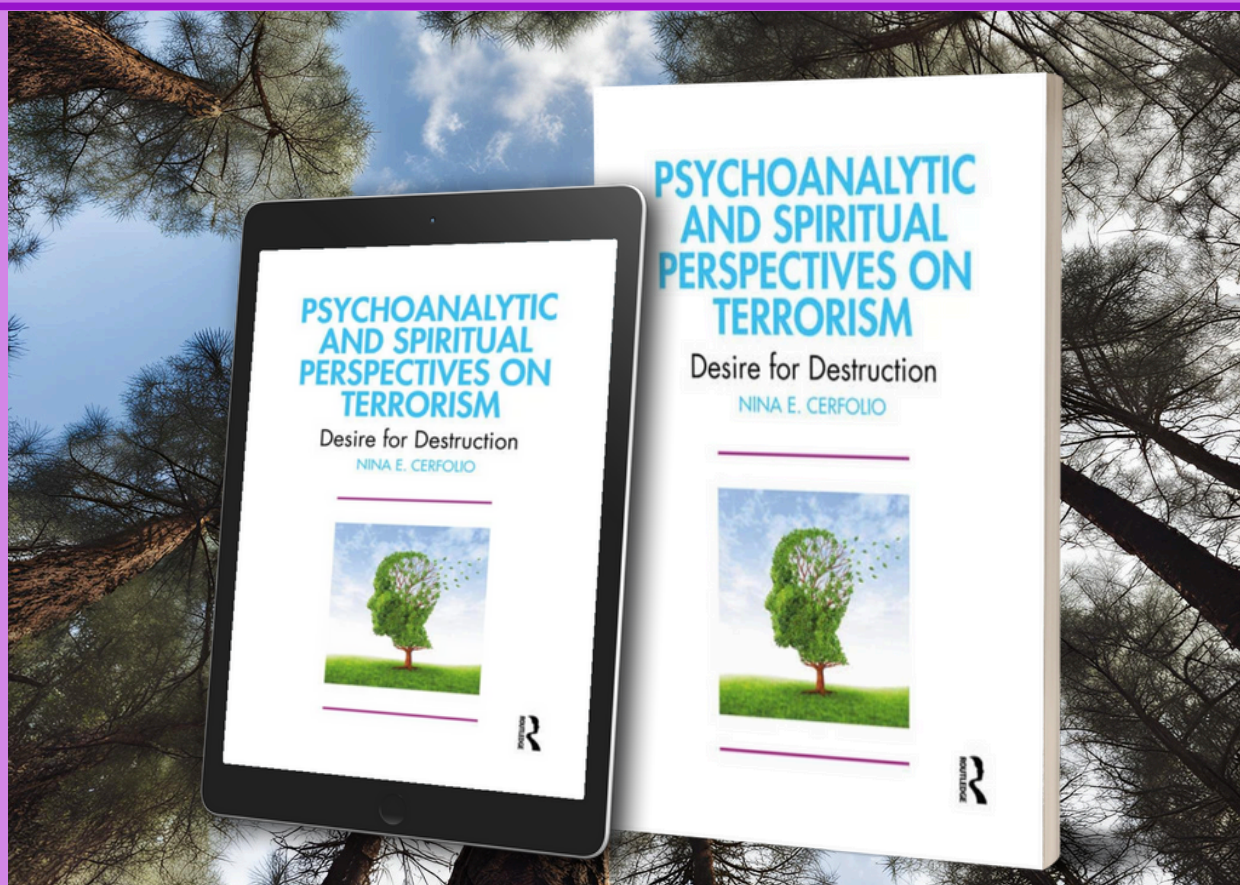


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## Psychoanalytic and Spiritual Perspectives on Terrorism: Desire for Destruction



*Dr. Nina E. Cerfolio*

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# Biography

## Nina E. Cerfolio MD

Author of *Psychoanalytic and  
Spiritual Perspectives on  
Terrorism: Desire for Destruction*  
(Dec 2023)



Nina E. Cerfolio MD, Assistant Clinical Professor of the Icahn School of Medicine at Mount Sinai, is an internationally recognized expert on trauma and violence and is a board certified psychiatrist and psychoanalyst practicing in New York City for 30+ years. As former Chief of the Psychiatric Emergency Room at St Vincent's Hospital in New York, she is a mental health expert, writer, and speaker advocating spirituality and mindfulness to help transcend suffering to find fulfillment.

