

The Opinion Pages | LETTER

Prince Harry's Trauma and Bravery

APRIL 20, 2017

To the Editor:

Re "Prince Harry Says He Sought Counseling to Address Trauma From Mother's Death" (news article, April 18):

It was heartbreaking that shame and stigma kept Prince Harry quiet for far too long after the death of his mother, Diana, Princess of Wales, in a car crash in 1997. Breaking his silence helps both him and thousands of other children who should be spared years of pain.

Evidence-based, trauma-focused cognitive behavior therapy used with children and their caregivers tackles the onslaught of thoughts, feelings and behaviors after a tragic death that can derail a young person.

As Prince Harry bravely reveals, left untreated, the resulting avoidance, overwhelming emotion and unsuccessful coping can interfere with life. Treated sooner after a life-altering event, children can learn to openly address what felt unspeakable and forge a productive path.

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The writer, a clinical psychologist, is executive director and program director of A Caring Hand, a nonprofit that serves grieving children and families.

A version of this letter appears in print on April 21, 2017, on Page A26 of the New York edition with the headline: Prince Harry's Trauma.