



Sexualized trauma

Zoe Lodrick
Psychotherapist



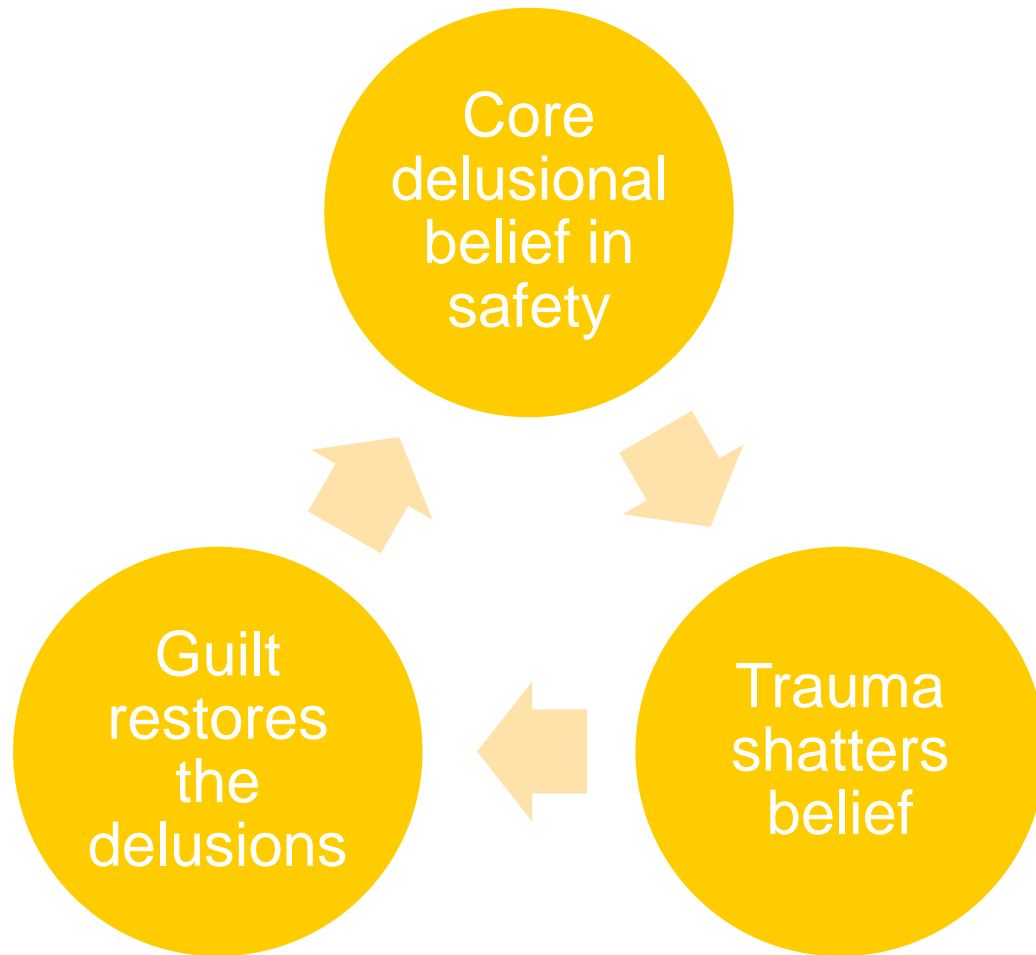
This presentation will cover:

- Guilt and it's implications for disclosure.
- The human response to extreme threat.
- Attachment as an *awfully* useful thing.
- The cyclic nature of trauma.

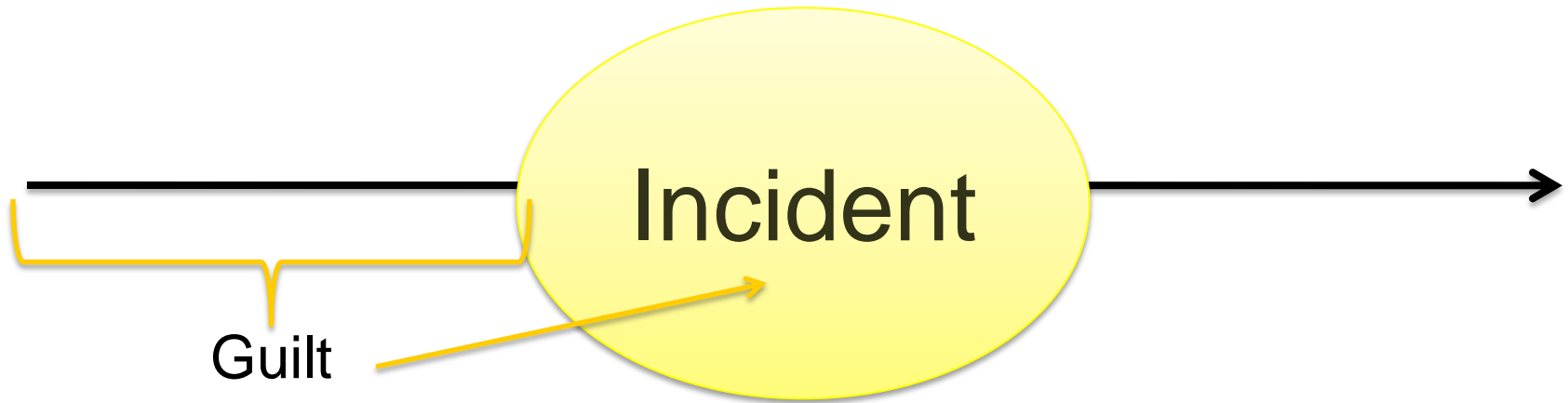


**The implications of guilt for
interviewing victims...**

Guilt is psychologically healthy.....



