



February 6, 2026 – APsA Statement on Violence and Psychological Impact in the United States

The American Psychoanalytic Association is deeply concerned by the violence, unrest, and heightened sense of fear across the country.

As psychoanalysts and psychoanalytic therapists, we recognize the psychological impact that violence—and the erosion of a sense of safety—can have on individuals, families, and communities. This is especially true for children, whose developing minds are particularly vulnerable to traumatic stress. Exposure to violence, threats, and disruptions in reliable caregiving can have damaging effects, including lasting consequences for emotional development and mental health.

We reaffirm our commitment to protecting children’s developing minds, promoting timely access to healthcare and mental health resources, and supporting families and communities as they work to restore safety, stability, and hope.