

Psychological Resilience of an Adult Woman Lost Her Father in Childhood Due to a Traffic Accident - a Clinical and Analytical Study –

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Abstract:

This clinical case study explores the psychological resilience of a young adult woman who lost her father in a tragic car accident at the age of nine. Using a qualitative clinical approach, the study employed a semi-structured interview, the Rorschach Inkblot Test, and the Connor-Davidson Resilience Scale (CD-RISC). The analysis focused on the ego's ability to contain trauma, control emotions, and reconstruct self-identity more than a decade after the loss. The findings indicate a moderately high level of resilience and clear markers of psychological adaptation, despite residual anxiety and emotional suppression. Optimism, extraverted traits, and organized ego defences emerged as key contributors to partial trauma resolution. The paper highlights the role of inner psychological resources dealing with early loss and restoring emotional balance.

Keywords: Psychological resilience, traffic accidents, bereavement, trauma, childhood.

I. Introduction:

Traffic accidents are among the most prominent contemporary tragedies that ever affect human beings, having their effects extend beyond the limits of physical damage to the deep psychological structure of the individual, particularly when they involve the sudden loss of a family member. According to the World Health Organization ((WHO), 2022), traffic accidents are the third leading cause to death worldwide, after natural disasters and wars, accounting for more than 1.3 million deaths annually and dozens of millions of people with physical and mental disabilities. In Algeria, traffic accidents in 2021 resulted in the death of 3061 people and the injury of about 29 thousand, with a daily average of up to nine deaths and eighty injuries, according to the reports of the National delegation for Traffic Security.

The consequences of these incidents are not limited to the apparent loss, but extend to the development of complex psychological disorders that may shape the life course of the victim, especially when the loss is related to a parent in childhood. In such cases, the child faces a complex suffering that threatens his emotional and psychological balance, pushing him into a state of rumination and closure to a trauma that he could not decipher, nor digest his feelings. Emotions overlap with memories, and the psychological system is clearly confused in its dynamic structure, which is later reflected in the patterns of adaptation and the process of psychological development of the individual.

In this context, psychological reflexions (resilience) emerges as a central concept in understanding how individuals overcome adversity, not just as an ability to resist, but as a growth process that forms in the wake of suffering. Reflexion is one of the structural characteristics of personality, and one of the protective factors that allow the individual to rebalance himself in the face of psychological trauma. It reflects an individual's ability to invest his or her internal resources, such as a sense of self-control, faith, and social connections, to overcome adversity and turn it into cognitive and behavioural growth experiences (Connor K M ; Davidson J R T, 2003)

From a psychoanalytic perspective, according to Freudian theory, reflexivity is related to the strength of the ego and its ability to organize psychological defences to cope with the trauma-induced inner wound, and to seek to forge psychological compromises and social connections that allow for the restoration of balance. Anoute (2012) provides a dynamic dimension to this concept, arguing that reflexion arises from the interaction of multiple psychological abilities, the effect of which is manifested in the softness of the anotic defences and their ability to absorb shock and alleviate their pain. (Anaut, 2012, p. 26)

Several studies, particularly within the current Anglo-Saxon (Luthar, Werner, Rutter, Garmez), have reshaped our view of post-traumatic stress, proposing a positive perception of the traumatized person as a recovering and regenerative being, not a permanent victim. It is this vision, which does not reduce pain, but recognizes it and looks beyond, that makes it a psychological process based on internal growth and not merely a situational defence mechanism. (Derouishe, 2016, p. 163)

Using the aforementioned, this study highlights the role of psychological resilience as a dynamic coping mechanism for individuals that experienced traumatic loss in childhood, through the case study of "Hanane", an adult aged 23 years, who lost her father in a traffic accident at the age of nine. In this sense, the problem of this study can be summarized in the following question:

To what extent can an adult who lost her father at an early age develop a pattern of psychological recovery enabling her to positively cope with loss and achieve psychological and social balance in adulthood?

In order to answer this question, the following hypotheses have been set:

General hypothesis:

An adult who lost her father in childhood is likely to show signs of an advanced level of psychological recovery, as a dynamic mechanism that helped her cope with the trauma of loss and regain psychological balance.

Under this general hypothesis, there are two sub-hypotheses:

1. First sub-hypothesis:

The studied case is likely to exhibit adaptive psychological representations and responses, reflecting the ability to overcome the trauma of loss through constructive feedback mechanisms.

2. Second sub-hypothesis:

Interview data and analysis of the Rorschach test protocol are expected to reveal projective, cognitive and emotional indicators that reflect a level of psychological cohesion and positive feedback functions in the case.

Objectives of the study: this study aims to:

- Revealing the manifestations of psychological recovery in an adult who lost her father in childhood, and how she represented the traumatic event years after it happened.
- Analysing the psychological and dynamic factors that have contributed to overcoming the traumatic impact, such as defence mechanisms, internal resources, and self-rebuilding motivation.
- Identifying the quality of the psychological organization of the ego, and the extent to which the studied state is able to adapt to reality and rebuild self-image after trauma.
- Providing an in-depth clinical reading of the Rorschach test indicators in light of the concepts of psychological return, to serve both clinical practice and scientific research.

