



Intimate interpersonal trauma

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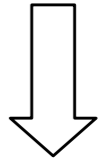
The text is centered and surrounded by six light green circles. Three circles are arranged in a top row, and three are in a bottom row. The top-left circle is an outline, while the other five are solid. The text "Human response to" is on the top line, and "threat....." is on the bottom line.

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

Brain under threat.....

Cortex

Hippocampus



Thalamus

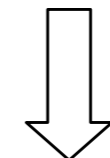


Amygdala



high arousal

Hypothalamus

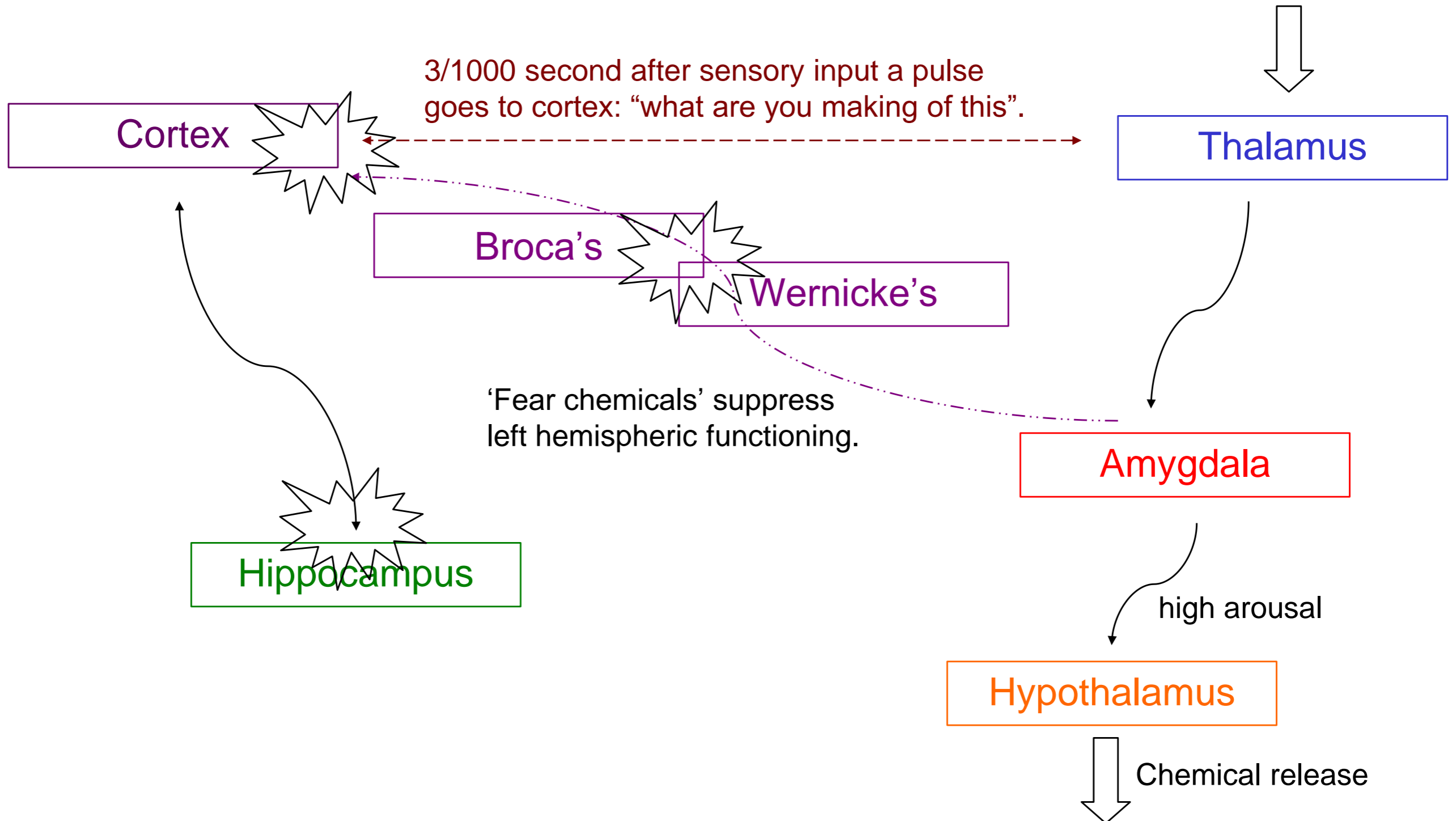


Chemical release

The amygdala mediated response:

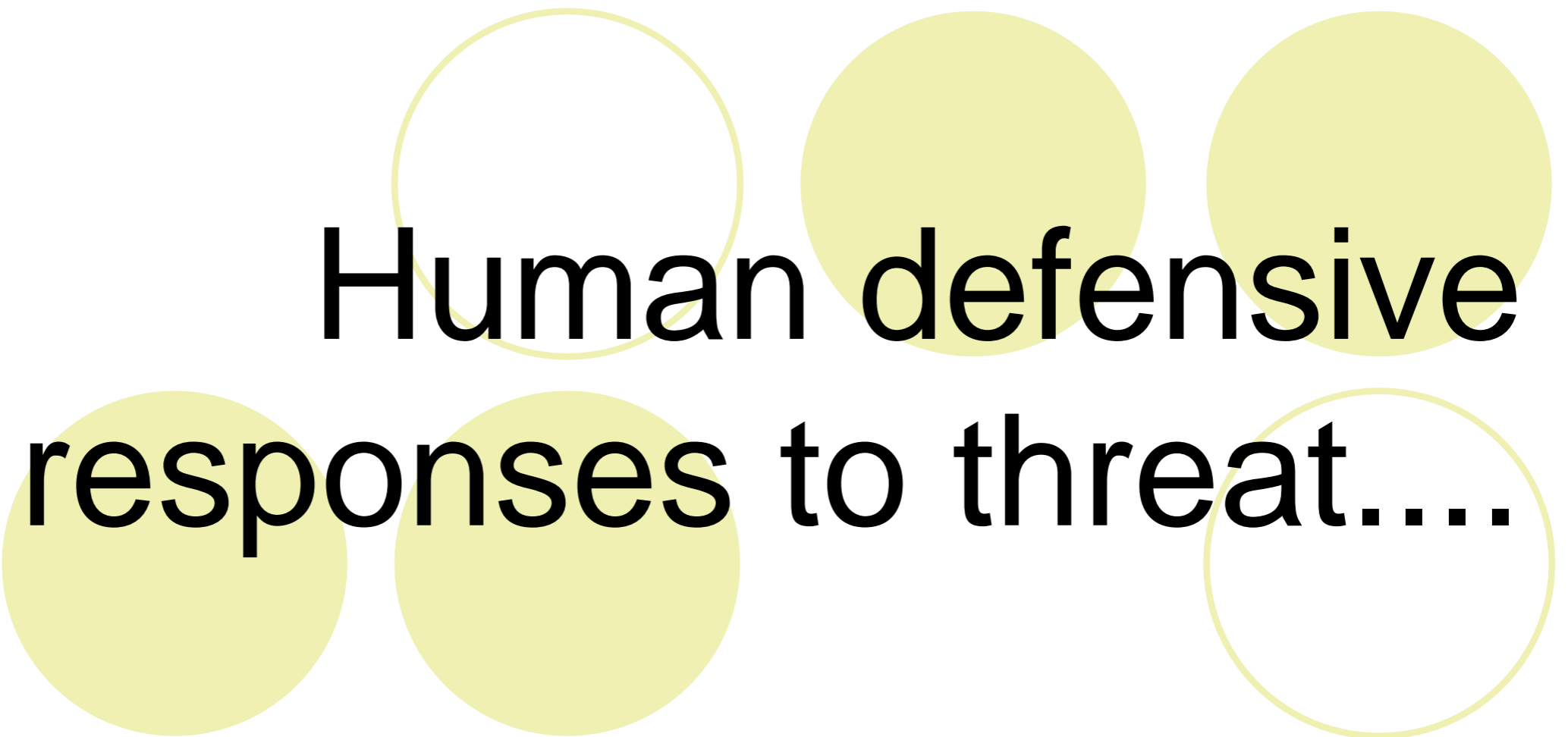


Brain under threat.....



The amygdala mediated response:

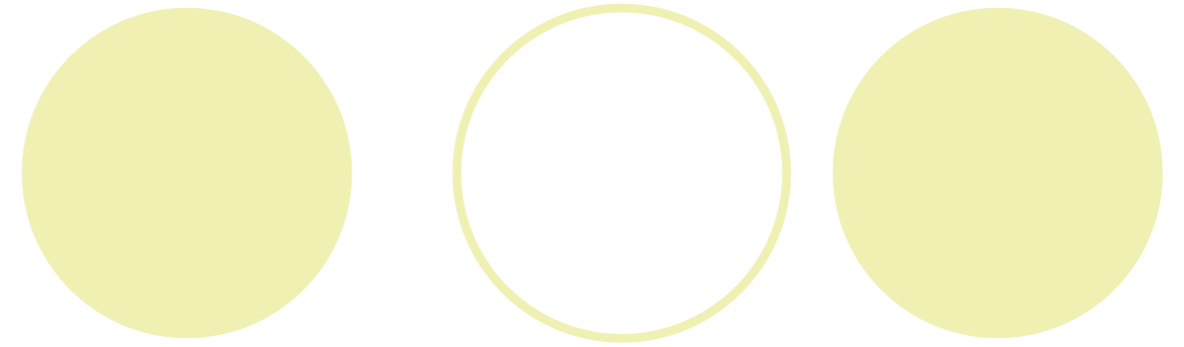


A decorative graphic consisting of six circles arranged in a 2x3 grid. The top row has one empty circle with a thin light green outline on the left, and two solid light green circles on the right. The bottom row has three solid light green circles on the left, and one empty circle with a thin light green outline on the right.

