



Sexualized & Relational Trauma

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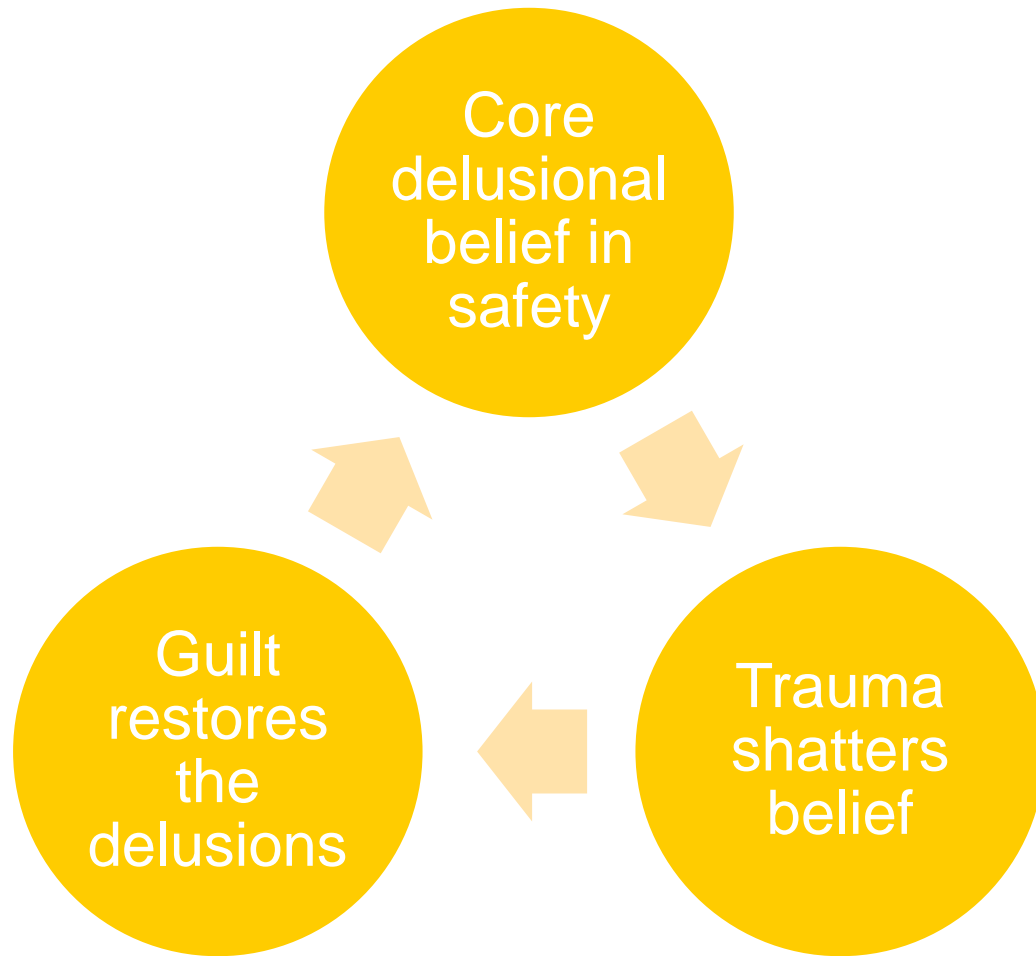
This presentation will cover:

- The problem of shame / guilt
- The human response to extreme threat.
- The reason attachment is an awfully useful thing.....