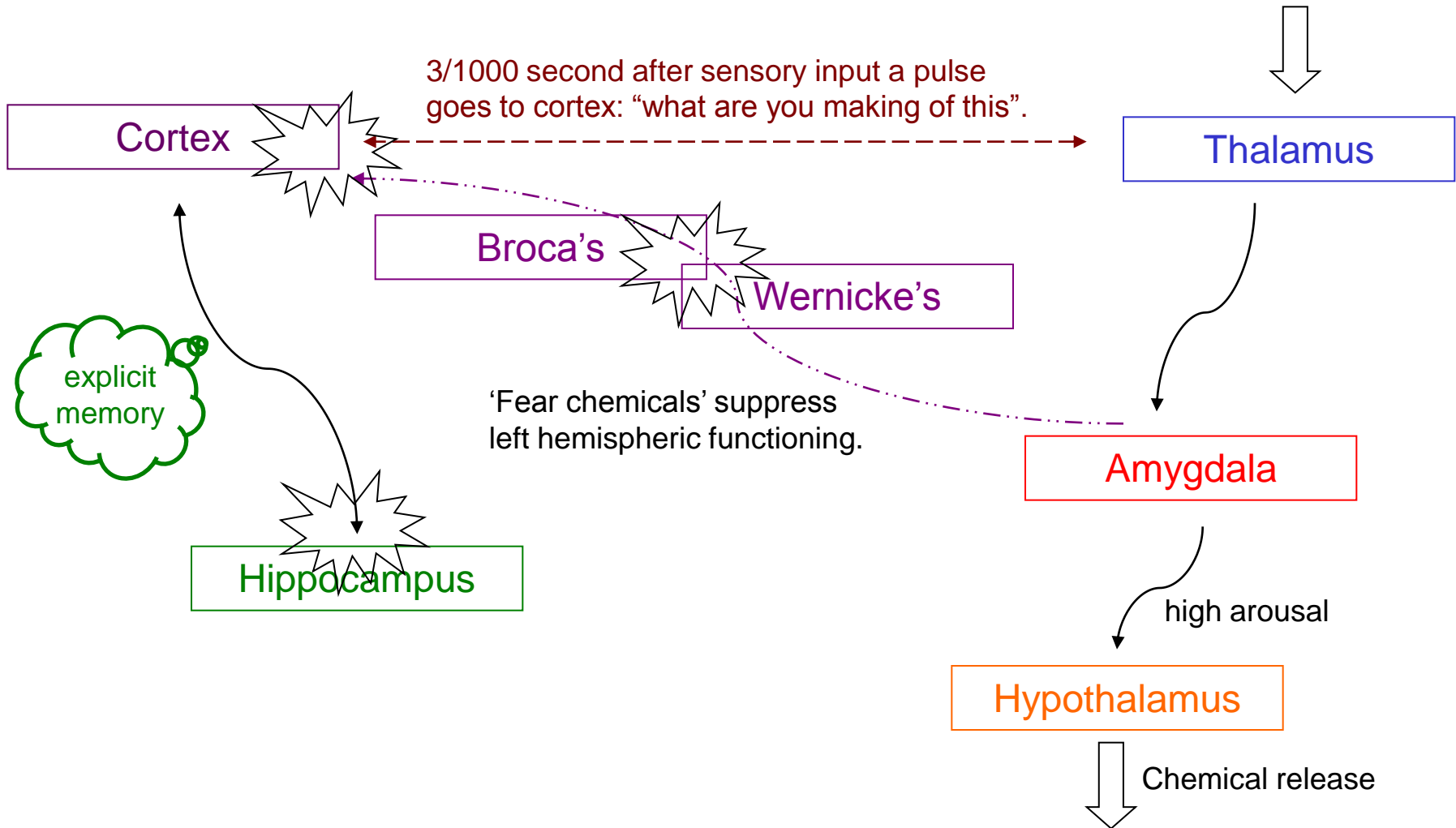
Disclosure and guilt.....



The text is centered and surrounded by six light green circles. Two circles are positioned above the text, and four are positioned below it. The top-left circle is an outline, while the other five are solid. The text is split across two lines: "Human response to" on the top line and "threat....." on the bottom line.

**Human response to
threat.....**

The brain when threatened.....