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

The Five Fs:

Defensive fear responses



10 Friend

10 Fight

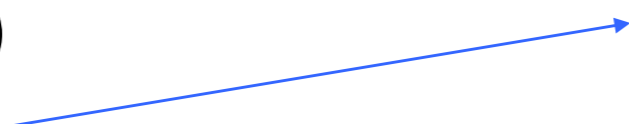
10 Flight

10 Freeze

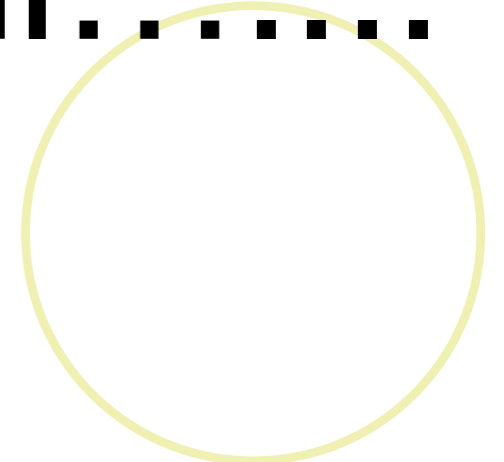
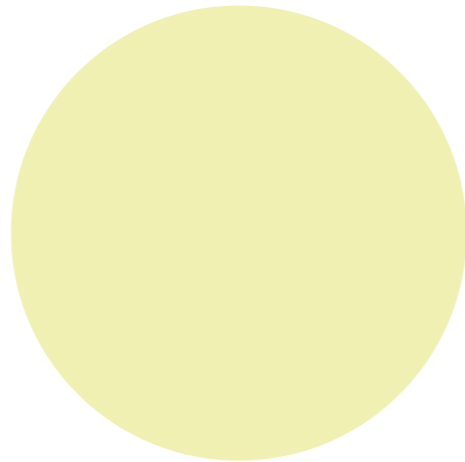
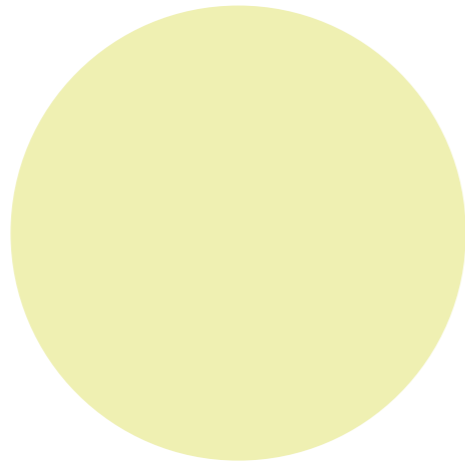
10 Flop

