://www.yadvashem.org/>

<http://www.gfh.org.il> אתר מוזיאון בית לוחמי הגטאות

### United States Holocaust Memorial Museum

מטרת המוזיאון לקדם וללמד על הטרגדיה של השואה, להרחיב את ההבנה והידע של הציבור אודות השואה באמצעות תערוכות ומקורות לימוד <http://www.ushmm.org>

#### Anne Frank Museum

בבית זה ניתן לראות את מקום המסתור של משפחת פרנק והחדר בו כתבה את יומנה המפורסם

#### Virginia Holocaust Museum Tolerance Through Education

מטרת המוזיאון ללמד את הצעירים לזכור את הקורבנות שחיו בתקופת השואה, להלחם בחוסר סובלנות, אנטישמיות ודעות קדומות

#### Australian Sites

הפניות למוזיאונים במלבורן, סידני ולאתרים העוסקים בשואה ברחבי העולם כולל דור שני ושלישי

#### Auschwitz-Birkenau Museum

אתר מחנה ההשמדה אושוויץ-בירקנאו

#### Center for Holocaust and Genocide Studies University of Minnesota

מוקדש לזכרו של ראול וולנברג. מספק מקורות מידע לחומרים לימודיים שונים הנמצאים באוניברסיטת מינסוטה וקשורים למקורות אחרים באינטרנט על ראול וולנברג

#### The History Place - Holocaust Timeline

תקציר האירועים ההיסטוריים מ-1933 כולל 1960-1961 משפט אייכמן  
<http://www.historyplace.com/worldwar2/holocaust/timeline.html>

### HOLOCAUST & JEWISH STUDIES SITES

הפניות לאתרים העוסקים בלימוד יהדות והשואה