



**As Though Nothing Happened: (Self-help,  
inspiring journey to recovery and a personal  
struggle rising from rock bottom to a happy,  
meaningful life)**

*Shoshan Rotem*

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“As Though Nothing Happened” tells the story of an incest survivor abused by both parents. Having suffered sexual traumas during the Holocaust, they pass their victimization onto their daughter. When the little girl, now a grown woman, seeks professional help in the local Mental Health Clinic, not even one of her therapists believes her story and she is diagnosed with Borderline Personality Disorder and labelled as “mentally disturbed”. From that moment on she is forced to leave her career as a registered nurse, that she had worked so hard to achieve, and finds herself bounced around from one mental patient facility to another, with so-called supportive therapy rather than rehabilitative treatment. No therapy team gives her hope of getting better. They insist on keeping her heavily medicated. Nobody talks with her about marriage and family and, because she was forced to stop working, she has to live on Social Security and does not accumulate a pension. Needless to say, her condition deteriorates. That woman is . . . me. Unfortunately, this story isn’t only my own, private event, but is the story of many others. The intention with this book is to give hope to therapists, victims and their families, encourage them to seek professional help, because there is an after-life and this life is worth it.

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