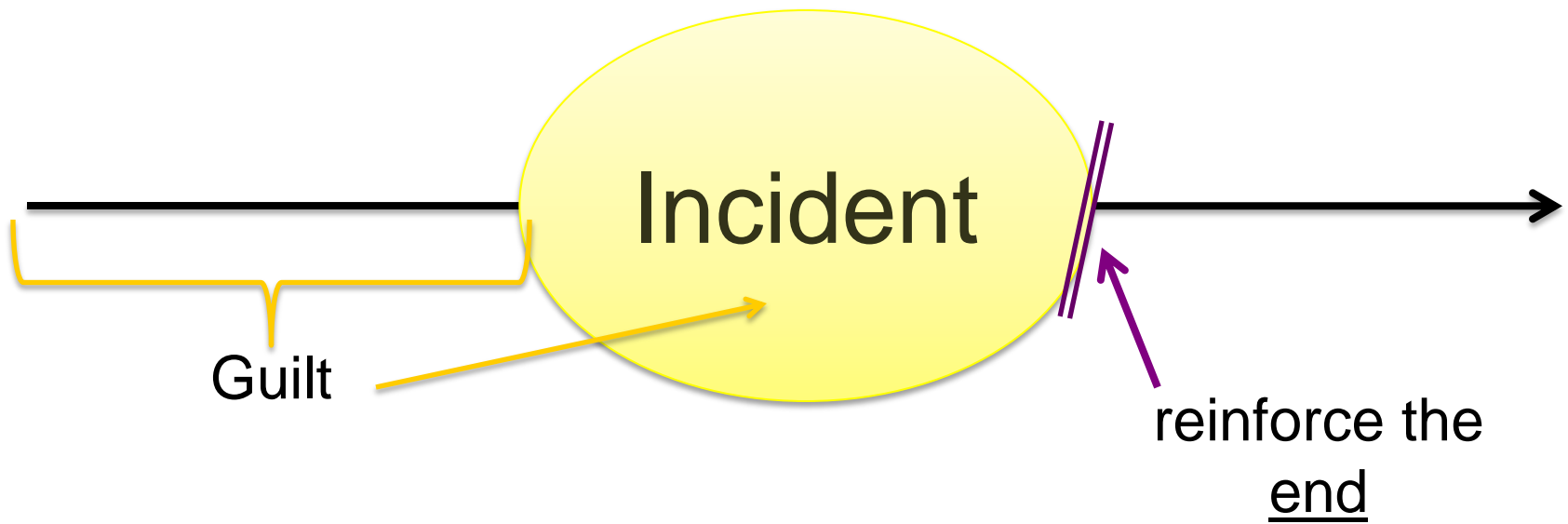


**The implications of guilt for
interviewing victims...**

Guilt is psychologically healthy.....



Disclosure and guilt.....

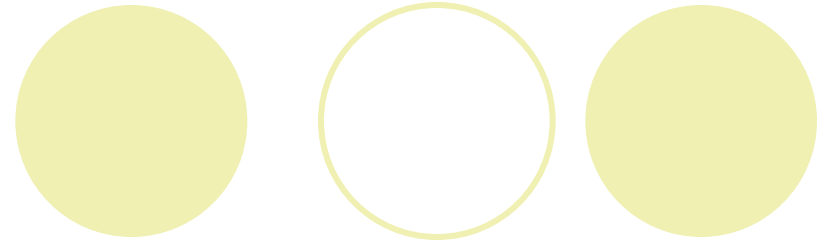


The text is centered and surrounded by six light green circles. Three circles are arranged in a horizontal row above the text, and three are arranged in a horizontal row below it. The circles are of varying sizes and some overlap the text.

Human defensive responses to threat....

The Five Fs:

Defensive fear responses



● Friend

● Fight

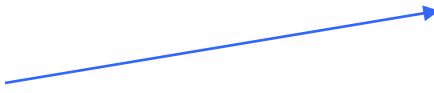
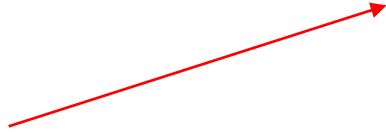
● Flight

● Freeze

● Flop

active defences

passive defences



Friend.....

A decorative graphic at the top of the slide consists of two rows of circles. The first row has a solid light green circle on the left, followed by a hollow light green circle with a dotted line extending to the right. The second row has a solid light green circle, a hollow light green circle, and another solid light green circle.

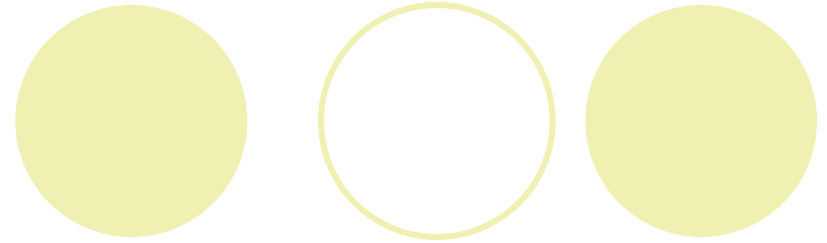
- Friend is the only *active defence* human infants are born with.
- The FRIEND defence is sub-divided into two further defensive responses:

Help me!

Social engagement
system

The Five Fs:

Defensive fear responses



● Friend

● Fight

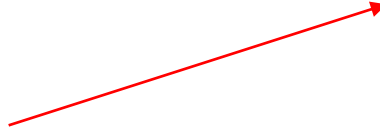
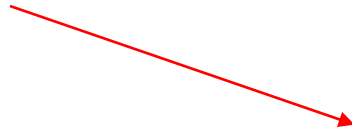
● Flight