Significance of the study:

The importance of this study stems from its focus on one of the sensitive and intertwined clinical topics, namely psychological recovery in an adult who was traumatized by childhood loss. According to the literature of pathological psychology, childhood is a critical stage in the construction of psychological organization, and the exposure of a child to a traumatic event such as the loss of one parent destabilizes the ego and distorts the image of the self and the other.

This is characterized by the fact that it highlights the psychological capacity of the individual to restore and adapt after loss, not only from the perspective of trauma, but from the perspective of compensatory pathways that allow the restoration of meaning, and thus falls within the field of positive clinical psychology, it seeks to understand the factors that enable individuals to overcome adversity and achieve psychological balance.

The findings of this study could also help guide therapeutic and clinical practices, especially in understanding how to activate the internal psychological resources of people who have experienced childhood loss, and provide appropriate interventions that enhance their ability to positively transform and integrate psychologically healthy.

Definition of procedural terms:

1. Psychoregression

Psychological return (resilience) is one of the central concepts in contemporary clinical psychology, where it means the dynamic ability of the individual to adapt to adversity, trauma, acute psychological stress, and restore internal balance after loss or crisis. Studies show that reflexivity is not just a fixed trait, but a flexible psychological process in which genetic, psychological, and environmental factors interact to give the individual the ability to regain balance and continue to develop psycho-social development. (Luthar SS, Cicchetti D, Becker B, 2000).

(Garnezy, 1991) argues that reflexivity manifests itself in three key elements: Positive personality traits (such as self-efficacy), supportive social connections, and the ability to find meaning in a traumatic experience. (Anaut, 2012), on the other hand, links reflexivity and the power of the ego from a psychoanalytic perspective, emphasizing that it is the regulation of psychological defences, especially in the context of early loss, that allows the narcissistic wound to be overcome and psychological balance restored.

(Freud, 1923) argues that early loss, especially the loss of the father, leaves a deep imprint on the structure of the ego, where instinctual organization and the relationship with authority are disrupted, which may hinder positive identification unless auxiliary factors such as containment, support, and defensive reorganization intervene.

In this context, it is argued that in people who have lived in early loss, resilience takes on projective and repetitive features, and appears in emotional representations and symbolic language.

Therefore, psychological resilience is meant, procedurally in this study, as the ability of the individual to cope with psychological trauma and overcome it through psychological and dynamic mechanisms that help achieve adaptation and psychological containment. It is revealed by the score obtained in Connor Davidson's psychological scale of return as well as by the half-directed interview, as shown by its indicators through the projective richness of the Rorschach protocol.

2. Childhood loss

Childhood loss, particularly the loss of a parent, is a structural psychological event that has a profound impact on the child's relational and psychological structure. Several studies have shown that the loss of a father or mother in childhood is associated with an increased likelihood of mood disorders, developmental instabilities, and difficulties in regulating emotions and relationships. (Worden, 2009, p. 52)

Bowlby 1980 avers that the nature of the previous relationship with the deceased person determines the quality of the reflexive grief, the more the relationship is charged with dependence and belonging, the more likely the stability in the loss stage is above. (Bowlby, 1988, p. 112).

In this study, **childhood loss means:**

The loss of a parent (the father in particular) by the girl at the age of nine, as a result of a sudden and violent traffic accident, and the associated psychological effects such as emotional interruption, emotional organization disorder, and developmental stability at the level of psychological structure and attachment relations.

3. Psychological trauma caused by traffic accidents

Sudden accidents, especially traffic accidents, are classified as severe trauma that exceeds the ability of the individual to absorb and engage, and cause a sudden disturbance in the sense of security and connection. Studies show that children who suddenly lose a parent in a traffic accident may experience long-term difficulties in psychosocial integration.

In our study, it is procedurally meant to be traumatic because of the sudden loss associated with a traffic accident that tends to establish a chronic traumatic effect and leads to the reactivation of retroactivity in later stages of life, especially in transitional situations (puberty, motherhood, loss again).

In this study, trauma from traffic accidents is understood as:

The sudden, violent event of a father's death as a result of a traffic accident during the child's childhood, which led to a sudden break in the sense of security and connection, and caused a subsequent psychological disorder that manifests itself through the reactivation of traumatic responses in transitional life stages, such as adolescence, emotional experiences, or new loss.

4. Psychological trauma and the loss of the parent

Psychological trauma, as defined by the APA (2013), refers to "the exposure of an individual to a sudden and severe event, which exceeds his ability to absorb and adapt, and causes a fracture in the ego." The loss of a parent in childhood is one of the most severe early traumas, and may lead to disturbances in identification and in the development of self and other image, especially if the loss is sudden and violent, as in accidents.

(Bowlby, 1988) argues that the unexpected loss of a father can lead to "fundamental deprivation" (privacy), which disrupts the sense of security and weakens the ability for emotional regulation. However, some children, depending on their psychological and social specificities, can turn this event into a springboard for psychological reconstruction, the so-called process of return.