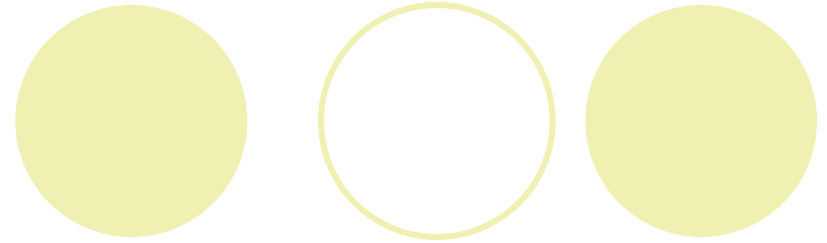


The text is centered and surrounded by six light green circles. Three circles are arranged in a horizontal row above the text, and three are arranged in a horizontal row below it. The top-left and bottom-right circles are hollow, while the other four are solid.

**Human defensive
responses to threat....**

The Five Fs:

Defensive fear responses



● Fight

● Flight

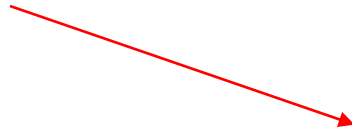
● Friend

● Freeze

● Flop

active defences

passive defences



Friend.....

A decorative graphic at the top of the slide. It features the word "Friend....." on the left. To its right is a solid light green circle followed by an empty light green circle outline. Further right, there is a dotted line. To the right of the dotted line are three more circles: a solid light green circle, an empty light green circle outline, and another solid light green circle.

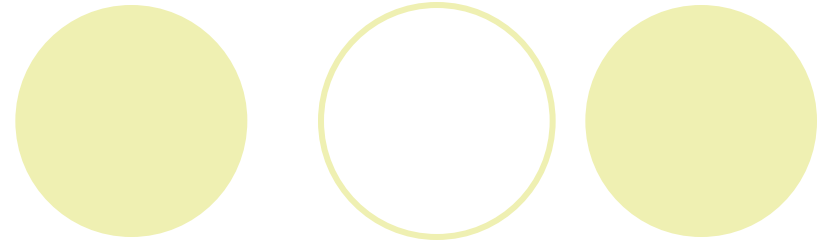
- Friend is the only *active defence* human infants are born with.
- The FRIEND defence is sub-divided into two further defensive responses:

Help me!

Social engagement
system

The Five Fs:

