

Offspring of Survivors as Psychiatric Patients

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Andrei Novac, MD

Offspring Patients (Clinical Observation)

- “Low insight” patients (minimizes)

Guarded, suspicious type

Detached type

- “High insight” patients (dramatizes)

IN OFFSPRING

IAT

Vulnerability

Impaired Autonomic Modulation

Anxiety / Autonomic Dyscontrol

Increased Perceptions of Internal Functions

(Somatization?)

Sensitivity to Medications

Medication Treatment in Offspring of Survivors Considerations:

1. Age
2. Family Attitude About Mental Health And Illness
3. Family Cultural Background
4. Whether Stories Were Told or Not
5. Holocaust Experience of Parents
(Proximity to medical experiments?)
6. Symptoms- ego syntonic or dystonic

TREATMENT DECISIONS

Anxiety - Depression

1. EMPATHIC INTERVIEW - One hour (present treatment options).
2. Course Of Supportive Therapy - Cognitive reflection, 4-6 sessions.
3. CHOOSE MEDICATIONS at lowest dose, monotherapy, monitor side-effects.
Prefer SSRI's, Bupropion, Venlafaxine.
If necessary, use booster therapy.
4. MAINTENANCE TREATMENT - therapy and medication on a case-by-case basis.

Themes in Group Therapy with Therapists:

- 1) Unresolved identity issues surface easily
- 2) More resistance about personal conflicts
(a sense of being exposed)
- 3) Ethnicity (country of origin) is often revisited
- 4) Child survivors often see non-Jews as
“safe,” “rescuers”
- 5) Countertransference, easier to interpret

For additional information regarding
this subject, please contact Dr. Novac
at anovacmd@gmail.com