Procedurally, psychological trauma resulting from the loss of parents means this study:

The deep psychological rift that resulted from the sudden and violent loss of the father during childhood (at the age of nine), which caused an imbalance in identification, self-image, and a sense of emotional belonging, with the possibility that this event could serve as a catalyst for the process of return later, depending on the psychological and social resources available to examination.

II. Theoretical framework:

1. The emergence and development of the concept of psychological resilience

The concept of psychological resilience is a relatively recent concept in psychology, and it is difficult to determine its origin accurately due to the multiplicity and diversity of sources, especially those written in English. The concept originated in the Anglo-Saxon context, where early research, such as the works of Rutter and Garmezy, focused on understanding the ability of some individuals, especially children, to adapt positively despite being exposed to harsh living conditions.

Among the founding models, James Antonia introduced dolls (glass, plastic, and iron) to illustrate individual differences in risk resistance. However, he later acknowledged the limitations of this model because it did not incorporate psychological defence mechanisms and coping strategies, and called for genetic, biological and environmental factors to be considered in the interpretation of an individual's resilience.

Amy Werner has played a pivotal role in establishing the concept of retrogression through her thirty-year longitudinal study, tracking children who grew up in socially and emotionally risky environments. Their results showed that positive adaptation stems from a complex interaction between internal (personal) and external (environmental and social) factors, which has established the understanding of return as a dynamic process.

In the Francophone context, the research of Boris Serollenghe contributed to the introduction of the term revisionism into French scientific discourse. Based on theories of early attachment, Cerolnik combined the data of psychology, biology, and neuroscience, asserting that each individual has the potential to overcome his or her own psychological wounds. Its influence has led to the spread of the concept in France and other French-speaking countries, and its applications have expanded to include fields such as mental health, education and social work.

Other researchers such as Manciaux, Tomkiewicz, Lemay, and Vanistendael enriched the concept from multiple angles, reinforcing the position of revisionism as a psycho-social process aimed at restoring internal balance despite trauma.

Therefore, the understanding of psychological return has become an essential tool in clinical practice, allowing the development of psychological interventions based on the enhancement of the individual's personal and social resources, and enabling them to respond effectively to crises. (yahi, 2019, p. 38 40)

2. Definition of psychological resilience: from Physics to psychological Science

The concept of **psychological resilience** is a complex and relatively new concept in psychology, and has moved from the physical field to the psychological field after it was used in **material physics to refer** to the ability of solid objects - such as steel - to absorb shocks and restore their original form without breaking. This physical property has provided a rich metaphor for understanding **human psychological resilience**, in which the individual is seen as being capable of restoring balance after experiencing traumatic experiences or stressful conditions, just as some metals do when "temperature threshold" is exceeded (Connor K M ; Davidson J R T, 2003)

In a psychological context, reflexivity is defined as an individual's ability to **resist stress and to adapt positively to adversity**, and is not **a fixed property, but a dynamic process influenced by** subjective factors (such as personal traits and psychological resources) and environmental (such as social support and surrounding circumstances). Linguistic and cultural problems have been raised about the translation of the term: In Arabic terms as diverse as "rap", "skin", "ego elasticity", and "congruence" were introduced, but they did not always convey the accuracy of the concept as used in Western psychological research (Tisseron, 2007, Abou Halaoua, 2008, Hegazi, 2006).

The linguistic roots of the term go back to the Latin *resiliencia*, meaning "rebound after trauma" and have strong symbolic connotations about the release from pain and the ability to **positively transform after a harsh experience**. The term was first used in English by philosopher **Francis Bacon** in 1626, before being reused in contemporary psychological literature. (DJarallah, 2014, p. 114 115)

There are many scientific definitions of psychological resilience, the most prominent of which are:

- **Rutter (1987):** The ability to maintain psychological balance in spite of environmental stress. (Rutter, 1987)
- **Garmezy (1991):** The capacity of the individual to rebuild himself and to adapt effectively to society. (Garmezy, 1991)

- **Bonano (2004):** The ability to avoid negative adaptation and develop self-efficacy by mobilizing internal and external resources. (Bonanno, 2004)
- **Dennis (2014):** Continuing to grow and achieve a clear life project despite crises.
- **American Psychological Association (APA, 2020):** An effective coping process that enables an individual to cope with tragedies, trauma, and the stresses of life.

Some psychoanalysts have also pointed to the convergence of revisionism with Freud's concept of "sublimation" (as a transformation of the psychological energy generated by trauma into positive, growth-supporting inner forces).

It is clear-cut from the definitions provided that psychological resilience is not limited to a return to the pre-traumatic state, but rather to positive transcendence and personal development. It is the ability to absorb experience, to reorganize oneself, to invest personal resources and the environment in restoring psychological balance, and even to gain greater flexibility and future readiness to face life. From the perspective of clinical psychology, reflexology is an essential psychological mechanism that allows constructive adaptation and mental health despite exposure to stressful life events, such as traffic accidents, family trauma, or disasters.