● Freeze

● Flop

active defences

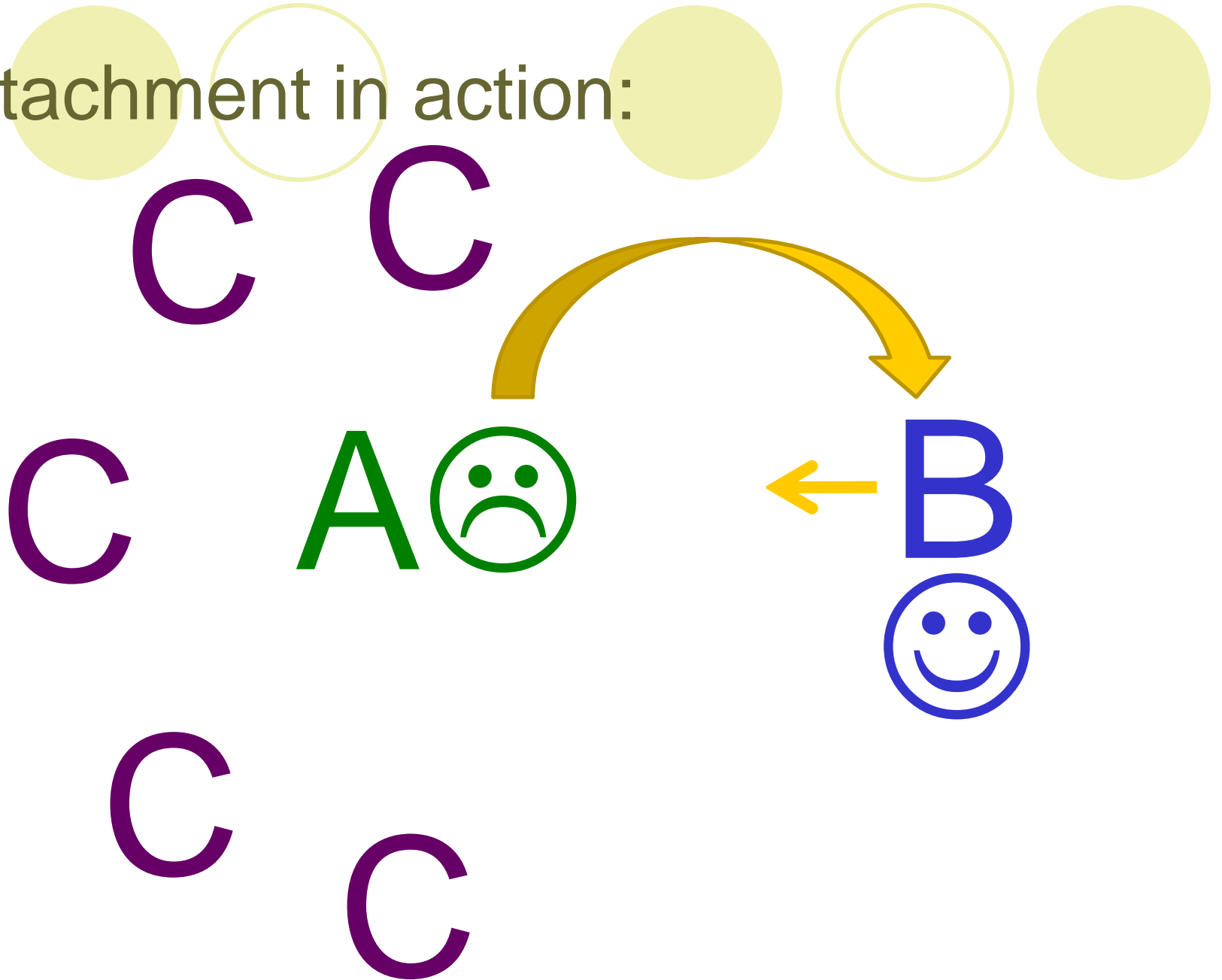
passive defences



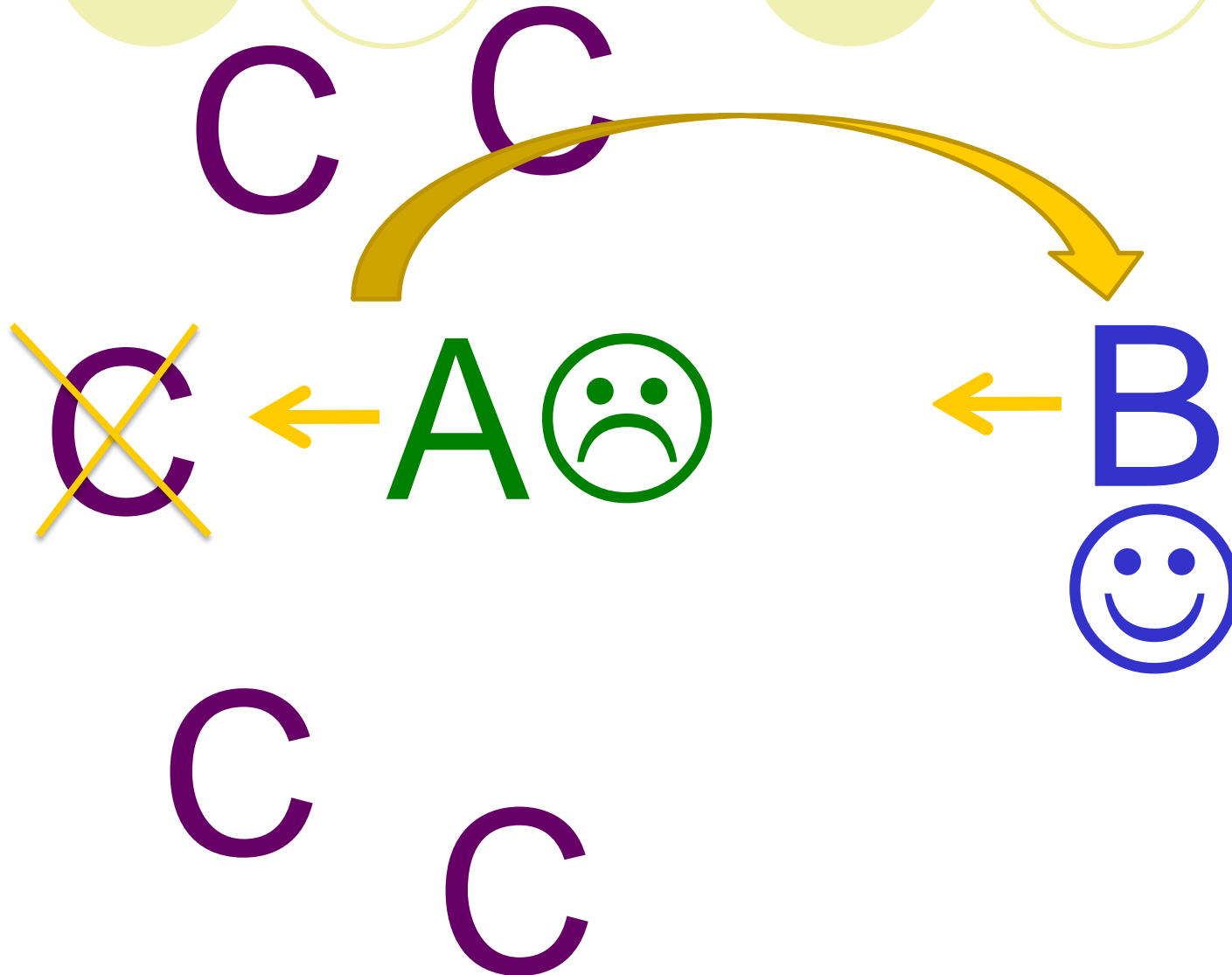
The reasons for the underutilization of 'flight' in humans

