



DREAMS AND TRANSGENERATIONAL TRAUMA IN SEHRISH HUSSAIN'S *HIDDEN FIRES*.

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Abstract

This research paper probes into sehrish Hussain's work *Hidden fires* which elucidate upon the transformation of past trauma across generations. It insights that dreams play potent role in psychological and physiological behaviors of protagonists demonstrating repressed thoughts and pulverized memories of partition war 1947. The disruption, loss and displacement faced by the protagonist in history finds its way through imagery of dreams and scenery of sudden hallucinations caused by unconscious suppressed agony. Cathy Caruth theory of trauma under the refuge of Freud's dream psychoanalysis mirrors Yousaf's trauma with his granddaughter's Rubi's modern identity loss experiences Rubi encountered body shame bullying in public subsequently she feels lost and hallucinated as same chaotic condition protagonist Yousaf has. The paper also deals with perspective that distortion in current memory and repetition of actions psychoanalytically in 'unconscious' way derived from these commotion of traumatic memories. The shared experiences of grandfather to granddaughter led this gap of research towards highlighted healing prospects.

Keywords: *Bullying, Displacement, Identity, Intergenerational Transmission, Psychoanalysis, Transgenerational Trauma*

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1. Introduction

Psychoanalysis the term instructed by Sigmund Freud later explained by various theorist in their own perspectives. The name of the term highlights such study related to psychology and behaviors of brain and unconscious actions driven from some destructive memories and thoughts. The term introduced in late nineteenth and early twentieth centuries, Freud influential work i.e, The interpretation of dreams (1899) draws route towards examination and analyze action of unconscious mind as according to Freud 'Dreams serves royal road' to fears, thoughts, suppressed desires of unconscious mind. Traumatic childhood or adulthood experiences can reshape disturbance in actions and behaviors. Freud do not addresses trauma directly but other theorist do after analysis of brain through Freud's concept of psychoanalysis. When first PTSD post traumatic stress disorder introduced in DSM-III (1980) it specifically insights into the nature of historical trauma faced by stimuli or object. Basically War trauma, holocaust, displacement and genocide let people towards PTSD. In symptoms we can receive behaviors like flash backs, forgetfulness, memory loss, nightmares, panic attacks and hallucinations. In novel Yousaf's PTSD led him towards forgetfulness and night mares his flashback serves pathway towards trauma studies discussed in 'Unclaimed experiences: Trauma Narrative and history' (1996) by Cathy Caruth she discussed symptoms of PTSD by drawing edge upon psychologically analysing behavior of effected ones. My research investigates that together both theories find their way in examining disruptions caused by historical violence and bloodshed's.

The Partition War 1947 was a huge traumatic event in the whole history of the south Asian diaspora and Hussain's work Hidden fires (2024) provides us lens to the direct picture of traumatic incidents in protagonists life and his present condition of PTSD. Psychoanalysis of Yousaf's flashbacks and dreams can clear that trauma remains unhealed throughout these years and now it's effected on his health and caused serious issue of dementia. Both of the theories i chose resonate with storyline of Hussain's novel. Yousaf's guilt of loosing his brother and fractured identity resembled as it is with his granddaughter's loss of self confidence and identity through fear of bullying. Yousaf's guilt take him towards haunted dreams and distorted flashbacks of his brother which caused him forgetfulness unconsciously. And Rubi self harms her unconsciously when she was in guilt of being bullied in public. When Rubi gets to know about her grandfather's unspeakable wounds and sufferings she feels pain for an older man this transmission of pain and trauma leads both of them connected emotionally and psychologically.

This therapeutic and intergenerational bond between both of them can work as strong family ties in which memory healing through story telling takes place.

The novel captures distress of identity crises, ingrained grief and inherited guilt. Rubi fights with body shame bullying and them isolation highlighting struggles of second generation sufferings. Hidden fires resonates with wider range of south Asian diasporic literature authors such as Sa'Adat hussan manto, Kamila shamsie, surreya Khan, Gyatttri spivik and Fatima Bhutto also draws sketch on violation of displacement, scars of war colonialism and aftershocks of 1947 War in which PTSD and memory and identity crises plays a pivotal role. Hussain in his work raises voice on acknowledgment of traumatic silent past and proceeds on role of processing it and shifting it to heal from painful past and distressed mental health issues. As a British Pakistani writer her contributions in British literature are particularly significant. Sehrish Hussain is British Pakistani writer and educator born in Bradford, West Yorkshire. Hussain combine her cultural ancestral heritage with scholarly established sensitivity towards narrative structure story telling. Her debut novel 'The family tree' receives critical appreciation for it's unspeakable portrayal of British Pakistani family life emerging on themes of grief and identity loss and generational violated conflicts. she has also nominated for prestigious awards including costa first novel award and shortlisted for portico price as well. This will acknowledge Hussain as new voice over the contemporary fiction and diasporic literature. Also became influential literary figure as one of the ten writers of UK in literature showcase 2021.

Hussain's grasp attention of his audience through unspoken bond between late fifties generation and late twenties generation overcoming their old personalities and reshaping new one for each other. Yousaf's haphazard nightmares illustrate the return of his traumatic past memories of his stifled emotional lockup throughout these whole years plus when he discovered about her granddaughters struggles he procure Major setback that she must not be attended well by his son. Conversely Rubi got considerate towards condition of her grandfather while living near him these factors signify towards trauma solidifying under the burning past of unprocessed and unvoiced censored memories. Later on theorist expound their thoughts and works upon Freud's psychoanalytic structures of scrutinizing unconscious mind i.e. Sigmund Freud's concept of 'chosen trauma' in which he embodies study of traumatic events and shared mental distortion and unhealthy memories reshape identities and personalities over the collective generations.