3. Theoretical approaches to psychological resilience

Psychological revisionism is a complex, multidimensional concept, explained by several theoretical approaches, which differ in their starting points and are integrated in their visions:

1.3 Psychoanalysis Theory:

Psychological reflexivity is interpreted in the light of Freudian theory as a reflection of **the efficacy of the psycho-humanism** and its ability to adapt to internal conflicts and external pressures. Revisionism is seen as an indicator of the ego's resilience and efficiency in using **mature defence mechanisms such as** suppression and sublimation, to counter threats from the ego, the higher ego, and the outside world. Variations in reactivity occur as a result of different unconscious structures and ego responses when exposed to trauma (Freud, 1923, Dunkel et al. (2021). Modern concepts such as **the flexibility of the individual approach** this dynamic dimension, emphasizing the ability of the individual to adapt without compromising his psychological identity.

2.3. Behavioural and Cognitive Approach:

It is based on the premise that **the mental explanation of events** determines the emotional and behavioural response, not the event itself. Impaired reflexivity is attributed to **cognitive distortions or** negative beliefs that produce non-adaptive responses, while reflexivity is manifested by **reconstructing thinking and correcting** perceptions, which enhances an individual's ability to adapt after trauma (Beck, 1976, Beck J. (2008). This retroactive approach is framed as a practical framework for activating internal psychological resources and achieving emotional and behavioural balance.

3.3. Systematic approach:

It focuses on the role of **relational contexts** (especially family) in shaping psychological behaviour. It holds that revisionism stems not from the individual alone, but from the equilibrium of the social systems to which he belongs. Disorders appear as a result of imbalances in interactions and boundaries within the family system. The coordinated approach reconstructs positive interactions to break down negative circuits that hinder reactivity (Nichols, 2020, Minuchin (1974). It is an approach that interprets psychological adaptation from a holistic relational perspective.

3.4. Neural approach:

It provides a biological explanation for reflexivity by linking it to **brain chemistry**, activity of brain regions associated with emotions, memory, and executive function, along with **neuroplasticity** (neuroplasticity), the brain's ability to reshape itself after trauma. It also emphasizes the role of **neurotransmitters and** genetic factors in determining susceptibility to and response to trauma. This approach contributes to understanding the neural underpinnings of emotional control and post-crisis recovery (Breedlove, 2019, Kalat, 2021). (DJarallah, 2014, pp. 115 - 118)

It can be said that despite their varying references, these approaches offer **an integrative vision of** psychological reflexivity where:

- Analytical focuses on **unconscious dynamics and defence mechanisms**.
- Behavioural cognitive explains **the interaction between mental interpretation and behaviour**.

- The format illustrates **the importance of social bonds in psychological support**.
- Neuroticism highlights **the biological basis of psychological adaptation**. This allows building multi-level clinical interventions that considers **both self, relationships, brain and environment**.

4. Psychological recovery factors

Contemporary psychological literature suggests that psychological reflexivity is not a fixed trait or isolated individual ability, but is understood as a complex dynamic system arising from **a continuous interaction between the individual and his or her social and psychological environment** (Ungar, 2004). In this sense, several factors have emerged that contribute to building returns and explaining their different levels among individuals, which can be classified as follows:

4.1. Protective Factors:

They are protective elements that reduce the impact of stress and trauma and enhance the individual's ability to adapt positively. These factors include:

- **Family support:** Having a parent or emotional support.
- **Social support networks** (friends, educators)
- **Self-efficacy** (sense of resilience)
- **Social and emotional skills:** Such as communication, expressing emotions, and resolving conflicts.

These factors are central to enabling an individual to have effective adaptive responses (Masten, 2001).

4.2. Risk Factors:

Life and social conditions that threaten healthy psychological development, such as:

- **Poverty**, marginalization and displacement,
 - **Domestic violence, family separation and ill-treatment**,
 - **Early traumatic experiences**, such as losing a parent or experiencing violent incidents.
- Studies show that the presence of risk factors does not necessarily lead to psychological disorders, but rather the effect is related to the **availability of protective countermeasures** (Luthar SS, Cicchetti D, Becker B, 2000)

4.3. Balance between protection and risk:

Return is based on **a dynamic balance of risk and available resources**. Some individuals may exhibit high levels of adaptation despite severe challenges, thanks to their strong internal or social resources, while others may fail to adapt due to lack of support despite low risks (Garnezy, 1991).

4.4. (Self-centred Factors):

Psychological traits and self-skills include such as:

- **Self-confidence, emotional control, positive thinking,**
 - **Independence, decision-making skills, and problem-solving.**
- These factors reflect what is known as "psychological flexibility" (i.e. the ability to modify behaviour and emotions to suit the stressful context without breaking down

4.5. Family-centred Factors:

The family plays a central role in the development of the reversion, as the first medium of social and emotional upbringing. A safe family environment, offering **unconditional support, positive communication and emotional cohesion**, fosters a sense of trust and belonging, and serves as a prototype for later healthy relationships.

4.6. Contextual/Environmental Factors:

These include **institutional and social support outside the family**, such as:

- **School, peers, associations, community centres, and psychological services.**
- The existence of **fair legal and social systems also contributes to** the creation of a supportive environment that enables individuals to overcome crises and reintegrate socially (DJarallah, 2014, p. 123; Tugade.M.M, 2004)

It is clear from the analysis that **psycho-feedback factors do not** work separately, but rather overlap to form **a functional network of protection and adaptation**. The individual does not resist adversity only by his own will, but through his relational, social and biological resources, which gives the concept of retroactivity a **systemic, interactive dimension**. Accordingly, retroactivity has become

the cornerstone of the therapeutic and preventive programs adopted in contemporary clinical psychology, providing a growth and continuity horizon even in the context of trauma and deprivation.

