



BOOK CLUB GUIDE

A SON'S  
RECKONING

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*A memoir of family, identity,  
and the search for truth.*

The **Therapeutic Applications Packet** for *A Son's Reckoning*, designed to support clinicians, healing practitioners, and therapeutic groups:

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# *A Son's Reckoning* – Therapeutic Applications Packet

## Intentional Framing

This packet invites therapists and healing practitioners to engage the memoir as a tool for emotional literacy, intergenerational repair, and trauma-informed dialogue. It centers ritual, symbolism, and narrative truth as pathways toward healing.

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## Clinical Themes for Exploration

- **Adjustment & Identity Formation:** Explore how Carl's story reflects developmental transitions, emotional dysregulation, and emerging self-concept.
  - **Intergenerational Trauma:** Use the lineage tree metaphor to trace inherited patterns and relational ruptures.
  - **Silence & Emotional Safety:** Examine the role of silence as both protective and harmful in family systems.
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## Session Tools & Prompts

- **Letter to the Tenth Chair:** Invite clients to write to the “missing” or unspoken presence in their own story.
  - **Values Mapping:** Guide clients in identifying core values and how they've been shaped by adversity.
  - **Emotion-to-Action Bridge:** Help clients translate emotional insight into concrete, values-aligned action steps.
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## Ritual-Based Interventions

- **Candle Ceremony:** Use candle lighting to honor grief, truth-telling, or ancestral presence.
  - **Affirmation Cards:** Integrate printable cards with quotes from the memoir and client-generated affirmations.
  - **Symbolic Object Work:** Invite clients to bring an object that represents reckoning, resilience, or lineage.
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## Treatment Planning Integration

- Diagnosis: Adjustment Disorder with Mixed Anxiety and Depressed Mood (F43.23)
- Goals: Emotional regulation, self-efficacy, self-advocacy, values alignment
- Objectives:
  1. Identify external stressors and emotional responses
  2. Develop coping strategies and emotional clarity
  3. Reframe maladaptive beliefs
  4. Practice self-advocacy in relational and academic contexts