Partition 1947 is not simply such event that has just remained in history but it is living in present we can see and experience it through the affected families with lost identities the inheritance of trauma across generation and burning of that which was hidden can ruin echos of current being. Rubi's lost self and crises when merged up with diasporic identity of her grandfather her alienation was challenged by transmission of ancestral grief which led her to break her isolated boundaries and do efforts for healing of her grandfather by digging into his past and also in documentaries of history 1947 she want to

do something worth ful for acknowledgment of effected families and there efforts she wants to work for their self blaming and guilt of loosing their loved ones and then their own identities over the time as her grandfather is battling through this.

Hidden fires serve as an indispensable subscription towards both psychoanalytical studies and trauma studies in south Asian daisporic literature tugging up on theocratical perceptions both Freud and caruth. It also takes insights into the notion of 'post memory' introduced by marraine hirsch in which she delve upon the process of relocation of memories upon second and succeeding generations through detrimental thoughts, actions and behaviors,stories and images they grew up with these innate histories are so persuasive that it appears as actual reshaping responses across generation. Hussain's legacy of storytelling challenges his audience for the acknowledgement of enduring oppressions among sufferurs of history their shared mysteries lead us to better understanding of psychoanalytical transmission of trauma and learnings into processed healing opportunities.

2. Literature Review

The combined debate over trauma and dreams took the novel towards the psychoanalytical approach of Freud. Literature review clears our path and reshapes our ideas regarding behaviors of characters under the telescope of other critics ground breaking perspectives concerning Freud's principals and concepts. Trauma and dreams are deeply intertwined to express psyche and working of mind according to events. A destructive psyche offers mental health issues pertaining to dementia alzimers and bipolar disorders.

Theocratical studies

Dumitrescu (2019) states that how Sigmund Freud the founder of psychoanalysis discovered the domain of dreams and suggest their concepts and working. According to Freud unconsciousness is not something hidden under the covers of conscious mind but it has a whole independent existence and working principals which is very different from the working of conscious mind. Freud influences that dreams are route towards unconscious mind. Our conscious mind extracts our unconscious desires and emotions through dreams.In dreams our 'ego' got free and met with our true 'self'. Dumitrescu explain his own thoughts that the dreamer can be the only one who can understand his dreams clearly The psychologist only suggests little remedies to meet his unconscious.

Craftman et al,(2020) In this study states insights into the nursing homes and experiences of nursing assistants that how they deal with extremism of dementia patients.

Futhermore symptoms of dementia are highlighted patients having this disease can have flash backs of their traumatic past. Problematic behavioral changes and suspiciousness could be faced by patients of dementia. Knowlegde of patient's past history for nursing them is significant. Mostly survivors of genocide and holocaust are diagnosed with this disease.

Nilaweera et al,(2020) In this Meridian based study aynalyze that anxiety is the big threat towards daimentia.But this is still a gap that older people dementia is connected to their PTSD or not. It illustrates that survivors of trauma either they relive their PTSD or not their older self is save from daimentia?For this experience 1700 old folks with 65 or above age are followed up for 14 years different tests are applied on them i.e distortion in memories,fluency of tongue,and their power of understanding is observed through questions under Watson's PTSD inventory. Daimentia is diagnosed under DSM-IV.The reasoning ability of men having traumatic past are better then that of women reliving their PTSD. Findings of 14 year research suggests that if survivor do not relive their PTSD and traumatic past wouldn't overcome his mind then chances of having daimentia is reduced.

Downey & Crummy,(2022) In this study explores symptoms of 'childhood trauma'. Research shows how the teamwork of 9 psychiatrists and clinical psychologists of Ireland suggests over the phenomenon of physical,sexual and mental abuse faced in childhood can result in to alienation,denial rebellion or introvert behaviors. Effects of trauma are not same on individuals as the nature of there trauma is different. For 'Snowbell sampling' group of 7 men and 2 women interviewers of psychotherapy counseling interviewed survivors concealing their personal information for better results. Most of effected people are in condition of drug addiction,ignorant,false appearances, denial of being in distress,hidden personalities, unconfidantail behaviors.Psychotheraphy and improved financial conditions can help in getting cure.

Koslowski et al,(2023) describes in their paper that dreams are still riddle for human thoughts on which psychological and scientific inspections are done. According to studies of Freud and solms,dreaming helps in fulfilment of suppressed desires. Human mind generates happy and sad emotions on their basis we accept or deny things. Our experiences led our mind to graph prophecies of future to suggest measurements for it's betterment so we achieve our needs. Our consciousness and movement is reduced when mind functions between sleep and dreams. Dreaming isn't based on conscious logic and reasoning but illogical as it is in effects of 'psychedelic'. If any Mental experience can't address our emotional need then the mind censor's signal of being mistaken and corrects its predictions but there are some 'suppressed approximations' whose mind can't change and we examine them as 'conflicted emotions' explained by Moser's 'dreaming ideology'. The comparison of psychedelic and dreaming conditions led us to the conclusion that

Dreaming is beneficial for healthy sleep and memories specially for patients of 'stroke' who gave up over dreaming.

Tarzian et al,(2023) in this review highlights that the field of modern psychology is the innovation of Freud and ideologies of his students,karl Jung,Alfred adler,Erik Erickson,and Karen Horney. They have different point of views regarding psychological identities. Freud is the founder of psychoanalysis,working of unconscious mind through childhood experiences. His students also contributed by acknowledging,broadening,challenging, and making critical aynalsis over his work. This study examines principles and theories of Freud over psychoanalysis and then making comparisons with contributions of other critics over it.

3. Empirical Studies

Cohen(1986) offers a comparative study of Sigmund Freud's 'Aynalsis of case of hsteriya' and Henry James 'The turn of the screw' is literature written within 3 years. Both raise questions related to their genre. Freud offers insight into clinical case,while James have written tale over spirits. A combine aynalsis of both not only raise questions on our thoughts about fiction but also criticize over author's genre. 'Case of Hysteria' the most significant work of Freud but people didn't recall it with its real name then that of 'Dora case' because freud masked the identity of his patient. This case history is basically straightforward and fascinating either one has knowledge of psychoanalysis or have not. If Freud's style feels like fiction then it is no wrong over saying that he changed his genre for fiction. It took us into the ground reality of what is behind patient's thoughts and action and how these are veiled behind her unconscious this way Freud is able to elucidate both of his genres.