Defensive fear responses



● Friend

● Fight

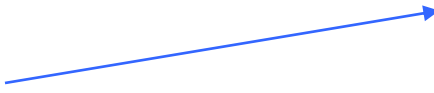
● Flight

● Freeze

● Flop

active defences

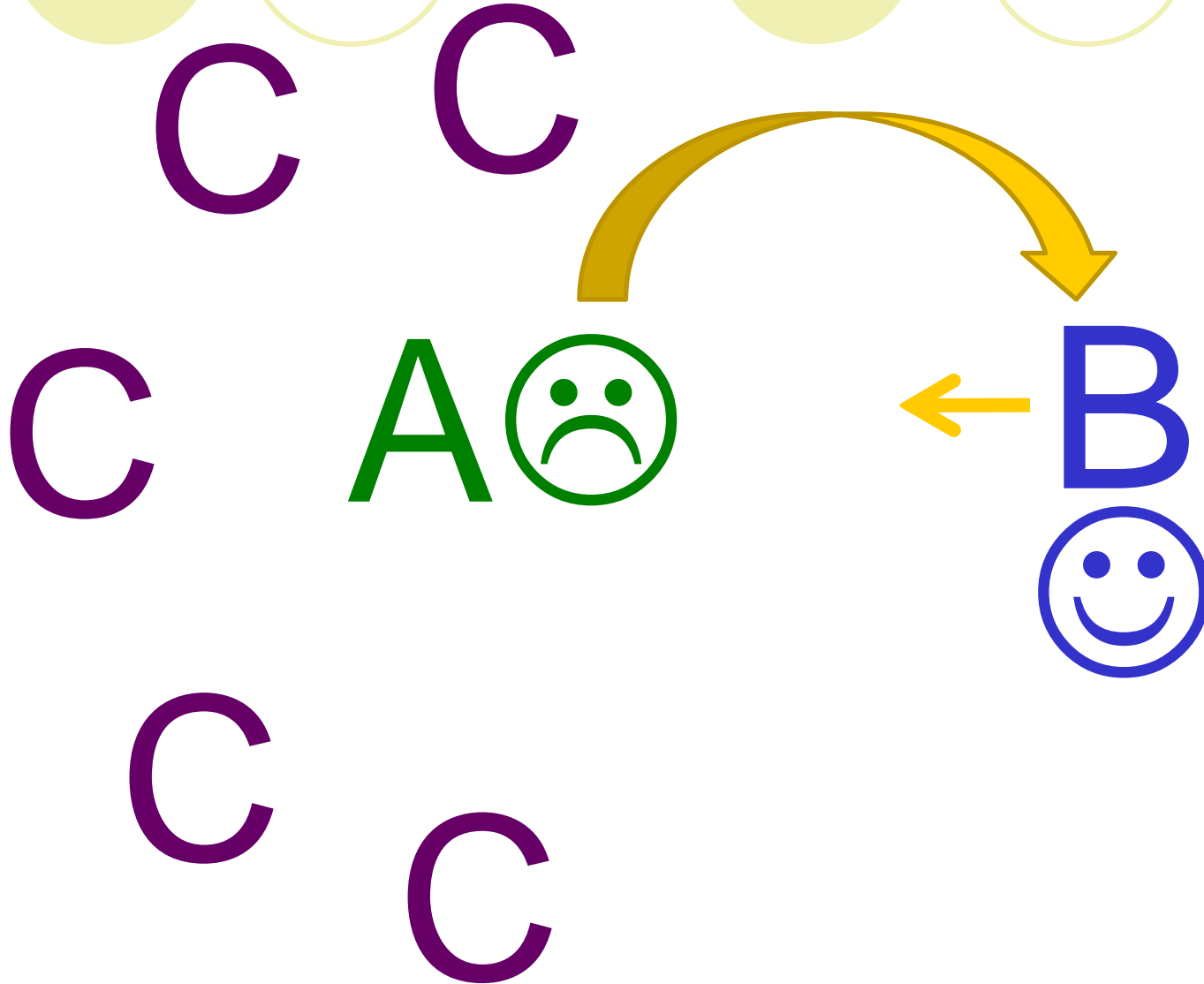
passive defences



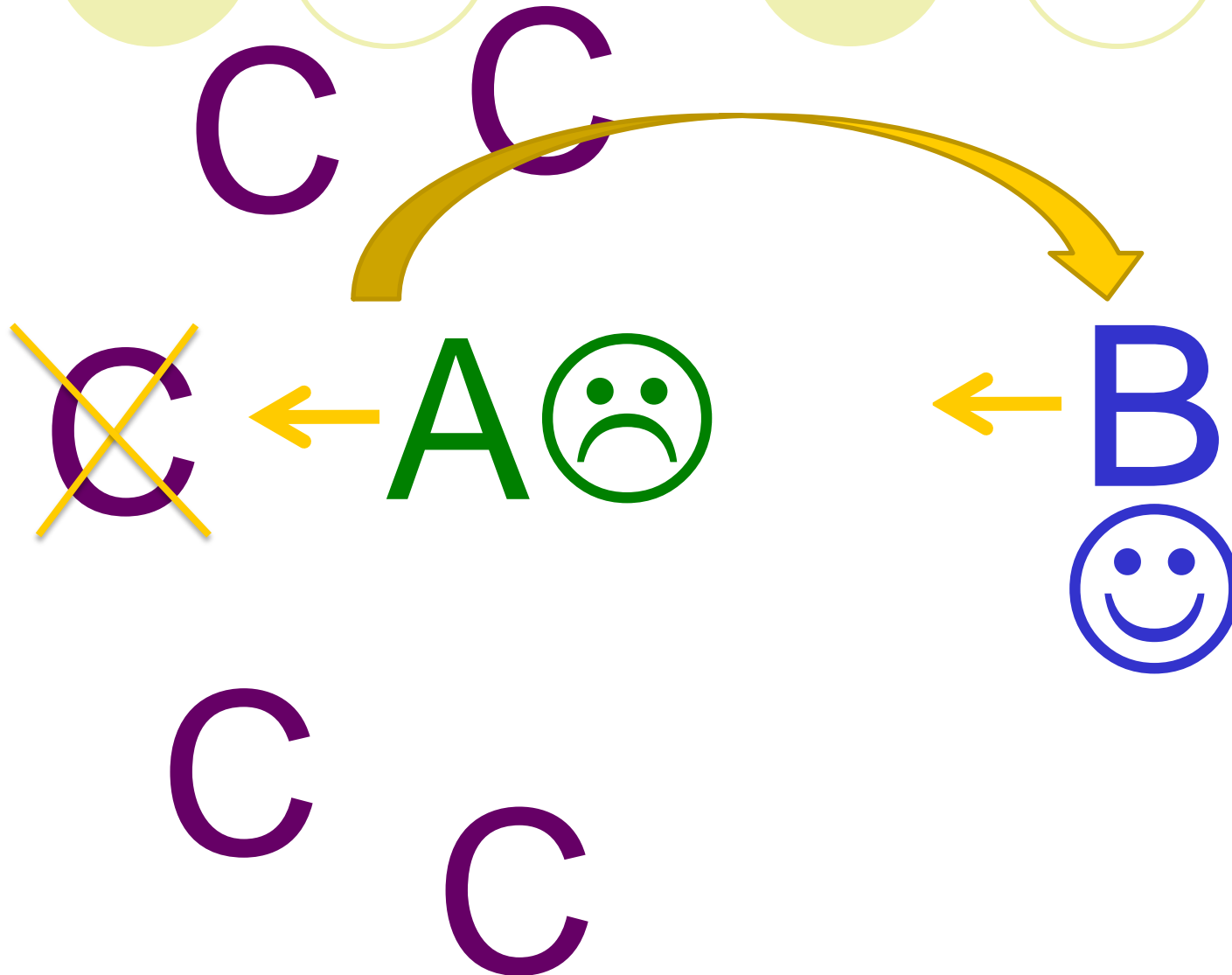
The reasons for the underutilization of 'flight' in humans

1. We cannot outrun our predators.
2. We do not run away from danger toward safety; rather if we flee from danger we move toward the person(s) and place(s) that we are attached to.
3. It is a sad fact that in UK people tend to be threatened by the person(s), and in the place(s), they are attached to.