She has been widely published in academic peer-reviewed journals, The New York Times, The Washington Post, and many other sources. Featuring her team's award-winning, cutting-edge quantitative research, which illustrates the prevalence of undiagnosed and untreated psychiatric illness among mass shooters and terrorists, her recent timely book, "Psychoanalytic and Spiritual Perspectives on Terrorism: Desire for Destruction," encourages dialogue about the stigma of mental illness, champions the marginalized, and challenges the perception of terrorists as monsters with no societal responsibility.

### AS FEATURED ON / IN

The New York Times



DAILY NEWS



***"Passionate about decreasing gun violence and mental health stigma in our country"***

# PSYCHOANALYTIC AND SPIRITUAL PERSPECTIVES ON TERRORISM

Desire for Destruction

NINA E. CERFOLIO



## Quick Facts

Dr. Nina Cerfolio's timely and thought provoking new book, *Psychoanalytic and Spiritual Perspectives on Terrorism: Desire for Destruction*, published by Routledge, includes her team's award winning, cutting edge new research on mass shooters and her extraordinary first-hand experiences of being a first responder that explore a more expansive understanding of the origins of terrorism while highlighting a spiritual path as a powerful antidote for healing from trauma.

Title:	Psychoanalytic and Spiritual Perspectives on Terrorism: Desire for Destruction
Author:	Nina E. Cerfolio MD
Genre:	NonFiction, Memoir, Psychoanalysis
Publisher:	Routledge (December 22, 2023)
Dimensions:	6.14 x 0.4 x 9.21 inches
Pages:	176 pages
Format:	Paperback (\$42.95), Hardcover, eBook
ISBN:	978-1032633459
Order:	Routledge, Amazon, B&N, ThriftBooks

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# About the Book

## Psychoanalytic and Spiritual Perspectives on Terrorism: Desire for Destruction Nina E. Cerfolio MD

### Summary

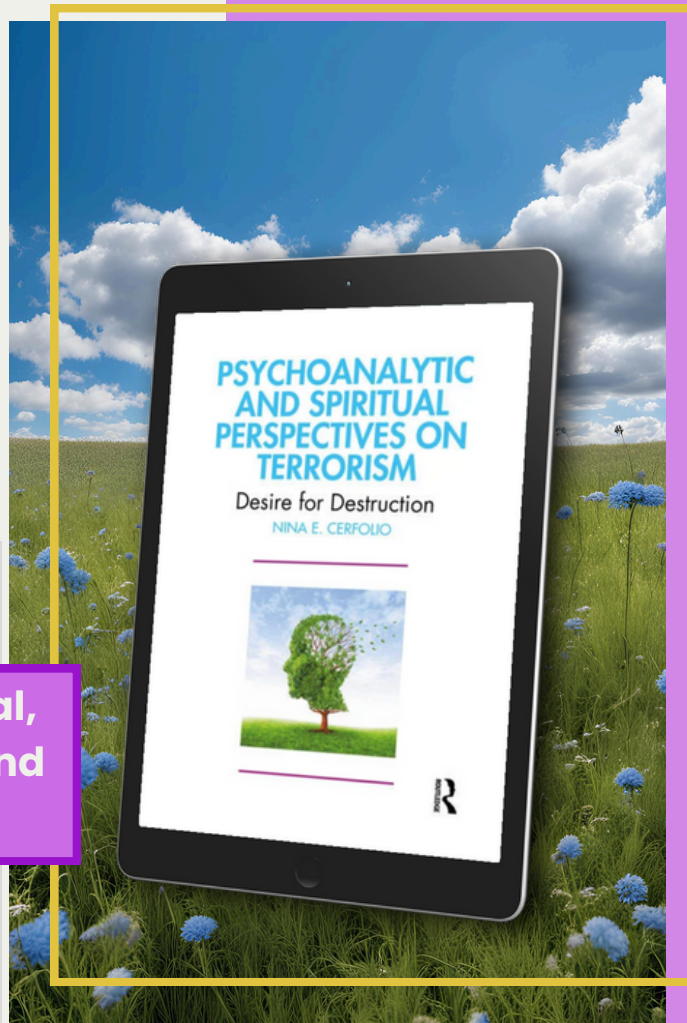
**Illuminates new solutions based on original, award-winning research to heal trauma and decrease violence and mass shootings**

Through a personal, scholarly investigation into her psyche, the author describes the spiritual awakening that was catalyzed by these events and their traumatic impact, and examines how a world could create the firmament for the kinds of destructive aggression that are a daily occurrence. Featuring cutting-edge, award-winning quantitative research and case material, which illustrates the prevalence of undiagnosed and untreated psychiatric illness among mass shooters and terrorists, this book encourages dialogue about the stigma of mental illness and challenges the perception of terrorists as monsters with no societal responsibility.