While Ketterer(1987) states acknowledgment over veeder's book that it is the most appropriate psychological description over Frankenstein's that is hardly available until now. The question is 'Is this a right way to have insight into Frankenstein?'I am in the opinion of my fictional description as I taught in my book ' Frankenstein's creation:the book the monster and human reality. Veeder portrays shelley as less speculative women. But I showed interest over his fiction with trelawny's words. Like general psychological descriptions veeder also took reiteration between Frankenstein and it's origination. But in my opinion better understanding of frankenstein only achieved after understand that every character has its own identity. The elegance of work is that readers attain experience relation among internal thoughts,the world outside, psychology and supernatural fiction. Veeder's work is conveniencing because his took critical aynalsis of Mary Shelley's work

and percy Shelley's ideas and critic over romantic history lastly his book is about Mary Shelley. Result of veeder's research is that Mary Shelley's all fiction revolves around comparative aynalsis of balance between masculine and feminine features and their opposite traits.

Roy(2021)states that the human mind is divided into a variety of parts.our life experiences shapes our personalities. 'Freudian dreaming concept is route to unconscious and used predictions of dreams for this purpose.'(Aroura,389-410). This paper explores different personalities of Ashley Petterson protagonist of 'Tell me your dreams'. It elucidates that Freudian interpretation of dreams theory can help in identifying horrific dreams of ashley. This paper delves into Sheldon's novel and examines mechanisms are signified for ego defense and how they shape different personalities. This detailed paper insights into wide literature of it's genre i.e Novels,topics, encyclopedias and critical aynalsis for better results.

Sattari and Tawhidyar (2021) states that 'The sun also rises' is a combat first novel of novel prize winner American novelist Hemingway. It provides a lens to viewers to the effects of PTSD on sufferurs and aftershocks of war. Through personal and individual trauma of speaker Jake Barnes and other characters of novel Hemingway portrays effects of PTSD i.e isolation,lack of direction,futality and loss of ethical and moral values. This qualitative research offers a critical insight of the novel through trauma theory so therefore trauma and PTSD can explored in defined way.

Xing (2023) states that outcomes of war effect brutally on sociality and lives of people. This economical slump creates psychological shocks, unemployment, poverty and socailtal Conflicts. Geoffery hill is influencail poet raised after second world war.He showed horrific truths of war in his debuted poetry. The paper indulges with caruth's theory of trauma to aynalyze hill's poem 'Funeral music'. Distorted flashbacks,traumatic fits and PTSD uncover bitter truths of war again. Alongside this paper also deals with critical analysis of joshua Petterson advancement over caruth's trauma theory which offers paper to explore poem in different perspectives.

Bovan, (2022) states in his research Transgenerational trauma as a condition in which children receive transmission of emotions on experiences on certain traumatic events from their elders i.e parents and grandparents. This is exceptional mixture of individual,familial and traditional traumas. They all combine to produce such unexplainable delimas but 'comics'(Delivery of story through imagery) are helpful in such situation to explain in depth. Mostly authors think that comics with their imagery tongue are best origin of trauma delivery especially in these states i.e distorted time,returning of trauma,and chasing past. Comperitive study of two novels has been done in this paper

Heimat: A general family album by Nora Krug and Sunday's Child by Serena Kate. Both novels shed light on trauma that arose during 2nd world war by contribution of authors families. I show that how authors draw up on narrative and artistic approaches in the search of truths that explain sentimental attachments and fantasies that are aspects of Transgenerational trauma.

Wehling & Giorgi, (2024) inspect in their paper about female written contexts about trauma. Which shows that how dominant structures can have an impact on lives of females. My research delves attention towards point that how transmission of trauma across generations plays its vital role in society through central character of mother in works of Toni Morrison (Beloved), Elsa Morante (History: A novel), and Elena Ferrante (Neapolitan novels). It emphasizes on the basis of combined study of Rothberg's notion of the multidirectional negotiation of cultural memory' in which I recognize different symbols and ways through which writers explain trauma. It includes confronting powerful narrative through spirits or return of past characters, non verbal images and symbols, distortion in structure of language and provide meaning in updated sense. Lastly, I show how these 3 authors halt and translate abuse and traumatic stories of spirits by explaining them in advance ways although enchanting into versatile, vigorous and global exchange of ideas.

Rousseva, (2024) states in his research that Elena Ferrante's Neapolitan quartet and Jhumpa Lahiri's Italian debut in *Altre Parole* (In other words) both are considered to be verbal memory or verbal dialogue because in them learning language and shifting from one language to another is the plot's main event. It also highlights that points where identity develops and personalities have given new enhancements. In this research combine study of Ferrante and Lahiri's works both authors painful experiences are justified that a suppressed and ignorant indigenous language faces embraced language which is also language of their works and proof of their command. This paper through the help of trauma studies and translation theory investigates dialect trauma and difficulty of wording and topic in Ferrante's novels. This trauma is especially seen into Elena Greco's repeated linguistic explanations which revise her past trauma through her literary language. Secondly, I construct the concept of linguistic limitation, the trauma basically in Lahiri's works. Her repeated struggles to prove herself Italian and writing up on her language learning journey. My research draws on language learner, deported immigrant self illustrates trauma and put linguistic and creativity to work together.

