

“Simon’s work here is impressive. He illuminates at both the practical and theoretical levels a relatively overlooked but vital aspect of humans and psychotherapy, and he does so by richly relating the work of a host of important existentialists.”

—**Brent D. Slife**, PhD, Brigham Young University

“Dr. Witold Simon has created a comprehensive overview of existential approaches to trauma. This book extends our understanding of trauma further than both Jacobsen’s European existential summarization of the topic, and Stubrin’s recent American humanistic-existential work. I believe he is successful in going beyond manualization and in so doing provides a very stimulating book, which will be of great interest to practitioners. Working with trauma is frequently challenging and such encouragement and thoughtful critique is much-needed.”

—**Simon du Plock**, PhD, FRSM, Middlesex University

“This engaging book goes deeply into a very relevant clinical topic. Witold Simon provides the theoretical solid ground of the innovative construct The Person One Could Have Become (POCHB) and its connection to trauma experiences. The author presents the term from a new perspective based on a profound reflection, as well as multiple theoretical approaches with a strong emphasis in an existential-humanistic view. Simon depicts how psychotherapy could be an experience of moving from trauma to authenticity, pointing out integrative group psychotherapy as modality fit enough for such a profound transition as mourning the Person One Could Have Become. The role of the therapist and supervision features is subsequently described. Critiques of the POCHB concept are not spared, inviting the reader to widen the scope of study and discussing further research.”

—**Héctor Fernández-Álvarez**, PhD, Aigle Foundation, University of Belgrano

The “Person One Could Have Become” is conceptualized as personality and physical characteristics that could have emerged if an individual, at the right time, had received or opted for an appropriate quantity and quality of stimuli and experiences, which in turn would have enabled the person to make more mature and independent choices. Consequences of traumatic events bear non-linear, meta-folding, and multicontextual meaning unique to each being-in-the-world. Many people with a history of trauma, in order to survive, tend to mystify their existence, hoping that one day they will turn into the Person One Could Have Become.

*Mourning the Person One Could Have Become* contains an overview of the ramifications of abuse, neglect, and pregnancy loss. Witold Simon looks at examples from daily life and two cases of traumatized individuals who differ in their background and experience of trauma, as well as in their struggles during psychotherapy. This book is an encouragement of a way of living; indeed, a reasonable mourning of the Person One Could Have Become can set the individual free to travel the road beyond the traditional psychotherapy outcome—the road toward authenticity.

WITOLD SIMON is assistant professor in the Department of Neurotic Disorders and Psychotherapy at the Institute of Psychiatry and Neurology in Warsaw, Poland.

For orders and information please contact the publisher  
**A** JASON ARONSON  
A wholly owned subsidiary of  
The Rowman & Littlefield Publishing Group, Inc.  
4501 Forbes Boulevard, Suite 200  
Lanham, Maryland 20706  
1-800-462-6420 • [www.rowmanlittlefield.com](http://www.rowmanlittlefield.com)



Cover image credit

SIMON  
MOURNING THE PERSON ONE COULD HAVE BECOME



# MOURNING THE PERSON ONE COULD HAVE BECOME

ON THE ROAD  
FROM TRAUMA TO AUTHENTICITY

WITOLD SIMON