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.

Attachment in action:

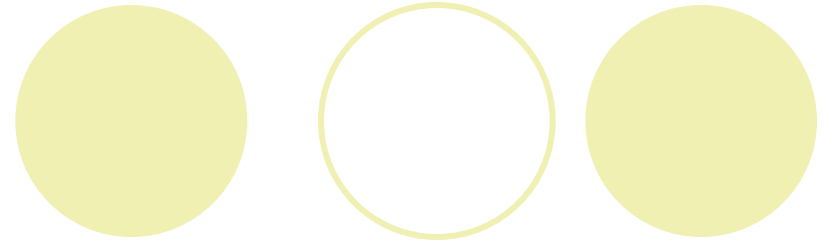


Attachment in action expanded:



The Five Fs:

Defensive fear responses



● Friend

● Fight

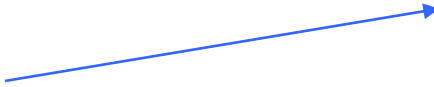
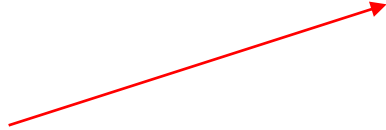
● Flight

● Freeze

● Flop

active defences

passive defences





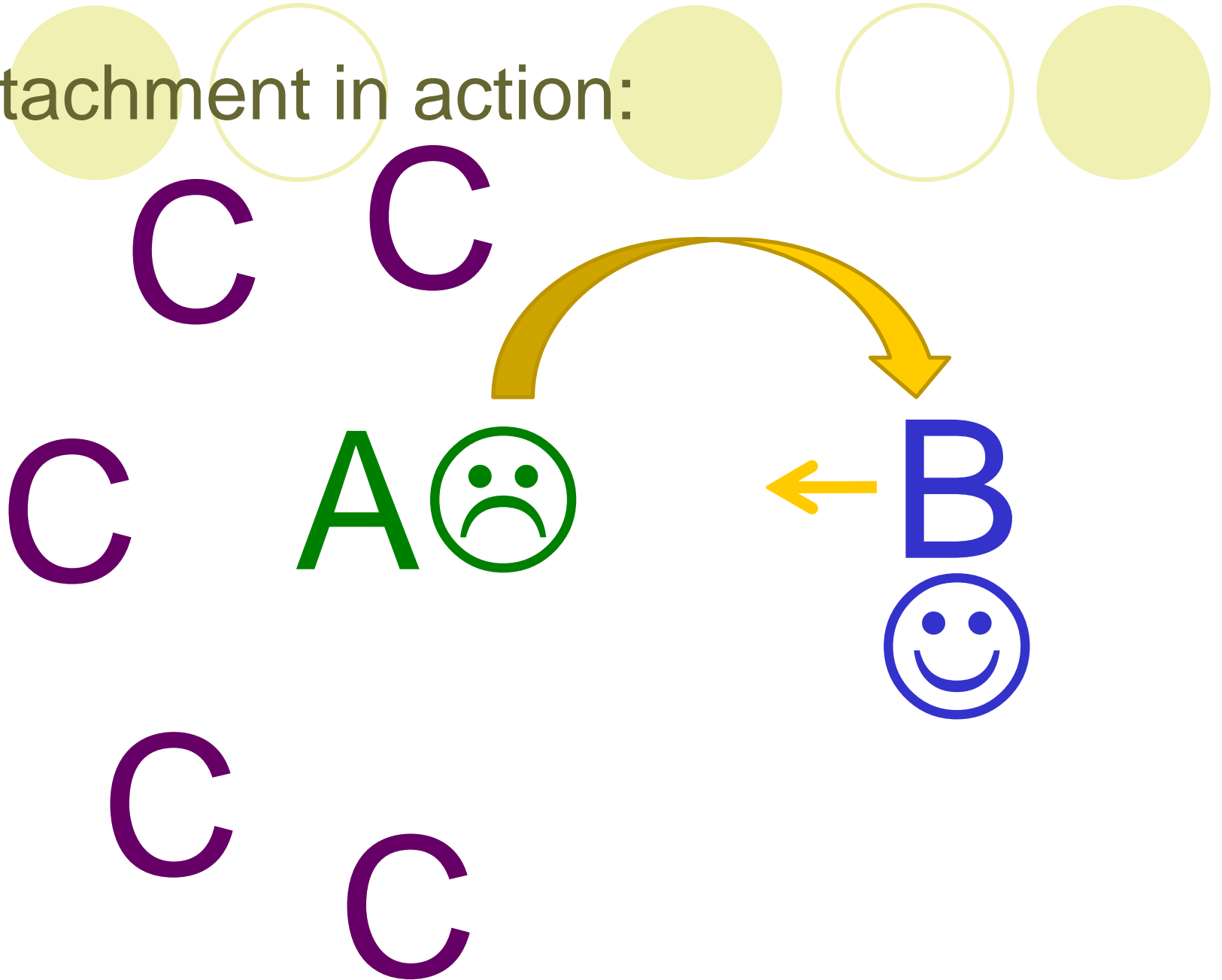
Important:

- 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 top right, one hollow light green circle at the top left, and three solid light green circles at the bottom (two on the left, one on the right).

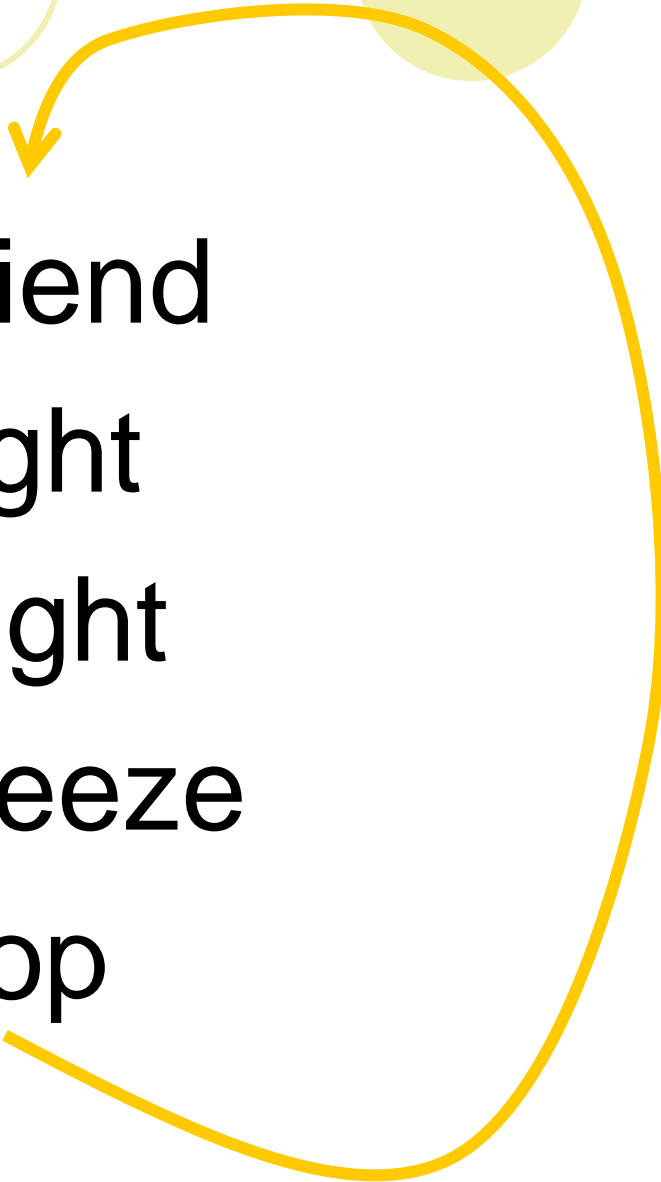
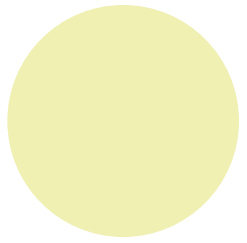
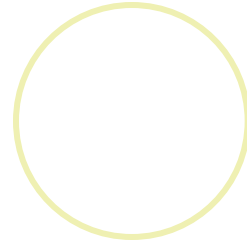
**Attachment; its awfully
useful.....**

Attachment in action:



The Five Fs revisited:

- Friend
- Fight
- Flight
- Freeze
- Flop





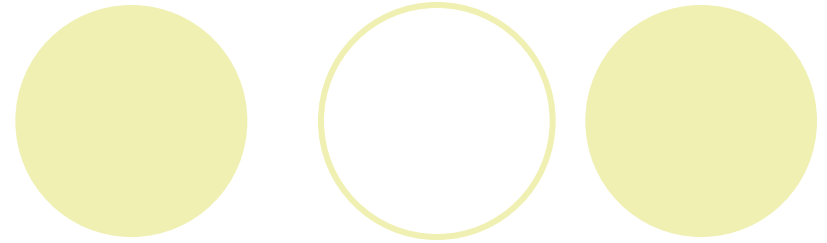
Trauma bonds.....

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...