Mohsin, Hayat, & Akhter, (2021) explain in their research that through the mid twentieth century breath taking incidents are seen in Palestine. Where Palestinians faced brutal killings, enforced kidnappings and sexual violence abuse by Israel. Which results Palestinians having stressed minds, suspicions, and hopelessness about future. It is all

because of PTSD and this trauma will always transfer across generations. This research actually explains problem of Transgenerational transmission of trauma, which has faced by Palestinians in 1948 after events of naqba shown in Susan's Abulhawa's 'The blue between the sky and water'. The theocratical structure of this research draws up on atkinson's Transgenerational theory in which he explains the working of literature in the role of transmission of trauma and also its traditional conditions which have given birth to it and have impact on it. Results of this study highlights struggles of painful experiences, suspicions, oppression are included which is transferred across generations through imperialism.

Gap Identification

Hidden fires(2024) by Sherish Hussain a recent publication of January 2024 which has accumulated a lot of critical focus. Novel seizes mass of familial ties. The interpretation of dual behaviors of young girl dealing with societal taboos and an older man grappling with his distorted dreams and horrific flash backs. Caruth's Intergenerational transmission of trauma theory and Freud's Dreams theory work under the lens of psychoanalysis to extract meanings from behaviors of Hussain's characters in my research. I want to investigate how the same theories aid in the development of healing towards stimuli through their surroundings into family dynamics, how it is transmitted across generations through shared experiences, how it is accomplished, and why it is necessary for unresolved griefs. My main focus is on the idea that I identify as a gap of my paper is that transmission of traumatic incident are not all the time source of negativity stress anxiety and depression disorders but also effect positivity in behaviors as shared healings of Rubi and Yousaf diliberated in novel hidden fires. Rubi experience identity and self loss after body shame bullying but after witnessing and listening wounds and loss of his grandfather she acknowledge that she is not the same isolated in room and always listening to loud music anymore but healing from her past and same she wanted for her grandfather.

4. Theoretical Framework

This study conducts qualitative research under content analysis of a variety of theorists over competitive evolving of psychoanalytical dreams and transmission of historical trauma theories with different perspectives over the time. It offers insights through graphs, symbols, hypothesis and interviews of affected people through different backgrounds.

Money-Kyrle (1971) states that he tried his best briefly evaluating this research so that insight into this paper goes smoothly without looking at his prior work. But actually this work is sourced from his work 'cognitive development' (1968). The purpose of this

research should be done in different ways. One of them is to deal with emotional hindrance which helps in understanding patients. And to cure their emotional blockages and discover their blurred natural knowledge. Perspective of this paper is to elaborate this. Its evident that when I discuss about natural knowledge it's meant 'intellectual aspect' which is derived from intuition. I am writing article on it that's why I understand that this have not given importance in psychoanalysis. But here I got stuck over inner voice which goes on even after psychoanalysis. You claim over fantasies which you could not give us'. That child you misunderstood or misconceived now you have to imagine it correctly. Remember creation in the internal world is well liked. You just need to connect your psychic parents the child will be conceived on its own and I considered it true. Freud under the effect of minds electrostatic model couldn't put effort on cognitive element because at that time minimal knowledge exist. Imagination of natural knowledge which is always present in philosophy and ethology has recently reviewed. its not my work. My work is to connect theories of different paths.

Bachrach et al,(1991) states that in this paper critical exploration of research based literature. Which is on the results of psychoanalysis. And precautions that effect these results. We are studied through lens of this psychoanalysis. We found that the result of this research is based on collected body. Patients through psychoanalysis get cured clinically. Deep scrutinizing is beneficial for them. In variety of case studies clinical procedures which are unable to have prominence like any other psychotherapies. These methods didn't boost up psychoanalysis but create challenges. Separate critical measures are taken for the advancement of the field.

Caruth (1995) argues that intensity and horror of traumatic events are unbearable yet some memories are unable to accept as reality. Such experiences are only understandable through truths but also work over the concepts that how and where conscious and memory fails. According to Caruth and others literature provides a lens into traumatic events because it want readers to listen over things that are surprisingly explained. Society, movies and political activities can also provide trauma analysis and measures to explore it's answers. A group of specialists and critics in the text 'trauma and memory' that literature offers variety of clinical and ideological sections that how new tendencies will helpful in dealing with traumatic experiences. Caruth's publications on two main articles are combination of interviews interested for analyst and critics and basically for sufferers of children rape, AIDS and historical holocaust.

Fiss (2000) states in his research that dreaming is essential for both states of sleep REM and non-REM. Dreaming can protect memories and refine mood swings and helps in one's personal growth. REM dreaming is common in children because these are not only important for their physical growth but also shapes their psychology. If some hindrance occur in having dreams then it ruins personal growth. And if dreaming has given

importance then they strengthen psychological graphs in human mind. It has been discovered that dreams also occur in Non-REM sleep but REM dreaming is considered to be more influential in depth. Dreams instead of hiding people problems show them and also suggest solutions. Dreams are similarized by poems and poetry. The time of dreaming is real actually. The graphs which shapes dreaming can also influence on its imagery and content. Dreams are not only exercise of mind but having a separate reality. Dreaming can provide signals for arrival of health issues and also cure them.

Kenny (2016) states after reviewing Target and Fonagy that psychoanalysis is a huge developing age, in which it got alive many times. Therefore, many writers argue that from last 115 years a huge variety of beliefs are founded on psychoanalysis that doubted its ideology. This paper makes an analysis of past and present imagery of psychoanalysis so that it would be discovered that Freud's concept of memory and psychoanalysis match current ideologies. Firstly, I draw graph upon emerging history of psychoanalysis. Secondly, I emphasize upon psychoanalytical tactics that are extracted from clinical practices from which psychoanalysis got better understanding. Thirdly, I explained that Freud's ideological thoughts and clinical concepts are also recognized in current psychoanalysis theory i.e. Object relation theory, attachment informed psychotherapy, existential phenomenological intensive short-term, dynamic psychotherapy. Fourthly, I graphed upon unimportant scattered developments of psychoanalytical scholarship. Lastly I criticize on sealed routes on which some specialists of psychoanalysis took us. We should work for current situation betterment.

