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Do no harm: reconstruction instead of separation

Abstract:

Psychological separation between adult children and their parents is often presented as a necessary step toward personal growth and independence. However, my personal experience, supported by careful study of real separation cases and discussions with psychologists, suggests otherwise. Following this approach, my daughter started to be hostile towards me, despite having a strong, supportive relationship beforehand. Through deeper investigation, I found that while young adults are encouraged to sever these important emotional bonds, they often do not achieve the promised happiness or stability. Instead, they face emotional losses that are rarely acknowledged. In this presentation, I will argue that the prevailing model of psychological separation needs to be fundamentally reexamined. I will share ideas on how harm can be avoided, preserving essential family bonds while still supporting individual growth.

Biography

Dina Veksler, completed her Master degree in engineering in ex-USSR, AAS in Early Childhood Education in the USA. She has been working with special children and psychiatric patients for the USA Social Services system for about 25 years. Being a child's photographer in the past she invented Thematic Photobooks system, which can work as a phototherapy for special children. She published a few articles in academic journals in English and in Russian languages and some books on Amazon (under pen name Dana Madenich). Currently retired.