5. Sources and determinants of psychological retraction construction

Psychological reflexivity does not arise in isolation from the personal and social context of the individual, but is shaped by a complex interaction between **internal determinants related to** the structure of the personality and external sources rooted in the family, educational, social, and cultural environment. This interaction contributes to the explanation of individual differences in coping with crises and trauma.

a) the reversion of personality

The personal and psychological characteristics of the individual form the nucleus of the return, as subjective factors are one of the main pillars that enable the individual to respond effectively to stress. The most prominent of these are:

1. Optimism:

Optimism is a cognitive-emotional mechanism that helps to reinterpret crises in a way that minimizes their impact, by expecting positive results despite challenges. Optimism is not about denying suffering, but about being able to recognize the potential of a traumatic situation, which enhances motivation and resilience.

2. Self-control

refers to an individual's ability to regulate their emotions and behaviours in stressful situations, by suppressing spontaneous and emotional responses. Self-control is an indicator of the maturity of the executive ego, and allows for a rational distance between the stimulus and the response, enabling balanced decisions to be made.

3. Cognitive and emotional flexibility (cognitive and emotional flexibility):

This flexibility represents the ability of an individual to reframe negative situations (reframe), that is, modify their perception of the event, thereby mitigating the emotional impact. It also includes the portability from frustrated feelings to more positive ones, a necessary property in the treatment of anxiety, depression and trauma disorders.

4. Persistence and grit

refers to the ability of an individual to continue pursuing despite failure or frustration. Individuals with perseverance rebuild the meaning of failure, turning it into an opportunity for growth, boosting their psychological balance after a crisis (Tugade.M.M, 2004).

b) the sources of psychological recovery

The environment around the individual is an essential source for building and strengthening resilience, providing psychological and social resources that enhance the individual's coping capacity:

1. The individual:

Personal characteristics such as self-confidence, entrepreneurship, and decision-making are what are known as "self-resources", which enable the individual to reframe adversities and turn them into opportunities for learning and development

2. Family:

The family plays a fundamental role in the development of recovery, especially during childhood and adolescence. A stable family environment that provides unconditional love and positive communication contributes to psychological security and healthy relationship models.

3. Community:

Society is the incubator framework that provides the individual with opportunities for belonging and social solidarity. Participation in local support networks and group activities promotes a sense of social acceptance and contributes to reducing feelings of isolation, which strengthens resilience. (Ungar '2004).

4. School:

The school is a critical environment, especially in the formative stages, where it contributes to the development of adaptive and emotional skills through a positive relationship with teachers, and provides a safe environment that allows for expression and participation..

4. Religious belief (positive religiosity)

Provides a moral framework for understanding pain and suffering, and nourishes the individual with the values of patience, tolerance, and hope. Research suggests that faith helps regulate emotions and promote self-satisfaction, especially in the face of loss or disaster. (DJarallah, 2014, pp. 123 - 126)

It is clear from the analysis that the construction of psychological reflexivity is not unilateral, but arises from **a dialectical interaction between subjective characteristics and environmental resources**. The theoretical and practical importance of this vision lies in directing therapeutic and preventive interventions toward **activating personal factors and strengthening community resources**, so that individuals can effectively cope with adversity without collapsing their psychological structure, but on the contrary, become models of post-traumatic growth.

III. Methodology and procedures:

In the field study procedures, we must clarify the steps and procedures that we followed in our study, which includes the methodology and the research group and how to choose them in addition to presenting the tools used to the research group.

1. Adopted method:

This paper is based on **the clinical approach**, as it is best suited for understanding internal psychological structures and interpreting unconscious dynamics in an individual, especially in cases of trauma and loss. This approach is characterized by its ability to analyse the meanings and symbols in which a person expresses their psychological suffering, which allows for the estimation of psychological reactivity as a subjective mechanism of internal rebalancing (Anzieu, 1983, p93).

2. Study tools: Qualitative and quantitative clinical tools were used:

1.2 . Semi directive interview

A half-directed clinical interview is one of the primary means of collecting qualitative psychological data. It relies on building a deep communication relationship between the psychologist and the examiner to explore the internal psychological structure, manifestations of adaptation, self-representations and trauma. This tool combines the flexibility of dialog and theoretical structuring, asking pre-defined questions while leaving the space for the researcher to freely and spontaneously express his emotional and symbolic experiences. This paper has been used to investigate the effects of early parental loss, loss representations, and defence mechanisms used, as well as qualitative indicators of the presence of psychological reflexivity (e.g., ability to repurpose, growth-oriented, and psychological reflexivity).

Clinical procedures: Several clinical sessions were held with the researcher, including:

- A first introductory session to build the professional relationship and define the academic framework.
- Exploratory sessions to collect clinical data (CV - family background - narrative of the experience of loss).
- Apply objective and projective tools and analyse the protocol according to quantitative and analytical approaches.
- A final session for feedback and a proper therapeutic closure.