Willbern (2017) states after reviewing Caruth's paper that trauma connects psychology and history which blurs the lines between their boundaries. External events impact internally. The intellectual systems which are needed to strengthen relations with world they're eventually crumble. The psychological malfunctions lead one towards memory blackouts. A traumatic individual can isolate himself from him and society. According to Caruth a traumatic individual can carry in him an impossible history or he himself become part of such history in which he could not have any influence. Historically our late culture awareness about trauma arose in 1970 and 1980s from Vietnam warriors who bring war home in their minds. PTSD (post traumatic stress disorder) founded in 1980 and included in DSM-III of American association of personal and statistical journal of Mental health. Definitely this disease was known before with name of mental fatigue, shell shock and war necrosis. APA of 1980 discovered that how traumatic event looks like i.e. war, attack (rape, child abuse) or natural disaster. The publication of 1994 DSM-IV examine individual's response of such events. As a disease individual's personal response depend up on condition of PTSD. War genocide could not effect all warriors but half of them get affected.

Zhang & Guo,(2018) states in their paper the comparisons of Freud psychoanalysis and self structure of the theory of dreaming. Self organization theory of dreams systemizes mind in sleep. This system connects different censor's of mind and frame them as story. It's means that dreams individually haven't any purpose but they are the outcome of activities of mind during sleep. These activities are to strengthen memories, controlling emotions and catching external signals. But according to Freud's theory dreams are doorway towards unconscious mind. Thats why predictions of dreams are one of method of psycoaynalsis. Freud emphasis up on two things i.e where does the dream content come from? And how does it connect to work in the same domain? According to freud's dream content extracted from signals of the external world,personal experiences,Internal physical signals and activities of mind during sleep are important for understanding of dreams interpretation. Science also confirms on many things about it. According to self organization theory, keeping above four things in mind dreams can also tell important things about man.

Yahuda & lehrner, (2018) States in their paper the research verification of traumatic effects on shifts from one generation to other.And this epigenetic transfer has possible repercussions. These transformation has two categories i.e first we have effects that process during growth. These effects arise during the stage of children influenced by preliminary environment i.e postpartum meternal care, depression in pregnancy. Secondly, we have that epigenetic changes which contains trauma in parents before conceiving. It'll effect hormones of parents and then further may effect fetus as well. A number of elements identify gender specific epigenetic effects of trauma in which parents in their initial development faced trauma highlights why mother side effects of trauma differ from father side. The most reliable work is done on animals till now where control method works pathway towards explanation of transmission of trauma. A very small scale research has been done on humans yet this study is having technical summons so it is not possible to connect generational trauma to one specific biological factor.

Zoromba et al,(2024) states that trauma is basically a psychological and emotional reaction towards individuals pain and distressful events. Yet one's trauma experiences differ from other on personal levels that's why specialist debating over understanding trauma and suggestions over its cure. This research goes through criticism of biomedical and psychological models and it has been suggested that culturally sensitive theories are recommended. Narrative literature review under this showed 96 research topics,books and reports. This content has been taken from Google scholar,PubMed and psycINFO. Research explores PTSD complex trauma and diseases related to it. Much criticism is faced by models containing this research.I n biomedical models aynalsis of trauma is made very easier i.e effects of initial childhood stage has been ignored. Different types of trauma effects could not be understandable and ignorant in traditional measures only emphasis up

on list on diseases. criticism of psychological models is that they put extra influence on effects of internal mind, different kinds of signals are less understandable, ignorant in cultural and traditional ideologies and didn't include emotional and relational aspects. For making sense in curing trauma more inclusive traditionally sensitive models are needed.

Sarigedik et al, (2022) in their paper find out that traumatic events put deep impacts on human life in individual and social areas creating psychopathological disruptions. Recent research find out that these traumas are also received in psychological issues of coming generations. But there is very small research over changing in structures of brain especially in those children whose mothers experienced trauma. This paper explores into study of children's hippocampus and amygdala parts of brain whose mothers passed from big trauma in their youth. Research takes spectacles into comparative analysis of MRI reports of 40 kids of these types and 27 simple kids. Results define that flood experienced mother's children have very low level of amygdala on both sides as compare to simple kids. Yet Right sided amygdala and hippocampus is in much lower volume than that of left side. This research is from that initial studies which connects Transgenerational trauma to rigidity of mind. Our study highlights that traumatic effects put impacts on structures of minds across generations.

Keaney et al, (2024) explain in their research that Transgenerational trauma in one generation can have its impacts on lives of coming generations. This notion is explained differently in multidisciplinary departments and it is also related with concepts of historical trauma i.e Transgenerational trauma and PTSD. This paper reflects introduction of intergenerational trauma in simple way especially DOHaD research and evolving roots of health and disease. This topic is interesting for different departments because social imbalance and abuse can have biosocial impacts on human mind. But in scientific research it is not easy to understand and explain it at full scientific level. Yet people interest over Transgenerational trauma is increasing day by day and it is taken as clinical practice for the care of underprivileged groups. This research also delves up on questions of social balance and biopolitics.

5. Analysis and Discussion

Hidden fires (2024) by Sehrish Hussain highlights core aspects upon psychological scars of protagonist Yousaf Ibrahim and his granddaughter Rubi. The scenery of the novel covers all traumatic events of Yousaf's past survivals of 1947 partition war mirror the self-harming scars of his granddaughter's identity crises by public and cyber bullying. The 'fires' in the title of novel draws attention towards fire flames and burning scenes Yousaf

witnessed on the way towards homeland and burning of green fell tower and death of innocent people in them in UK also reminds yousaf of his traumatic past fire flames which took his brother from him. Yousaf being ten year old himself tried hard to save his toddler brother from genocide and hunger between houses on fire he tried his best until a mob arrived took Ali and thrown him away into burning flames of building. He failed in his responsibility which drives his unconscious mind into guilt tripping himself and past envelopes him through unresolved traumatic nightmares and flash backs took him hallucinated sometimes.