### Ideal Readers

Fans of **NonFiction, Memoirs & Social Science** and readers who enjoyed:

- *My Stroke of Insight* by Jill Bolte Taylor
- *Soul Murder* by Leonard Shengold MD
- *White Rural Rage* by Tom Schaller & Paul Walsman



**Title:** Psychoanalytic and Spiritual Perspectives on Terrorism: Desire for Destruction

**Author:** Nina E. Cerfolio MD

**Genre:** NonFiction, Memoir, Psychoanalysis

**Publisher:** Routledge (December 22, 2023)

**Pages:** 176 pages

**Format:** eBook(\$31.78), Paperback, Hardcover

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**ISBN:** 978-1032633459

**Retailers:** B&N, Amazon, ThriftBooks & more

**Available on Kindle Unlimited**

**NinaCerfolioMD.com**



# Author Q&A

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## Nina E. Cerfolio MD

**How many books have you written, and which is your favorite?**

This is my second book and my favorite.

**When did you start writing?**

10 years ago.

**How long does it take you to complete a project?**

Depends on the project, but I work faster than most as I am very committed to the work.

**What is your writing process like? Do you have a favorite time of day?**

The process is intuitive and circular. I write for 5 hours a day. I prefer mornings because I have more energy.

**What is the most valuable advice you've been given about writing?**

Write for yourself, not the critics in your head.

**What risks have you taken with your writing that have paid off?**

Being vulnerable, hope it inspires others!

**If you could spend a day with a popular author, whom would it be?**

Hannah Arendt

**What books do you enjoy reading?**

Nonfiction and Spiritual

**What authors inspired you to become a writer?**

Hannah Arendt and Masha Gessen

**What books did you grow up reading?**

Books about Harriet Tubman and Amelia Earhart.

**If you could be mentored by a famous author, who would it be?**

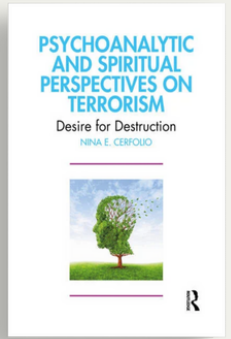
Deepak Chopra

**If you could invite any three people to dinner, whom would it be?**

Hannah Arendt, Mother Teresa and Jane Austin

**Describe yourself in just three words.**

Curious, Empathic and Courageous



## Book Q&A

### ***Psychoanalytic and Spiritual Perspectives on Terrorism: Desire for Destruction***

#### **What part of the book did you have the hardest time writing?**

The parts about myself, the memoir portions. And being poisoned, very traumatic.

#### **what part of the book did you enjoy the most while writing?**

The parts about Putin and Trump

#### **Which of the characters do you relate to most?**

Those who are and were marginalized.

#### **If you're writing another book, what will it be about?**

School shootings.

#### **What is a significant way your book has changed since the first draft?**

The writing became more vulnerable.

#### **What perspectives or beliefs have you challenged with this work?**

The misinformation and misunderstanding that mass shootings is NOT associated with mental illness as most research is not done by psychiatrists.

#### **What inspired the idea for your book?**

Surviving two terrorists attacks and working with my patients and seeing them transcend their suffering and transform.

#### **How did you come up with the title of your book?**

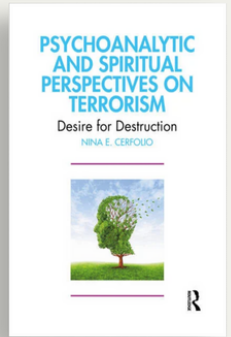
It spoke to my heart and tells the honest story about what's contained in the pages. Noteworthy, I had wanted to put "Desire for destruction" first before "Psychoanalytic and spiritual perspectives on terrorism" but Routledge refused.

#### **How would you describe your book's ideal reader?**

Smart, curious, wants to learn, psychologically politically, & spiritually minded, for those with mental illness or marginalization in their orbits.