2.2 Rorschach test

It is a projective test that reveals personal imagination and guides the individual's creative processes, through a general survey of the various levels of the functions of the psychological apparatus, thus prompting conflicts. It was created by Hermann Rorschach in 1920, and it consists of inkblots that allow the study of emotional and imaginative life. It consists of 10 panels of different shapes. Since it is a vague and structurally undefined material, the examinee's perception of the blotches reflects the dynamism of his personality, in terms of cognitive dynamism and how he deals with the problems he faces, his creative abilities, and his emotional dynamics of anxiety, anger, etc., and his attitudes towards himself and towards others, the strength of the ego in the face of reality and the types of conflicts experienced, and the defence mechanisms the examinee resorts to deal with this conflict (Radwan, 2015, p. 88).

Our research paper based this on the Rorschach test () in the ink spot (as it is due to the stage of regression to measure psychological trauma par excellence, as well as gives us a perception of the emotional, delusional and narcissistic life , and knowledge of the conflicts lived and help us to reveal the indicators adaptive patterns, and the ability of the ego to perceive and control emotions, which are important indicators to estimate the level of psychological return.

2.3 Psychological recovery:

Connor and Davidson's psychological reversion (CD-RISC) scale is one of the most prominent quantitative psychological tools used to measure positive adaptability to adversity and stress. It was developed by **Connor and Davidson (2003)** with the aim of assessing the extent to which an individual has the characteristics of psychological resilience that enable them to cope with crises and restore psychological balance after trauma or loss. In its original form, the ladder consists of **25 items measured** on the **five-scale Likert scale**, and its dimensions cover multiple concepts such as self-efficacy, adaptability, positive acceptance of changes, social support, and emotion control. it also has a spiritual dimension in some cultural contexts. The ladder is characterized by high internal stability and good structural honesty, and has proven effective in distinguishing highly adaptable individuals from others, making it a suitable tool for use in clinical and research contexts, especially in individuals who have experienced early trauma, as in the current case study. (Connor K M ; Davidson J R T, 2003)

3. Sample:

The sample is **an individual case of** a 23-year-old adult female who, as a child (at the age of nine), was traumatized by the loss of her father as a result of a horrific traffic accident she witnessed. The importance of this condition is that it reflects a lived experience of more than a decade, allowing for the analysis of psychological reflexology as a time process based on the interaction between the self and the traumatic event.

The case was **deliberately selected according to** specific criteria: Exposure to a violent traumatic event in childhood, an extended psychological impact, and voluntary involvement in the interactive clinical course of study.

4. Presentation and analysis of results:

1.4. Clinical interview results and analysis:

Case presentation:

Surname: **Hanane**

Gender: **Female**

Age: **23 years old**

Lost parent: **Father**

Educational level: **University Studies**

Living level: **Good**

Marital status: **Single**

Cause: **traffic accident 13 years ago**

Residence: **province of Tamanrasset, age of accident: 9 years.**

Traumatic accident: As a child, she was traumatized by the loss of her father following a tragic traffic accident at the age of nine (09) years

Hanane's behaviour during the examination: She seemed to have the features of the screen, fun and lively as she seemed to be a kind of desire to be examined, she was confident and spoke fluently and she only suffered from the palm occasionally and then quickly overcame it.

The half-directed interview was conducted with the case "Hanane". In three consecutive sessions, each lasting about 45 minutes, considering the ethical aspects of confidentiality and privacy, while creating a psychologically safe atmosphere that allows the adult to freely express her feelings and experiences. The questions revolved around three main themes: the experience of loss, subsequent psychological effects, and coping strategies

Through the clinical interview, she seemed to have the features of the screen, fun and lively as it seemed to be a kind of desire to examine, she was confident and spoke fluently and spontaneously, she only suffered from the palm occasionally and then quickly overcame it.

Hanane's deep emotional impact was clearly demonstrated by the trauma of loss she experienced at the age of nine. More than a decade after the incident, his memories remain vivid in her memory, accompanied by strong emotional manifestations, such as silence, meditation, and a change in tone of voice when talking about loss. These signs indicate that the emotional impact continues over time, confirming that the experience is still psychologically active

However, "Hanane" showed clear adaptive representations, in its pursuit of professional and academic success, and the consideration of work and study as means of psychological cohesion and self-reconstruction. She also expressed her awareness of the importance of overcoming pain and sought to frame it within a personal path of growth and achievement. This reflects the existence of the mechanism of "positive coding of the traumatic event", which is an indicator of returns (Vanistendael & Lecomte, 2000).

The case classified the transparent incident scene in past memories using the word "occupy" to denote similarity. This indicates that there is a kind of distance and a kind of psychological activity that distinguishes between the painful perceptions of the experience lived and the excitement of the interview. Despite the loss of her father in the depth of her childhood nine years, but it was not difficult for her to understand that violent situation because of its violence as a strong shock to her psychological system, which was able to repel as Damian explains, the impact of a traumatic event in a child depends on the level of ego maturity and how resonated in the hierarchy, the smaller the child, the greater the risk of injury in his physical image and narcissistic development. (See also Moses, 2000).