The 'Hidden' in the title symbolically used for yousaf's unprocessed hidden grief and also for rubi's hidden self harm to settle her depression and anxieties on her own. Freud dream theory metaphorically deals with psychoanalysis to yousaf's traumatic past and his repeated actions whereas caruth's theory of transmission of trauma deals with rubi's present day struggles of identity loss which blurs the boundaries between past and present elucidating the effects of trauma and shared grief across generations.

How dreams serve the pathway to psychoanalytical trauma

The following dialogue delivers imagery that describes the condition of the protagonist yousaf's contribution to his fractured thoughts and hallucinations. "Through my fingers, I see you peeking at me from behind the door." (Hussain, 2024, p. 239) According to Freud the theory of psychoanalytical inspection of dreams draws a clear picture of yousaf's past living in the present mind. According to caruth's trauma theory the naive 'peeking' figure in above lines symbolizes 'unprocessed past trauma' and unsettled guilt of losing his infant brother at partition War 1947.

"That was the first time you came right before my eyes. Right there. Before that, you were creeping into my thoughts, my dreams." (Hussain, 2024, p. 44) The above scene is also one of the hallucinations from yousaf's distorted flashbacks of traumatic past he himself highlights that his dead brother appears in his dreams this attitude draws path to the concept of wish fulfilment highlighted by dream theory of unfulfilled desires the words 'creeping into my thoughts' and 'right before my eyes' press stamp of unconscious behavior of mind under the influence of traumatic memories of his brother psychoanalytically he wants his brother to be alive with him.

"That is when I see your small frame standing by the window, a giggle escaping your lips. I blink and you disappear. The edge of the curtain moves from where your hands touched It." (Hussain, 2024, p.16) The above line also facilitates us to have glance into the protagonist disrupted past this peeking and peeping of infant and his little body parts into yousaf's nightmares and flashbacks led us towards visual repressed memories. These repetitions of unconscious thoughts over mind and body language of yousaf. Psychoanalytically this Manifested content 'a giggle escaping' blurs the lines between past

and present elucidating it his own want of unconscious desire of escape from his traumatic past.

"Someone is shaking me, telling me to wake up. But I want to stay with you, Ali." (Hussain, 2024, p. 289) The influence of Freud's psychoanalytical dream theory can clearly be witnessed in the above condition of Yousaf's dream. Unconsciousness of mind led his soul clearly towards his dispersed past and Desire to save Ali back then. Protagonist didn't want to open his eyes into present reality and keeps wondering past until he'll scattered again from his stern memories.

"At home, I have forgotten the order of my namaz entirely on occasions, or repeated the same verses multiple times." (Hussain, 2024, p. 69) Appalling history keeps ruining the protagonist's mental health. The above situation highlights severe dementia from his forgetfulness behavior. Wires of his mind were started to block present world images. And psychologically the unconscious suppressed self and blurry past keeps scratching his present actions.

"The past seems to be creeping back in, especially in my Grandpa's dreams, and in my DMs on Instagram." (Hussain, 2024, p. 180) Rubi acknowledges that history keeps disturbing present conscious and unconscious actions of his grandfather either through dreams or dementia. She herself unconsciously mirrors energy of older man by worrying about her bullied past after visiting her Instagram inbox. This is basically psychoanalytical transmission of energies across generations.

5.1. Shared Healing Experiences Through Transgenerational Trauma and Contribution to the Psychoanalytical Lens:

"And sometimes I can hear him mumbling in his sleep, like he's distressed. I could go into more detail. About the dead people he was talking about." (Hussain, 2024, p. 181)

Hussain in the above lines shows his audience dual experience of protagonist experiencing latent content through distressful haunts of his nightmares and transformation of inherited grief into his granddaughter's unconscious this transformation carried out by Caruth's concept of Transgenerational trauma across generations. After witnessing this unconscious speech of Yousaf in his dreams puts Rubi into the sense of confusions with lots of questions in her mind the curiosity leads her mirror Yousaf fractured identity to her own lost self and quit isolation at first place to find answers of her questions for curing Yousaf's PTSD.

"You whimper and cry in your sleep. Don't think I haven't heard you. You talk about dead people all the time. And houses on fire. I've heard it all." (Hussain, 2024, p. 186) The intensity of transmission of trauma plays potent role after analysis of above

dialogues delivered by rubi she acknowledges sufferings of yousaf by accomplishment of his unconscious behaviors either in sleep or in working and repeating actions under influence of his dementia she wants to confront her grandfather through anger maybe this way yousaf understand what his granddaughter's wants for him.Masking of suppressed trauma and reiteration of rubi's inquiry let yousaf being frustrated through his own self. Freud concept psychoanalysis aligns with caruth's transfer of grief clears picture for critics to identify situation in better way.

"I cut myself to feel human. You've probably never spoken about what's going on in here,' she motions to her head. And now it's eating you up on the inside." (Hussain, 2024, p.187) Caruth's transmission of traumatic legacy leads to explicit contradictions in the behavior of rubi towards his grandfather in the above delivery of dialogues. 'Cut myself to feel human' is open protest to get over the custody of depression also psychological reflection of her lost identity. She needs yousaf to work over his unprocessed fractured memories to stabilize over his head and self. The rebellious need for healing and being spoken up is displayed in the tone of rubi.

"Grandpa, this wasn't your fault," stutter. "You were a child yourself. You did your best." (Hussain, 2024, p. 205) According to Caruth's transmission of trauma rubi clearly wants the marginalized self of his grandfather to have some fortitude on him to make him believe that he himself was a child he can't do anything about incident all she can do is to push his faith to opposite side of picture that he did his best effort and he don't need to feel guilty about his buried past.

