



Replacement Children

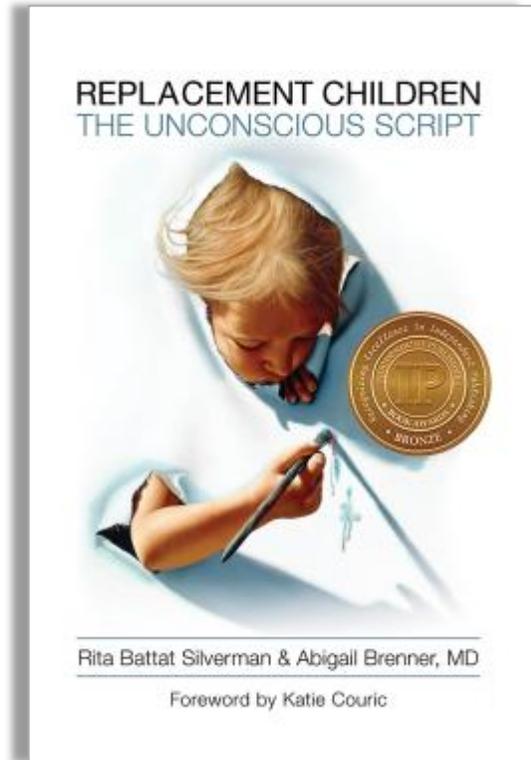
The Unconscious Script

By Rita Battat Silverman and
Dr. Abigail Brenner

"Replacement Children" refers to the experience of individuals who are, often unconsciously, filling a void in the family left by another child. The void may be in the form of a physical death or an emotional loss, such as in the form of a severely challenged child, loss of a pregnancy or a child given up for adoption.

When unresolved grief keeps overwhelmed parents from moving forward, the results can manifest in the lives of subsequent children, an older child or an adopted child who fills in for an "idealized child."

This prevalent but frequently overlooked experience can be the often missed, underlying root of many emotional issues. Yet the byproduct of the challenges may serve as a catalyst for unlocking creative potential and resourcefulness.



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About the Authors

Rita Battat Silverman has a BA in psychology from Texas Wesleyan University and resides in New York City. She has been a life coach for over 30 years. She also works as a talent manager and freelance literary agent. Ms. Silverman knows firsthand what it is like to grow up as a "replacement child," having been born 18 months after the death of her 14-year-old brother. The realization of the impact on her life came to her as an adult during a chance conversation. Upon exploring the subject for many years, she realized that there was a serious lack of consciousness about this experience and the impact it has on a family.

Abigail Brenner, MD, attended New York Medical College, becoming a physician in 1977. She completed her internship and residency in psychiatry at New York University–Bellevue Medical Center in 1981, is board certified, and is a Fellow of the American Psychiatric Association. Dr. Brenner is the author of three books—*Transitions: How Women Embrace Change and Celebrate Life*, *SHIFT: How to Deal When Life Changes*, and *Life Matters: Stories of Transition, Healing, and Hope*—and coauthor of *The Essential Guide to Baby's First Year*. In addition, she has written several articles, is a guest on radio and television, and writes a monthly blog for *Psychology Today*.



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The Replacement Children: The Unconscious Script, the authors bring together the best of the research, clinical studies, and personal stories to give a comprehensive overview of the replacement child syndrome. This book will give parents, therapists and replacement children a better understanding of how to navigate this complicated set of circumstances and provide much needed information, guidance and support.

Katie Couric, Journalist and broadcaster

One of the major strengths of the book is that the authors have extended the classic definition beyond its original meaning to include children who have to "live for two" when a surviving sibling is incapacitated by illness or infirmity or children who have been adopted after a couple is unable to conceive. This book is a superb contribution.

Sylvia R. Karasu, M.D.

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