The interview revealed that the ego of "Hanane" has a medium to high organizational capacity, which enables him to contain feelings of trauma and reinterpret the experience of loss in a way that does not destroy her balance, but rather fuels her adaptability.

IV. Results and analysis of the Rorschach Protocol:

Hanane's productivity was characterized by medium, 1.08' per answer. The average latency time is rather average. The rejection and shock responses are few in the painting (VI) which proves the absence of difficulties. Three (03) cliché answers indicate the enjoyment of basic psychological adaptation. Especially if we add additional answers, the performance gives a better picture than it is.

The overall approach ($g=05$) was taken as high (73%) at the expense of the partial ($d=03$) (27%), indicating a feature of revisionism that looks comprehensive rather than detailed and deconstructed (an attempt to tone down the self-image and avoid details that can trigger perceptions or feelings that are difficult to contain). on the defence level, we see the dominance of the formal determinants ($f\% = 80\%$) and we find the positive formal answers ($f+ = 66\%$) and the rest represent the negative formal answers ($f- = 34\%$) and their presence is considered normal in these cases. There are also some emotions observed by reality ($FC=02$), and there were no motor determinants, attention was focused on animal contents ($a\%=64\%$) and human content ($H\%=18\%$) followed by subjects.

Analysis of simple comprehensive answers shows a level of bottom-up social adaptation, but the absence of moderate macro responses in painting (i) means a gap at the level of the image of the body as a whole. Its availability in painting (v) indicates identity integrity because this painting subjects identity to a difficult test.

Cognitive contexts indicate a coherent relationship with reality ($F+=66$) and the integrity and perceptions of intellectual processes. The acceptable success of the latter in containing external stimuli, adaptation and effective communication with reality, however, some contents of the inner world appeared in the form of projective processes when censorship faded or diminished. The failure to give human perceptions in the painting (III) suggests the ambiguity of identification (to work a won or a Bush to say, and not to occupy the neck of a grape) Even if this mystery were to disappear at the stage of deterministic investigation, it was able to determine the gender of human perceptions.

Predominantly diastolic nature of the presence of color responses ($RC=27\%$) and absence of motor responses that indicate sensitivity to sensory stimuli, which explains the expression of emotions and emotions. The absence of perceptions to isolate them from feelings as a result of suppression, while diastolic printing helped to overcome stress and its management and easy to monitor intellectually (FC) because of its association with intellectual processes.

Hanane's performance appears well given the efforts exerted in most paintings. The low productivity is due to the psychological violation associated with the process of return. Additional answers (05) emphasize the strength of the ego in facing and adapting to reality, and highlight with it its potential to share things of common sense (ban=3) which suggests that I am strong in perception reality and adaptation to it despite the persistence of the remnants of shock.

Analysis of the Rorschach test protocol in the case "Hanane" showed clear indications of relatively coherent internal psychological activity, where interactions with the cards seemed balanced and devoid of delirium or explicit aggressive projections. Performance was characterized by average productivity, with positive formal responses (F+=66%) dominant, indicating the ego's ability to regulate cognition and control emotions. The absence of traumatic scenes or gloomy answers was also observed, indicating a relative transcendence of traumatic representations associated with trauma, and the existence of mental processes capable of containing internal tensions (Exner, 2003).

Animal content (a%=64%) may reflect the need for safety and identification with base elements, while the limited presence of human content (H%=18%) indicates identity differentiation with some ambiguity in identification, which is common in retrograde processes (Anzieu, 1983). In addition, there are some indicators of emotional sensitivity, through colour responses (RC=27%), which suggest an active emotional life despite attempts at control.

Also striking is the predominance of constructive responses, reflecting the ability of adults to deal with reality in an orderly manner despite the emotional burden of early loss. There were no signs of significant psychological disintegration or deterioration; on the contrary, Hanane showed a visionary attitude and an ability to interpret the internal and external world in adaptive ways.

This indicates that Hanane has a flexible defence system, which allows it to overcome the traumatic impact of loss through internal symbolic processes, within a framework of psychological cohesion and relative control of emotions.

In a conclusion, the performance of "Hanane " was a model for achieving a psychological arsenal. Despite the severity of the loss and the severity of the trauma, the forces of life stand out strong, but the optimism that seemed to be able to face the difficulties that she faced and will face.

V. Results and analysis of the psychological return scale:

The results of the application of the psychological return scale (CD-RISC) on the case "Hanane" to reinforce what was concluded from the interview and the Rorschach test, where Hanane scored a total of 65 points out of 100, a result classified within the level of "high average" according to the criteria of the scale. This suggests that the adult has a significant asset of psychological resilience and adaptability to adversity, despite the early emotional trauma she experienced.

Through the analysis of the items of the measure, a set of positive traits emerged in Hanane, including self-confidence in the face of challenges, a tendency toward hope and optimism, and a belief in the deep meaning of life, which are elements of the basic elements of psychological recovery. Her answers also showed an ability to accept change and a determination to overcome crises, without falling into denial or escaping reality.