"There was no way Grampy could have hidden my self harming from Dad.Just like I couldn't have hidden his ailing health from Auntie Fozia that time.He had to protect me, just like I had to protect him." (Hussain, 2024, p. 241) According to Freud's approach both grandfather and daughter are psychoanalytically in energy to mirror their scattered self and wants family ties to be strong enough for overcoming their fears and mental health that's why both of them can't resist to keep their secret from rubi's father hussan and yousaf's daughter fozia. Otherwise there dreadful mental health could take their soul into splintered lonely self.

If my grampy could deal with all the things he had faced in his life, then I could face this." (Hussain, 2024, p. 278) Dialogue delivery by rubi reveals higher level of intergenerational strength and confidence in her thoughts she inspired psychology from her grandfather that he had hidden his horrific past throughout all those years and still functions for his family then why can't she overcome her fears of being bullied again she gains strength to face them confidently the transmission of trauma started to heal in different ways of empathetic inherited reliance.

"Without that old man I feel I would still be sitting in a

darkened room, listening to the music of dead rock stars, painting my face to hide behind a mask, hating my body, hating myself, no purpose”(Hussain, 2024, p. 278) Rubi elaborates that how she dealt with her destructive self caused by her body shame. She is resistant to leave her music and isolation. She took giving herself scars taking them as precautions to run from depression and anxiety but her trauma begins to fade away after listening to ancestral inherited trauma she regains her strength and confidence and fortitude to get things work. After meeting with his grandfather history she also regains purpose and path of her life to help effected families getting over their fears of past.

He’s opening up to me. It’s finally happening. I mustn’t question him or try to catch him out otherwise he will retreat," (Hussain, 2024,p. 204) The moment where yousaf decided to slightly unhide his brutal past before his granddaughter just for the sake of saving her from giving scars to her body. She made them as an escaping meditation from depression. Here rubi decided to calmly observe him remaining him unquestioned for the sake of peaceful delivery of dialogues. Psychologically she fears that he remain immersed in silence again. Yousaf also withstand with thoughts that rubi has ability to take insight into his past or not.

"My heart aches for Grandpa’s loss. I remind myself that it is my loss too.” (Hussain, 2024, p. 162) The delivery of dialogue by rubi suggests her high concern and discomfort regarding her grandfather she addresses the loss of older man her own loss. This sense of kinship is declaration of ancestral sentiments and Transgenerational grief. Caruth's theory suggests Hussain's audience to identify rubi's internal mechanism for identification of her grandfather's wounds.

"Something has changed in me. I feel different. As cringe as it sounds, I think I’m finally healing. And I want the same for my grandpa.” (Hussain, 2024, p.279) This dialogue delivery by rubi is the Crux of my gap identification of my research. 'Healing' positive and optimistic outcome of shared experience of storytelling. It highlights that transmission of trauma not always paralyzes thought process and delivers anxieties but also identifies healing and moving on stabilizing in life and all the theory plays potentially optimistic outcome of getting over the traumatic past. Rubi finally dropped off her alienation and exact she wants for her grandfather.

5.2. The Influence of Past War Trauma to the Present Day Thought Process.

"Some have passed away or returned to Pakistan to live out their final years. Others have lost their minds.”(Hussain,2024, p. 21) Rubi found biographies of affected members of partition war 1947 after going through documentaries of their remaining family

members. She found categories of survivors some are dead some returned Pakistan others 'lost their minds' as yousaf did day by day his condition getting worse and rubi wants to find peace for him that's why she keeps digging into traumatic events this selfless struggle of rubi reverts high confrontation towards positive ramifications of trauma transformation.

"I've run past burning homes, dead cattle and detached limbs lying discarded by the side of the road. This is a war. My ten-year-old mind knows." (Hussain, 2024, p. 90) Here yousaf the protagonist is recalling his drastic past and drawing sketch of horrific incidents of 1947 partition war. 'Ten year old mind' suggests that yousaf is having 'childhood trauma' being a survivor. Witnessing such destruction being 10 year old innocent mind and brutality of mob snatching his brother and throwing him into burning buildings lead protagonist high psychological decline and fragmented self.

"Your body is flung into the burning shop. The flames engulf you. Your screams don't stop. I collapse, my ten-year-old frame limp in the hands of men. Ali, my Ali. Why didn't you stop crying?" (Hussain, 2024 p.256) As a defenseless 'ten year old' boy nursing his toddler brother in blind storm of genocide and then suddenly he suffered unbearable traumatic loss of his whole life. Childhood trauma that remains unspoken creates a vivid future and reshape self as a fragmented statue. Recalling of past events unconsciously and guilt tripping to yousaf's own broken self can convert imagery of his mind to deteriorate psychological slum.

"I wish you were here now, Ali. My sweet little boy. I wish you hadn't left me. I wish I hadn't left you. I hope you'll forgive me for my wrongdoing. I hope you will have mercy". (Hussain, 2024, p. 288) Freud's concept of 'unattained desires' and suppressed memories reflect from dialogue delivery of the protagonist in the scene above. The echos of chaotic 1947 genocide enveloped yousaf's innocent mind and he started blaming himself for death of his toddler brother Ali. This unprocessed guilt consuming his mind and he is becoming unforgettable day after day his dementia got worse. Now Ali is not just his brother but a haunted figure of his past internalizing guilt and excruciating pressure over his chest. That's why he's asking to have forgiveness over the act which has nothing to do with him.

"Why are you telling me this?" I manage to whisper. We saved them, Yusuf. Didn't we?" (Hussain, 2024, p. 189) Yousaf who has concealed his past throughout these all years receives a setback from his best friend ashraf. He was also survivor of partition 1947 he opened up his brutal veil from his past before yousaf a man who barely managed to shelter his own terrible ache. Caruth's concept of transmission of trauma played pivotal role along with Freud's concept of repressed memories in critical examination of dialogues delivery.