A more generic experience:

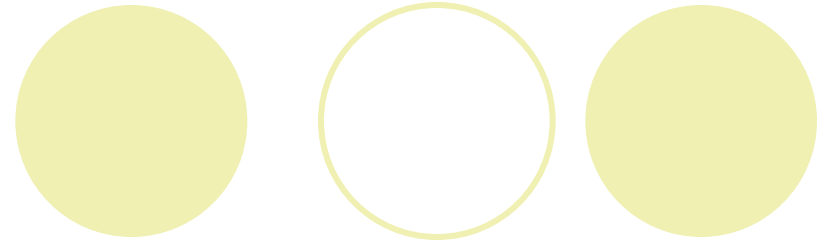


Attachment in action expanded:



The Five Fs:

Defensive fear responses



● Fight

● Flight

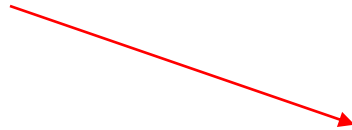
● Friend

● Freeze

● Flop

active defences

passive defences





Important:

- The decision as to how to defend against a threat is not a cortical one.
- The amygdala acts in the way it deems most likely to ensure SURVIVAL.
- If a defence is successfully used it is likely to be utilized again.
- If a defence is unsuccessful it is unlikely to be used again.

The text is surrounded by six circles of varying colors and styles. There are two solid light green circles at the bottom left, one hollow light green circle at the top left, and two solid light green circles at the top right. A hollow light green circle is at the bottom right. The text is centered horizontally across the top half of the page.

**Attachment; its awfully
useful.....**



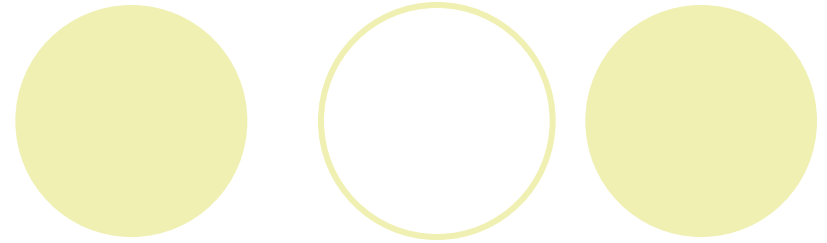
Trauma bonds.....

Bonding is a survival strategy.....

- The amygdala will prioritise the preservation of attachment over individual threat response.
- There are many, many examples of love overcoming fear.....
- Bonding / attachment is more vital to the survival of the human species than one individual's life!

Trauma bonds

(or 'Stockholm Syndrome')



Foundation:

- Perceived threat to integrity.
- Harsh treatment interspaced with small kindnesses.
- Isolation from perspectives other than the 'abuser's'.
- Perceived inability to escape.
- Develops after only 4 days.....

Trauma bonds cont...



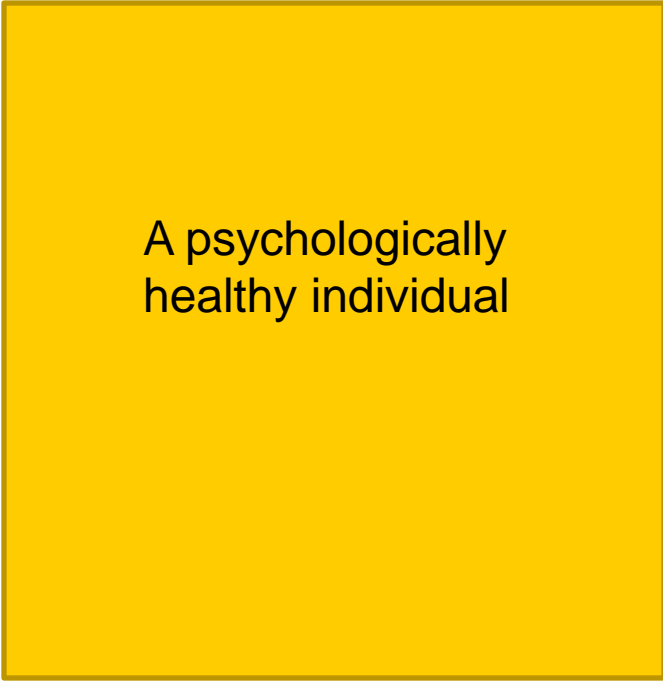
Symptoms:

- Positive feelings toward ‘abuser’.
- Negative feelings toward potential ‘rescuers’.
- Support of ‘abuser’s’ reasons and behaviour.
- Inability to engage in behaviours that will assist release / detachment.

