

When children simply leave



Claudia Haarmann **Breaking Off Contact in the Family**

[Kontaktabbruch in Familien]
When a life together no longer seems possible

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Claudia Haarmann, born in 1951, worked for many years as a freelance journalist. She is now a psychotherapist (HP) focusing on the dynamics of attachment and relationship in families and the effects later in adulthood. She primarily uses body-oriented methods and conversation therapy.
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Conflicts within families are not rare, but the total break comes as a surprise to most. It's mostly adult children who cut themselves off from their parents or the whole family.

Claudia Haarmann describes the backgrounds and dynamics that lead to major discord in families and suggests possibilities for coming into contact again.

- The practical standard work on this topic
- An invaluable guide that can truly help