



Mystery of the Murder in the Novel *The Silent Patient* by Alex Michaelides

Anishta. D

M.A, English Literature, Nirmala College for Women, Coimbatore, Tamilnadu, India

ABSTRACT:

Alex Michaelides was born on 1977 is a bestselling British-Cypriot author and screenwriter. His debut novel, the psychological thriller *The Silent Patient*, is a New York Times and Sunday Times bestseller, with over a million copies sold. He studied psychotherapy for three years, and worked for two years at a secure unit for young adults. *The Silent Patient* is an outstanding crime novel that delivering intelligent character study .

Literature in distinct used as a educational instrument in different fields. This writing of Alex Michaelides novel *The Silent Patient* (2019) with a case presented in this psychological thriller and how the theme of a woman murder of her husband and the change in her attitudes. This writings helps to find out people psycho thoughts and the major themes like: communication with silent patient, method of healing for the psychologist. This reference come to an end that *The Silent Patient* novel dominant linked to moral principles in working with silent patient. From the perspective of the author he carry out the twists and deceptive.

Key Words: Literature, Moral principles, Ethics.

Psychology, tells about the importance of human language and the aspects of mental thoughts. It is concerned with the ways how language represented and process it to brain. It also helps people to understand the affected patient.

According to this theory the novel *The Silent Patient* brings out the importance of human mental thoughts. Through this process, a person can find relief from psychological distress.

The novel has different characters: an old psychiatric professor, manager, psychiatrists, psychotherapists, artist, nurses and patient. This novel narrators in the view of psychotherapists named Theo. The novel begins with an two narrators, an artist named Alicia and a psychotherapist. One night , after Alicia's husband , Gabriel, comes home after completing his work suddenly Alicia shoot him five times in the face and then she stops speaking. She becomes a silent person after the murder and she was taken to the hospital in North London.

Theo being psychotherapist, he follows Alicia's story and keeps on watching her attitudes. Now he joins her interdisciplinary care taking team at the Grove as a disorders analyst. This analysis of *The Silent Patient* represents the ethics of working with silent patients, and how it can be promoted amongst medical students. The content of this novel was used as the process of the themes of analysis were created.

Part of focusing it care into consideration the patients family and the cultural content and the values of the patient. Analysis and understanding the person mentality and development, at one point people lack the ability to identify themselves and make their own conclusion.

The Silent Patient lay out how situation and childhood adventure can cause long period and gives out the important of taking care of the patients history. This text give out a psychotherapist able to understand and develop mental sickness. For example when Theo says:

I wrote down another word: "Childhood that the seeds of what happened Murderous rage, homicidal rage, is not born in the present. It originates in the land of memory, in the world of early childhood, with abuse and mistreatment, which builds up a charge over the years, until it explodes often at the wrong target" (39).

Theo grasp that Alicia's father committed suicide after his beloved wife's death, in a intoxicated state, he said : 'My girl my poor girl, my Eva...why did she have to die? Why did it have to be her? Why didn't Alicia die instead?' (255). after hearing this 'killed' Alicia. This statement changes when she speaks to Theo : 'He killed me Dad just killed me' (256) . This kind of illustrates the power of words they used , and mainly the words of a parent to a child.

I imagine it hearing your father, the very person you depend upon for your survival, wishing you dead. How terrifying that must be for a child, how traumatising—how your sense of self-worth would implode, and pain would be too great, too huge to feel, so you'd plod, and repress it, bury it but one day, all the hurt and anger would burst forth, like fire from dragon's belly—and you'd pick up a gun (256).

Alicia picks up a gun and shoots her husband after he metaphorically kills her, just as her father had. Looking into patients' personal life, considering their sociocultural background, and understanding their childhood experiences are among the components of a holistic and culturally competent health

care system. Using the way family was approached and ‘investigated’ by the psychotherapist in the novel can be an entry point to a discussion of these professional and ethical topics with students. Theo’s childhood traumas and his personal life shaped his behaviour with his patient, Alicia.

Alicia’s first smile in reaction to the news of her artwork room is in the form of nonverbal ethics that gives Theo an insight about her taste and needs. *The Silent Patient* gives example of the different stage of conveying the verbal ability and self-identity. Theo’s first interest in helping Alicia by saying, ‘You are not the first. I believed I would succeed. Alicia is a silent siren, my boy, luring us to the rocks, where we dash our therapeutic ambition to pieces she taught me a valuable lesson in failure’ (32).

Through this conversation, readers can reflect on the ethics and work on patients in general and their silence in particular. they can also discuss the ideas and negative side of patients and psychiatrists can read their minds and go with the treatment.

The problem that raised in this novel *The Silent Patient* links with the professional and ethical thinking of both health maintenance and patients. One of the most demanding condition of the silent patient. Recent works on ‘Silent Patient’ points out the importance of Gadow’s concept of defence ([Gadow 1989](#)), it represents the solo part of the patient identity and concepts. ‘Silent patients cannot be represented by the words of advocates’ ([Gadow 1989](#)).

Work Cited

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