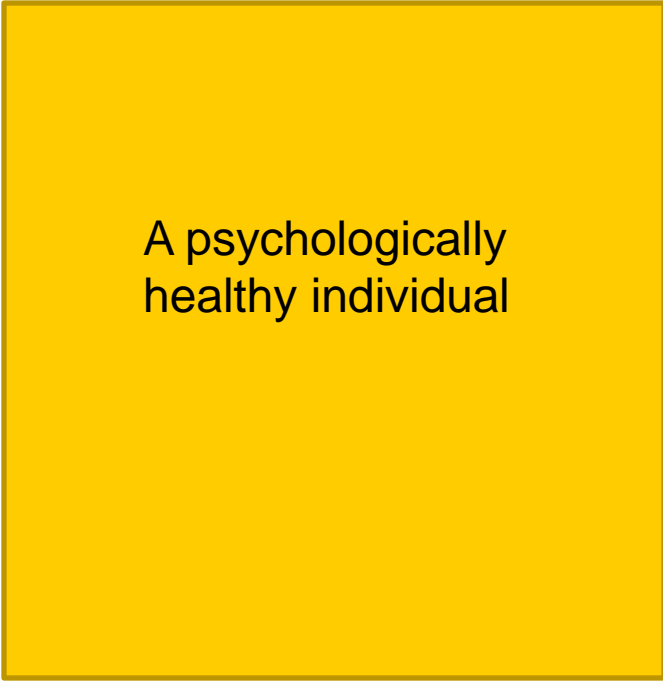
Symptoms:

- 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.

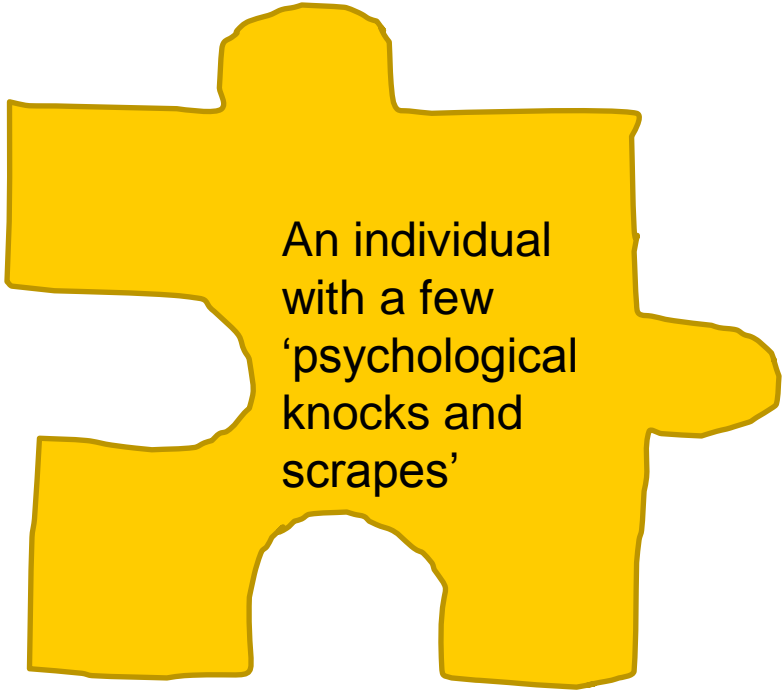


Trauma is cyclic.....

Relational patterns persist.

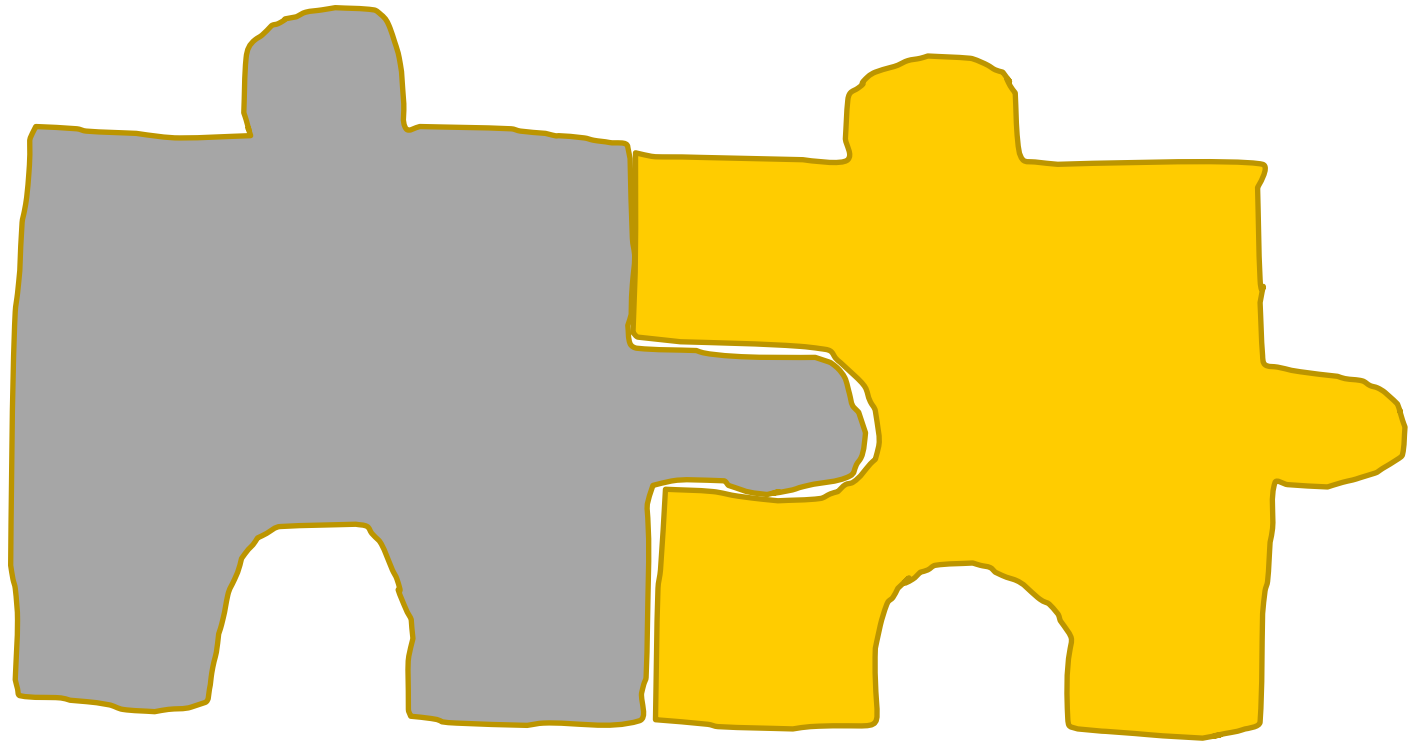
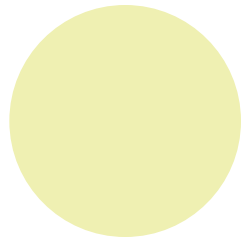
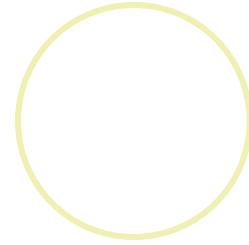
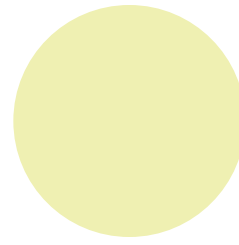
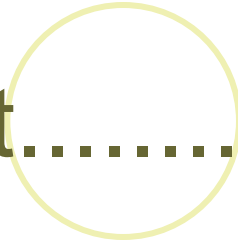