On the other hand, some items revealed relatively fragile areas, such as reluctance to seek help from others and emotional introversion in some social situations, reflecting the impact of loss on the relationship confidence and emotional openness dimensions. However, this fluctuation does not impair the general coherence of its psychological reactivity structure, but rather highlights the nature of dynamic adaptation, which carries with it progress and regression.

These findings suggest that, despite traumatic experience, Hanane has developed a network of psychological and symbolic resources that enable her to overcome pain and mobilize her inner strength to survive. This reinforces the general premise of this study, which sees psychological recall as an effective dynamic mechanism for coping with loss and restoring balance in adults who have experienced the trauma of losing a parent in childhood.

This can be summarized in the following points:

- Ability to rebuild meaning after loss;
- Adopting an achievement-based life project;
- The ability to communicate effectively with reality despite the remnants of the trauma;
- Relative control of the ego and control of emotions.

This confirms that the state of "Hanane" represents a positive model of adaptation to early loss, through an active psychological reflex that reshapes the relationship with self and surroundings (Cyrułnik, 2003).

VI. Discussion of results:

This study highlighted the role of psychological resilience as a dynamic coping mechanism in individuals who experienced traumatic loss in childhood, through the case study of "Hanane", an adult aged 23, who lost her father in a traffic accident at the age of nine. To verify the study's goals, we formulated a general hypothesis: **"An adult who lost her father in childhood may show signs of having psychological reflexivity as a mechanism for coping and restoring psychological balance."** This hypothesis has been verified based on qualitative tools such as the half-directed clinical interview, the "Rorschach" test, in addition to the application of the psychological return scale of Connor and Davidson, where the case recorded a result (65/100), which is located in the high medium range, indicating the presence of actual reaction in the case.

The interview results supported the first hypothesis, in which Hanane showed an ability to talk about the experience of loss without collapse, with flexible defence mechanisms and positive adaptive behaviours. Their responses also reflected active engagement in working and school life, and a sustained pursuit of self-actualization, which reflected the active functioning of the mechanism of reversion, which is based on the ability to overcome trauma and reconstruct meaning (Cyrułnik, 2003). Thus, this first hypothesis was confirmed on the ground, as the case showed a dynamic interaction with the experience of loss, not in denial or retreat, but in the attempt to build a new vision of life and self.

As for the second hypothesis, **"the clinical interview and the Rorschach test show qualitative indications of the functioning of the feedback mechanism in the case,"** the results revealed the soundness of social adaptation, the absence of indicators of dislocation or breakdown, as well as emotional responses that can be controlled and directed. There were also indications of ego strength and ability to contain trauma, with a clear balance between form and content in the Rorschach responses. The predominance of diastolic nature, and the ability to retain emotions within a realistic framework, also indicates that the individual concerned was able to integrate the painful experience into his psychological path in an unsatisfactory way, which reinforces the validity of the second hypothesis.

In the light of the above, it can be said that the two partial hypotheses that emerged from the main forms have been confirmed on the ground, which reinforces the argument that psychological recovery is not merely a theoretical capacity, but a real dynamic process that can be activated in some individuals despite the harsh conditions and early trauma. Thus, we conclude that "Hanane" embodies a state of positive adaptation which can be considered a concrete embodiment of psychological reflexivity in its practical scope.

VII. Conclusion:

The case study of "Hanane", an adult who lost her father at the age of nine in a traffic accident, shows how, despite early trauma, an individual can develop flexible psychological mechanisms that enable him to restore internal balance. The data from the interview and the Rorschach test showed the existence of adaptive representations, and safety at the level of psychological construction, which indicate the effective functioning of the psychological feedback mechanism. Hanane's possession of "a clear vision for the future, and its adherence to practical and academic values, along with the absence of indicators of collapse or psychological disintegration, allowed to highlight the internal dynamics that made the experience of loss a platform for growth and overcoming, not collapse."

These findings highlight the importance of revisionism as a self-fulfilling psychological capacity after trauma, manifested in proper adaptation, the search for meaning, and the reconstruction of identity. It also opens the door to clinical approaches that invest in this psychological capacity in the support and psychological support programs for individuals exposed to traumatic loss in childhood.

Appendix

Connor and Davidson's psychological scale of return

Nº	Items	Totally incorrect	Not true	Neutral	That's right	Absolutely right
01	I can adapt to the variables					
02	I have close relationships and I trust them					
03	I am proud of my achievements					
04	I work to achieve my objectives					
05	I feel like I am in control of my life					
06	I feel like my objectives are clear					
07	I understand the joke side of business					
08	Things happen for absent reasons					
09	I work according to my intuition about things					
10	I can deal with unpleasant feelings					
11	Sometimes judgment and fate help us					
12	I can deal with anything that changes my mind in life					
13	Previous successes give me the confidence to face new challenges					
14	Dealing with stress strengthens me					
15	I like to face challenges					
16	Make difficult and socially unacceptable decisions					
17	I think I am a strong person					
18	When things seem hopeless, I do not miss hope					
19	I do my best, whatever the circumstances					
20	I can achieve my objectives					
21	I do not give up easily to failure					
22	I tend to regain my balance after hardship or illness					
23	I know where to go to get help					
24	Under pressure, I focus and think clearly					
25	I prefer to take the initiative to solve problems					

