

Teaching/Discussion Points When Working With Aggression

- *The notion of aggression and our ability to contain it and channel it*, versus discharging it into destructive or violent tendencies on the one hand, or by retreating or dissociating on the other, collapsing into passively hostile postures. What fuels the helplessness and impotent rage of those on the margins? How are we all a part of the collective dynamic?
- *The impact of depersonalization* - going unrecognized and disregarded, as valid human beings with real needs and agendas worth paying attention to. How do we address the desperation and vengeful retaliation that inevitably comes from this disregarded ground.
- *The immobilizing of aggression*, by weaving together of accountability and blame, so that all viable pathways for bridging differences and taking responsibility are foreclosed, and only defensive postures are strengthened and reinforced.
- The re-enacting of those very things that obscure, diminish and perpetuate the profound sense of individual and collective losses suffered in our culture, primarily due to our war mentality, and the ways modern warfare has distanced us from its effects, and stripped away any personal dimension or identification to it - either as perpetrators or as victims of killing and war. Bollas speaks of this in *Meaning and Melancholia*.