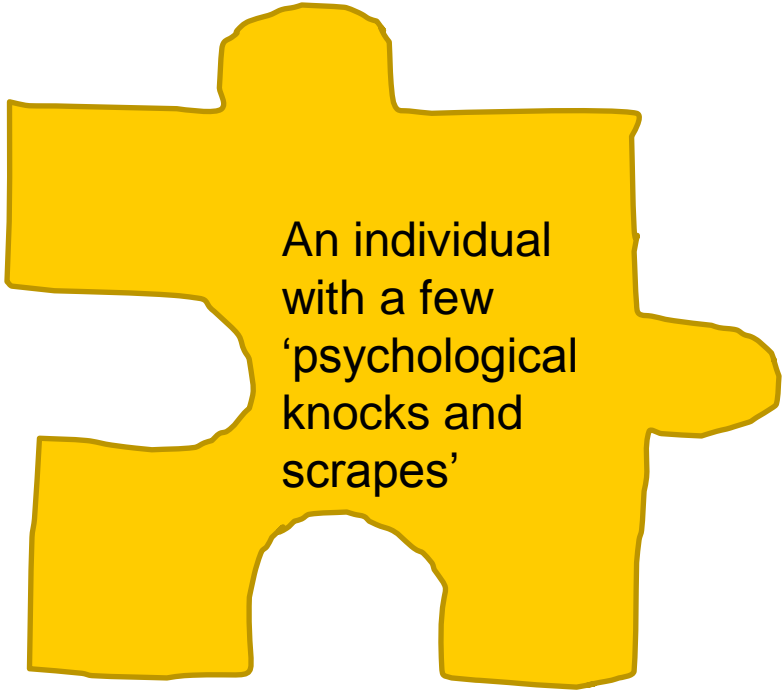


Trauma is cyclic.....

Relational patterns persist.

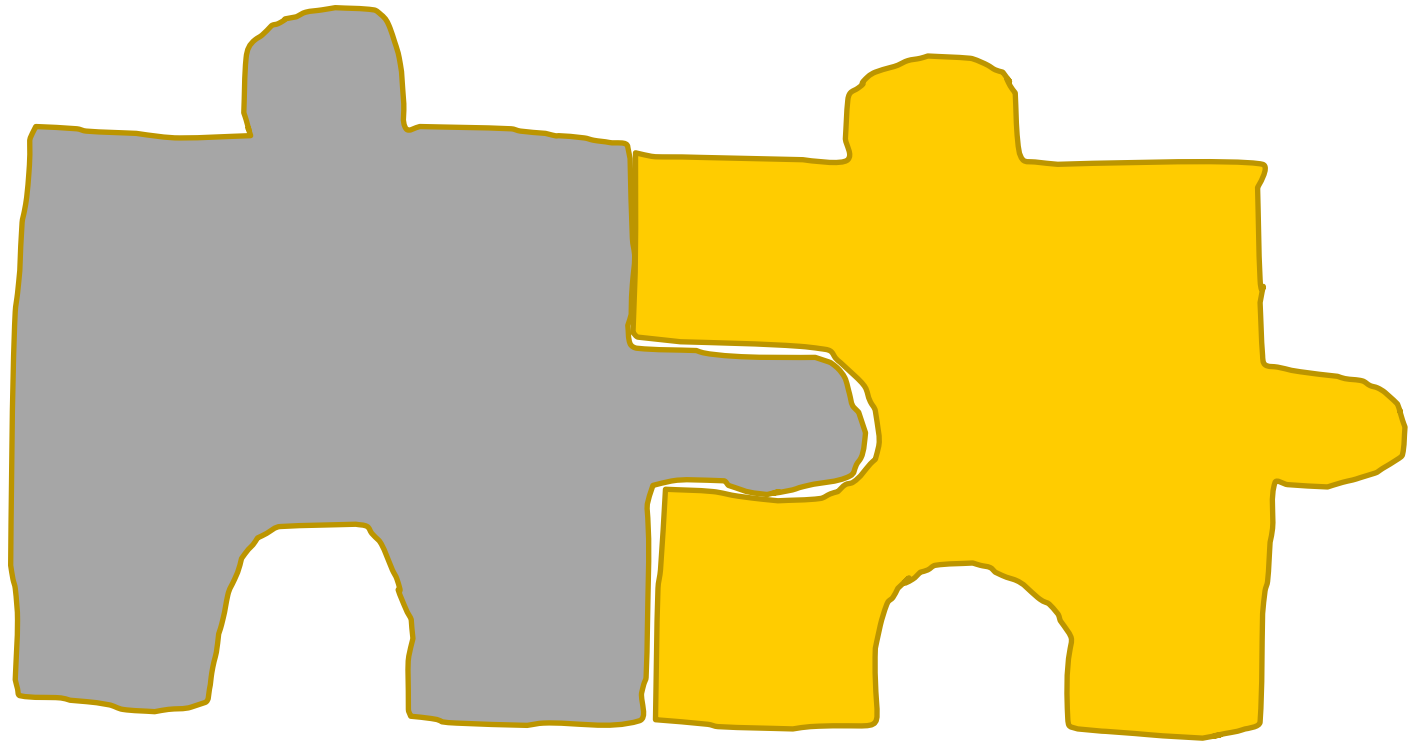
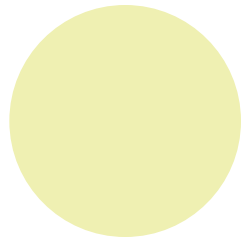
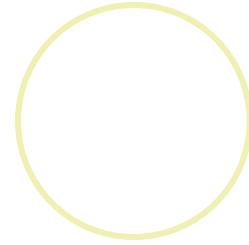
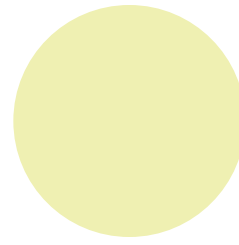
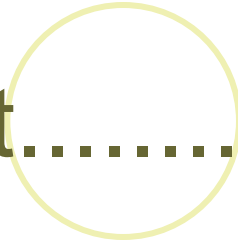