A psychologically
healthy individual

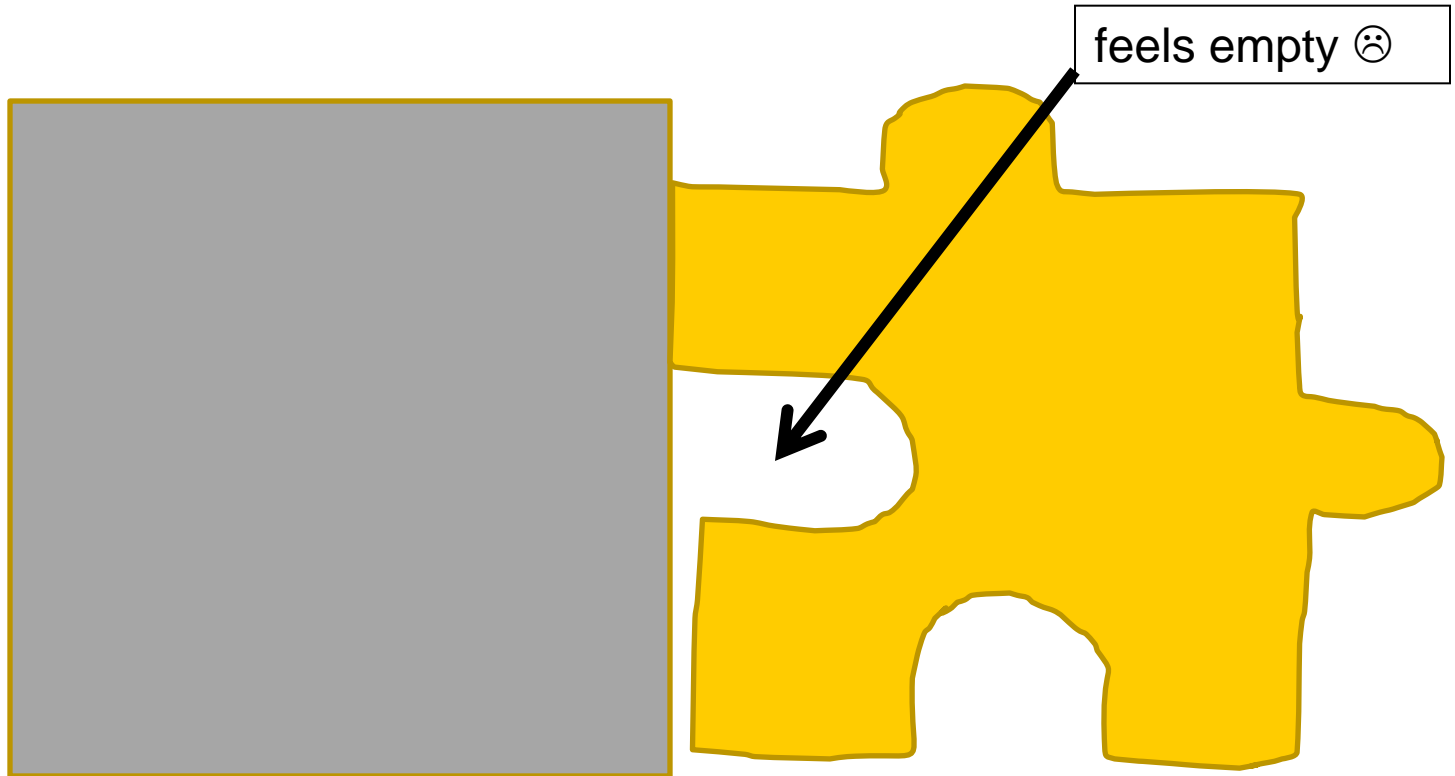
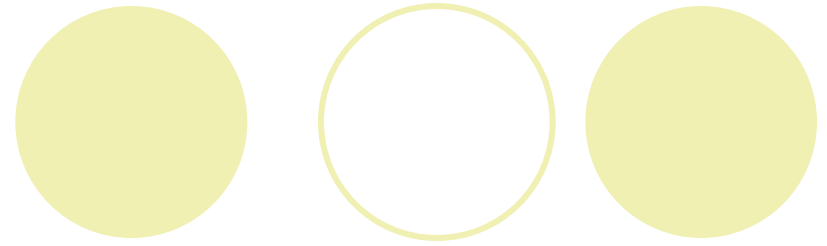


