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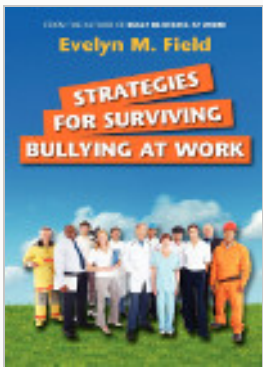
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Regulate your feelings

Strategies for Surviving Bullying at Work

Field, Evelyn M

Abstract: Josie worked for her family doctor, who sexually harassed and bullied her for a few years until she broke down. She mutilated herself and made numerous suicide attempts. Josie was hospitalised 13 times in 3 years. She couldn't afford to live alone so she was forced to live with her family, including her violent, abusive father. She was filled with rage. Even therapists couldn't cope with her anger and some actually dismissed her. When she came to my office for help, she was angry and aggressive. During early sessions, she needed to express her extreme level of

shame, humiliation and powerlessness. As we worked together, she slowly stopped harming herself and began to release her anger in constructive physical ways. She took up karate and, later, indoor soccer, which she described as life savers. Physical activity alone was not enough to release her painful feelings. Sometimes she escaped home by staying with friends in the country. Eventually she moved through her terrible rage and went on to complete her nursing training.



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To cite this article: Field, Evelyn M. Regulate your feelings [online]. In: Field, Evelyn M. Strategies for Surviving Bullying at Work. Bowen Hills, QLD: Australian Academic Press, 2011: 27-50. Availability: <https://search.informit.com.au/documentSummary;dn=160782353212605;res=IELBUS> ISBN: 9781921513817. [cited 25 Jul 18].

Personal Author: Field, Evelyn M;

Source: In: Field, Evelyn M. Strategies for Surviving Bullying at Work. Bowen Hills, QLD: Australian Academic Press, 2011: 27-50.

Document Type: Book Chapter


ISBN: 9781921513817

EISBN: 9781921513824

Subject: Emotions (Philosophy); Biochemistry; Psychic trauma; Bullying in the workplace;

Database: BUSINESS COLLECTION



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