A psychologically
healthy individual

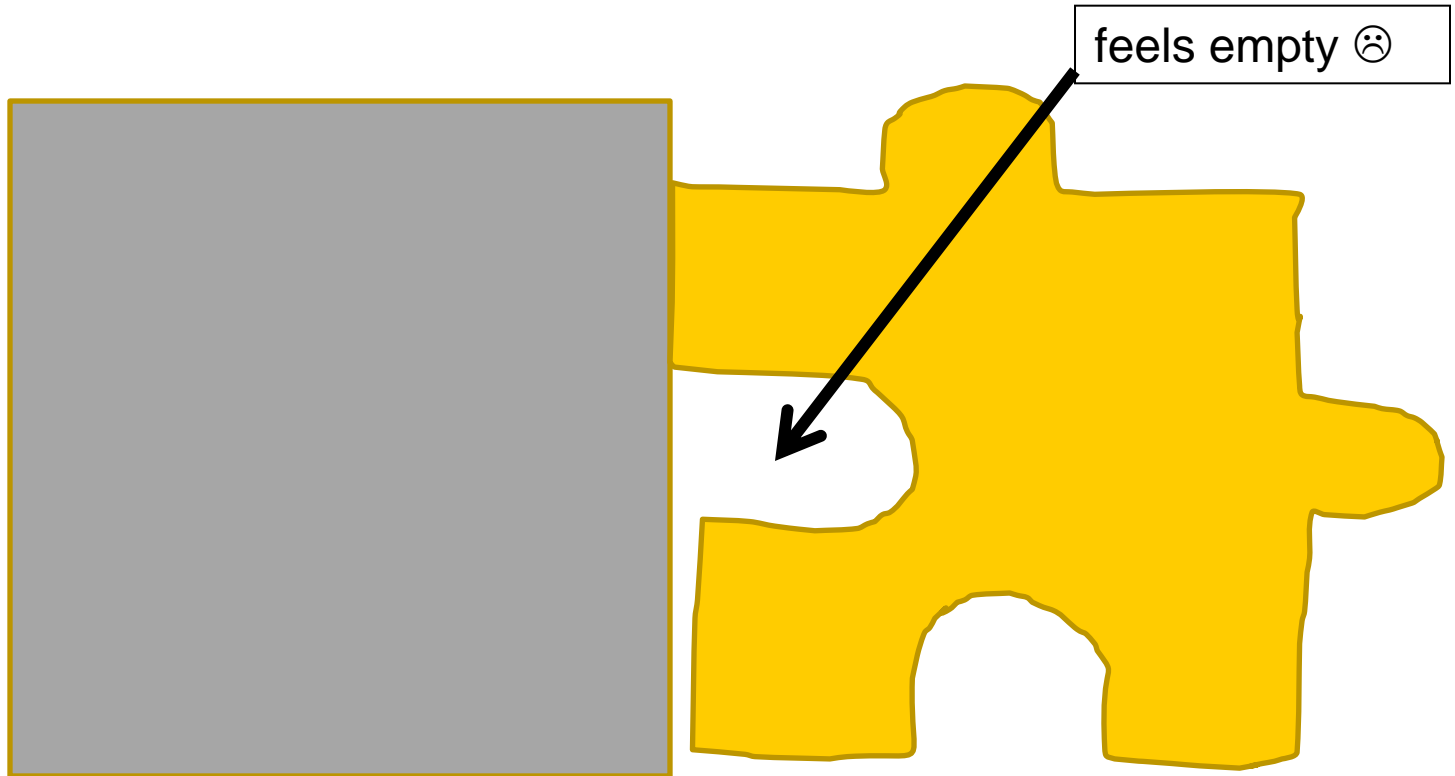
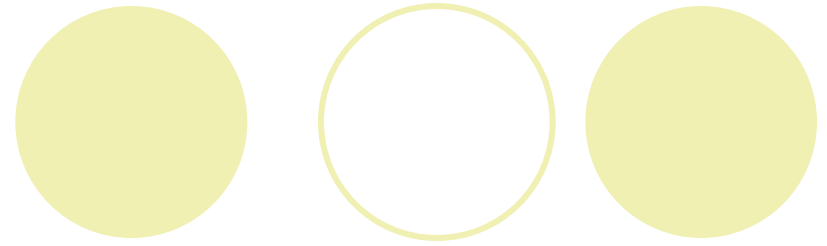