#### **How much research did you need to do for your book?**

A lot of academic, political, spiritual research, life time of traveling to many places around the world doing humanitarian work: Nepal, South Africa, Chechnya, India.



## Next Level Q&A

### ***Psychoanalytic and Spiritual Perspectives on Terrorism: Desire for Destruction***

#### **What are the three most important takeaways from this book?**

- Getting word out that most mass shooters have undiagnosed and untreated serious psychiatric illness
- Importance of decreasing stigma of mental illness
- Giving a voice to the marginalized

#### **What current policies are you hoping to change or improve?**

Greater gun restrictions, Improved interdisciplinary plan between mental health professionals, teacher, lawyers, and police to identify and treat those at risk to be mass shooter. Improved understanding of roots of terrorism and those who are ostracized.

#### **What actions would you like the reader to take after completing the book?**

If you see someone being bullied, reach out to that person with an act of kindness. By adding and incorporating spiritual practices with traditional psychiatric treatment you can transcend pain and suffering to love and hope.

#### **What experiences led you to write this book?**

Surviving 2 terrorists attacks, to better understand the violence in our country. I had a spiritual awakening that was essential to my (improbable) healing and for some of my patients.

#### **What surprising facts did you discover while writing this book?**

That most mass shooters suffer from psychosis but are still able to plan and execute their violence.

#### **What advice can you give your readers?**

- Simple act of kindness can stop mass shootings and violence
- Normalize sharing and talking about mental health illness or struggles helps others decrease shame.

#### **What would be the most important thing from your book for readers to apply in their lives?**

Humanity is without borders, terrorism and mass shootings are a horrific symptom of the spiritual crisis that exists in our world today. Mass shootings involved us all.



## Discussion Questions

- Have you or has someone you know considered exploring and incorporating spiritual pathways for healing?
- Have you ever been the person who has received an act of kindness and it made you a better person?
- Have you ever purposefully reached out to someone who saw was being bullied or marginalized in any way?
- Have you or someone you know ever experience shame as a result of mental illness?
- Have you experienced a sense of interconnectedness, and if so how has that changed you as a person?
- Have you ever joined in bullying and stopped to consider the subtle ways this can manifest as adults?
- Share your favorite quote from the book. Why did this quote stand out to you?
- Of all the info presented in the book, what has stayed with you the most?

# Reader Reviews



“

*Dr Nina Cerfolio guides us spiritually and psychologically, teaching us to transform the pain and trauma of terror into inter-connectedness and harmony. A must-read for clinicians, patients and anyone seeking transformation!*

— **Leanne Domash, PhD, author of Imagination, Creativity and Spirituality in Psychotherapy,**

”

“

*Dr Nina Cerfolio's personal journey through terror, from her childhood through the extraordinary medical-humanitarian missions that placed her in harm's way—and in which she was targeted, and harmed—and her physical and psychic healing and spiritual awakening, are the heart of this moving book.*

— **Jay Frankel, PhD, clinical consultant, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis**

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“

*This is an absolutely astonishing, inspiring and unique book that imbricates personal and historical trauma along with resilience. With searing honesty, it integrates deep scholarship with vivid, dramatic and heroic personal experience. It is required reading on all these levels.*

— **Robert Prince, PhD, ABPP, author of The Legacy of the Holocaust, Psychohistorical Themes in The Second Generation**

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“

*Dr Nina Cerfolio writes a book that is inspirational, informative and timely. It is a personal work of transcendence and transformation in the face of terror that is relevant to each of us both as individuals and as members of a global citizenry. This book is a must-read for all of us who live fragile human lives in a world of uncertainty and danger.*

— **William Breitbart, MD, chairman, Department of Psychiatry and Behavioral Sciences, Memorial Sloan Kettering Cancer Center, New York**

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# Awards and Expertise

## Nina E. Cerfolio MD

### Expertise

- Mass shootings/Terrorism/School shootings/Trauma/Mental Health Expert
- Clinical Assistant Professor of Psychiatry, The Icahn School of Medicine at Mount Sinai Hospital, New York, NY

### Awards

- The Journal of Psychodynamic Psychiatry Prize 2024 for best published research article in the past two years.
- 2016 to present: Castle Connolly Top Doctors
- 2014 to present: Doctors of Excellence
- Leaders in Healthcare Network
- Patients Choice Awards
- On-Time Doctor Award
- Top 10 Psychiatrists in New York City
- Top 10 Psychoanalysts in New York City
- Many other Top Doctor Awards

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