"The methodical killing of loved ones in order to save them from a worse fate. (Hussain, 2024, p. 190) Freud's concept of 'thanatos' the death drive was seen in this dialogue. ashraf acknowledged killing of his family members specifically women at

partition 1947 in order to save them being raped or sold as brothals. The unconscious instincts of being Muslims they didn't let that happen to their dignity and they killed them for the sake of saving them.

"How did that man carry this secret for years and still function? How have I? How have any of us?"(Hussain, 2024, p.150) Hussan acknowledged the pain of his father concealed in himself for years. He got surprised at how he himself can function after facing his father brutal past or any of other survivor. This harsh reality drenched his soul in fears of unsettled past of his father inside out. This can led us delve into caruth's concept of transmission of trauma from one generation to other until it heals.

"can't even begin to imagine what thoughts are going through his mind. What can he hear, what can he see?"(Hussain, 2024, p. 277)Curiosity lingers rubi towards destabilized mind of her grandfather she can't resist herself to overthink what's going on in his head 'what does his trauma look like?what does it feel like?' these questions took the path to grasp ancestral trauma and to mirror energies of being torched to third generation.

5.3. Self-Harm Derived From Self-Neglect

"Oh, Rubi' Grampy, are you crying?I feel unbearable pain. My own eyes are filling. I reach the bandaged one, and hold it gently. I now understand. The strategic cuts The blood."(Hussain, 2024, p. 208). The protagonist endures rubi's anguish it took him bitter realization that rubi is a 'neglected child' how long this is being going on and she is self harming her. Yousaf getting emotional over his helplessness. First loosing his brother in war and now facing his granddaughter's identity crises psychologically his 'crying' is unconscious hating towards his powerless existence.

"That I will be incapable of creating a happy home."(Hussain, 2024, p. 95) The unconscious attitude of projection can be seen through rubi's dialogue delivery as a victim of body shame bullying. Her mind is creating graphs over negligence of society that marginalize people like her instead of blaming herself for being inconsiderate and incapable of being a normal human having happy home.

"Rubi is a gem. You would know that if you paid more attention to her. 'Woah, okay. That was a bit below the belt.'" "She is neglected." Hassan had felt his face flush red." (Hussain, 2024,p.234) Hussan's job is to deal with special case children and with this workoholic rush he denied the role of being father to his own child he never checked upon his girl that what's abnormal going on 'flush red's expression on his face confirms his unconscious guilt and on the other side his father knows more about his daughter being a parent working in same field hussan receive psychological setback from his father.

"And so I will rattle on through life feeling empty and unloved."(Hussain, 2024, p. 95) The prophecy of being treated as an 'object' let rubi's internal mind behave like she never deserves love and she accepts it this way. This hostile behavior towards herself leads her to self harm and cutting. This internalized unconscious pessimism took her towards extreme helplessness for her existence.

"The razor blade I brought with me, just for security, is sitting in my backpack."(Hussain, 2024, p.183)Freud's concept of 'Thanatos' underscored through rubi's unconscious behavior of cutting herself. She uses word 'security' for self harm which highlights that whenever she receives bullying on her existence her mind functions cutting herself as an antibiotic to anxiety and depression.

"Everyone hates me, I think, my mind still in the kitchen. Please God, let Grandpa love me. At least him."(Hussain, 2024, p.232)

Rubi's sense of self hate originated from her body shame bullying and her 'want for love and embrace' highlights Freud's concept of 'unconscious desires' attack through 'way of dreams' and 'slip of tongue'. Echos of her internalized pain demands little comfort and acknowledgement.

6. Conclusion

The Crux of my paper suggests audience of Hidden fires(2024) into an eminent dive over remnants of daisporic history and their shared experiences and behaviors across generations. The profundity of their distress can be seen into the lens of psychoanalytical approaches of Freud and other theorist following him. The Narrative of Hussain's other characters and protagonist mainly focused on Freud's dream theory and Cathy caruth's Transgenerational trauma can b seen and cured under the spectacles of psychoaynalsis and discarded memory approaches of other scholars and theorists. This binary focus on one side daisporic disturb identities through dream imagery and recurring flashback's and on the other transmission of behaviors and distress across generations primary reinforce characters to deal with unprocessed pain of partition to operate and workout for better healing opportunities. This multidimensional apprehension of novel captures manifestations of past traumatic events in present and draws structures of their unhealed past to their surroundings which leads protagonist to serious mental health issues. The inheritance of trauma after beholding yousaf's condition let her toward affinity and strength instead of fear and bleakness this Transgenerational transmission took optimistic approach because of unconscious working of her mind her own self harm due to identity crises can lead her to the pick point of her grandfathers thoughts actions and nightmares she

psychoanalytically started strategies to cure her wounds through her grandfathers wounds and she wants exact for the older man. We implied Freud's view of dreams that haunted memories attack them under the suppression of repressed pain and fears of unsettled delimas. Same with yousaf in the novel grappling with shadows of his died brother Ali in partition he finds himself responsible for incident and this guilt tripping led him directed to his distorted mental health and invariably self loss. Synthesizing trauma with psychoanalysis can show transmission of trauma is not always distressing but also source of potent healing in some situations.

These theories allow us to process and witness working of unconscious behaviors and thoughts over dreams and suggest these pathological behaviors to be healed and cured through listening, empathizing and storytelling. The critical understanding of repetitions in protagonist behavior led audience of Hussain emotionally and psychologically mirror their own traumatic events through yousaf's ingrained pain and exclusively allow an underscore repair to one's own wound as rubi did in the novel. This Creation of bridge among generations for transformation of trauma can suggest caruth's perspective of intergenerational exchange of thoughts and memories can led the sufferur strengthening their familial bounds and psychologically unconscious mind to connect with them expressively. In this sense hidden fires perpetually deals with deeper energies of characters and decodes their misery into resilience. Theorist that are chosen for critical aynalsis of this work can prove there vitality through actions and insights of figures of novel.

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