An individual
with a few
'psychological
knocks and
scrapes'

A nice fit.....

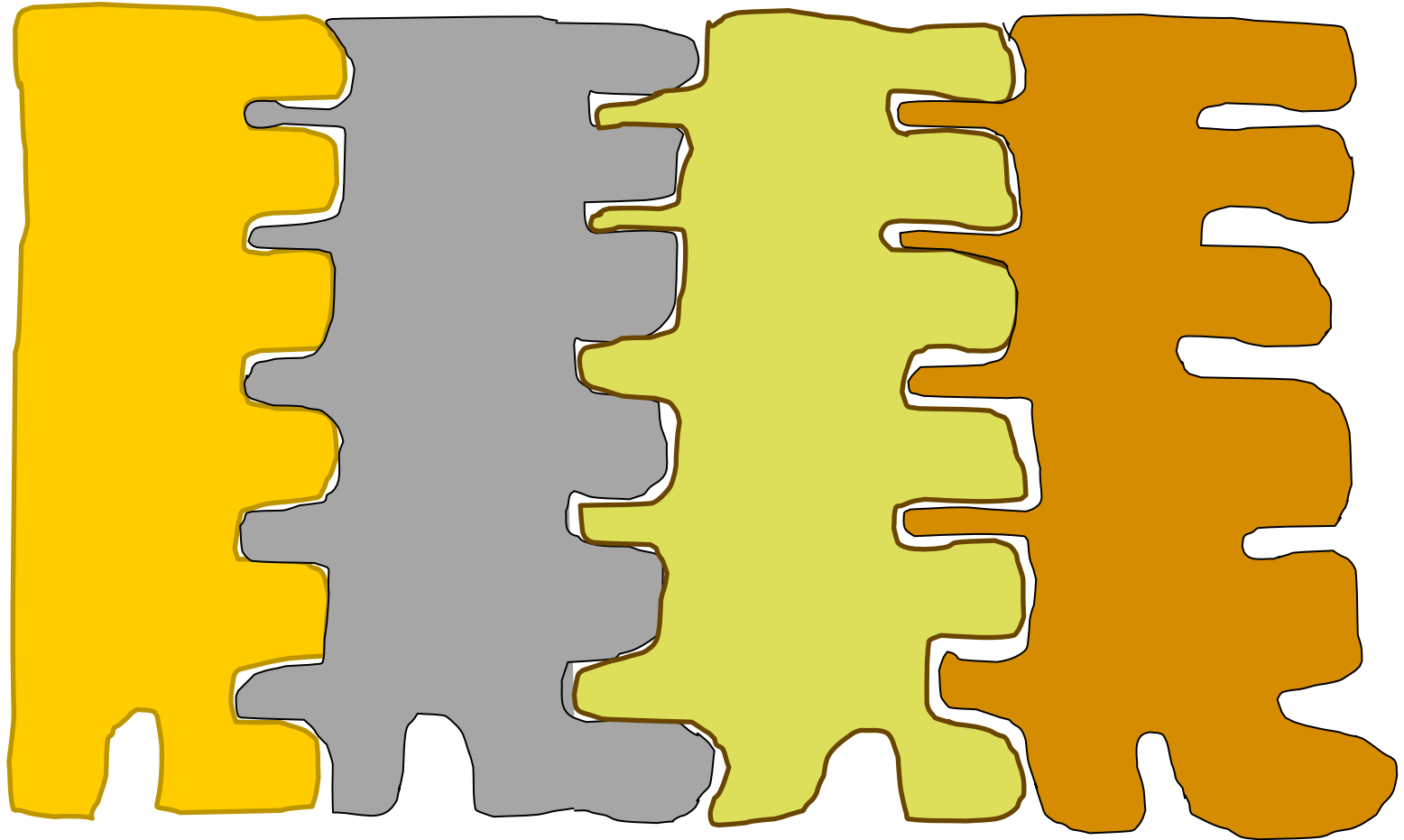


A poor fit.....



Man hands on misery to man....

(Phillip Larkin; 'this be the verse')



Contact details:



: zoe.lodrick@googlemail.com



: 077 3646 3050

www.zoelodrick.co.uk