An individual
with a few
'psychological
knocks and
scrapes'

A nice fit.....

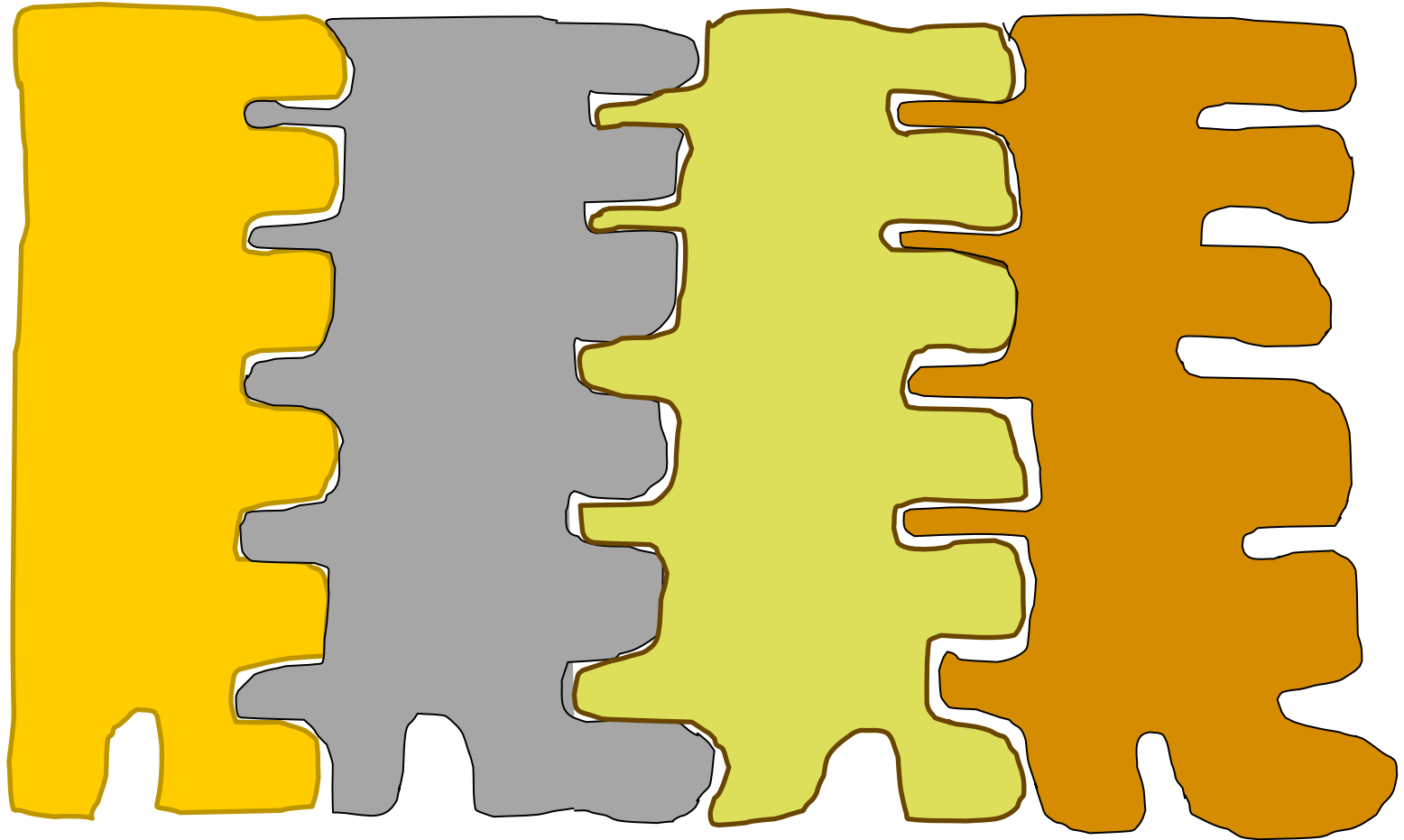


A poor fit.....

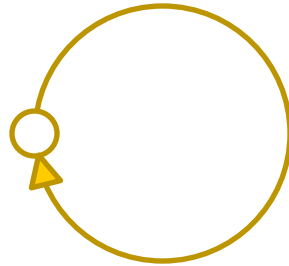


Man hands on misery to man....

(Phillip Larkin; 'this be the verse')



Trauma is cyclic cont....



Thoughts
Feelings
Body sensations
Behaviour

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