active defences

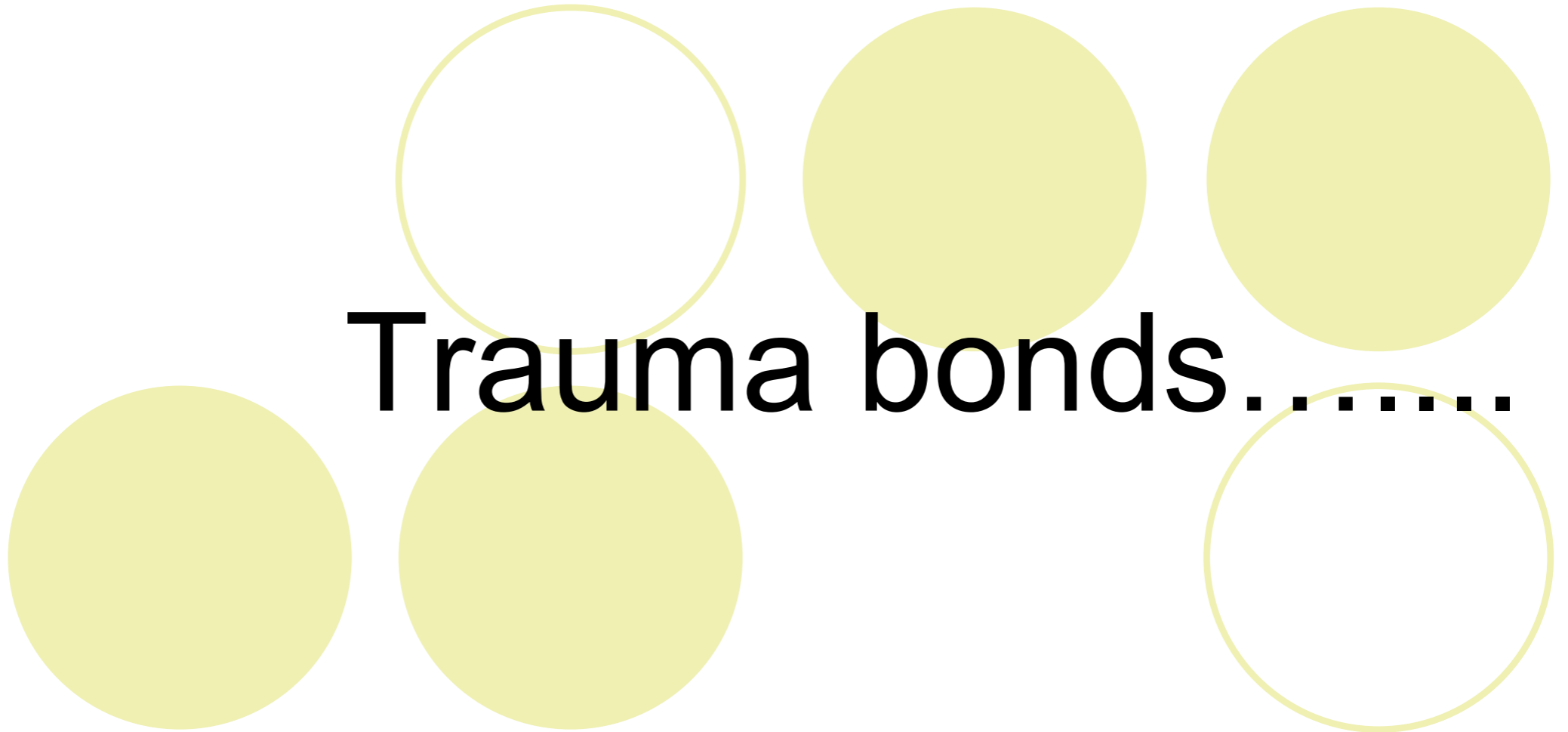
passive defences



Attachment; its awfully
useful.....



Trauma bonds.....

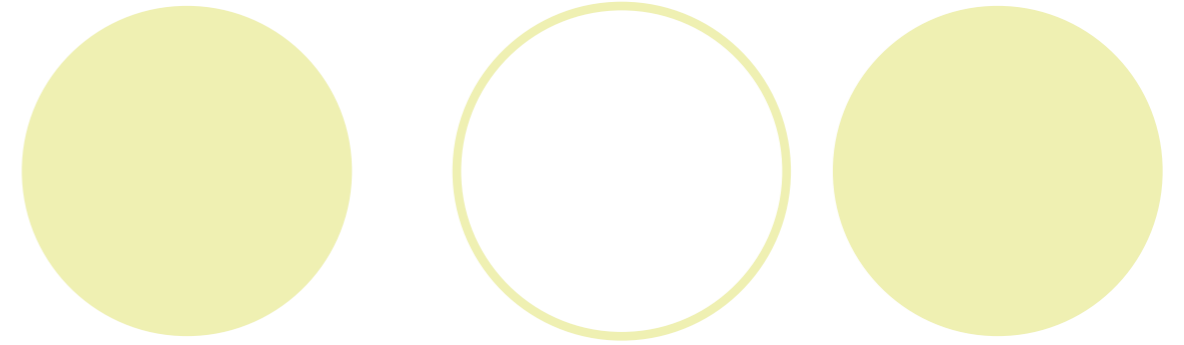


Bonding is a survival strategy.....

- ⑩ The amygdala will prioritise the preservation of attachment over individual threat response.
- ⑩ There are many, many examples of love overcoming fear.....
- ⑩ Bonding / attachment is more vital to the survival of the human species than one individual's life!

Trauma bonds

(or 'Stockholm Syndrome')



Foundation:

- ⑩ Perceived threat to integrity.
- ⑩ Harsh treatment interspaced with small kindnesses.
- ⑩ Isolation from perspectives other than the 'abuser's'.
- ⑩ Perceived inability to escape.
- ⑩ Develops after only 4 days.....

Trauma bonds cont...



Symptoms:

- ⑩ Positive feelings toward 'abuser'.
- ⑩ Negative feelings toward potential 'rescuers'.
- ⑩ Support of 'abuser's' reasons and behaviour.
- ⑩ Inability to engage in behaviours that will assist release / detachment.

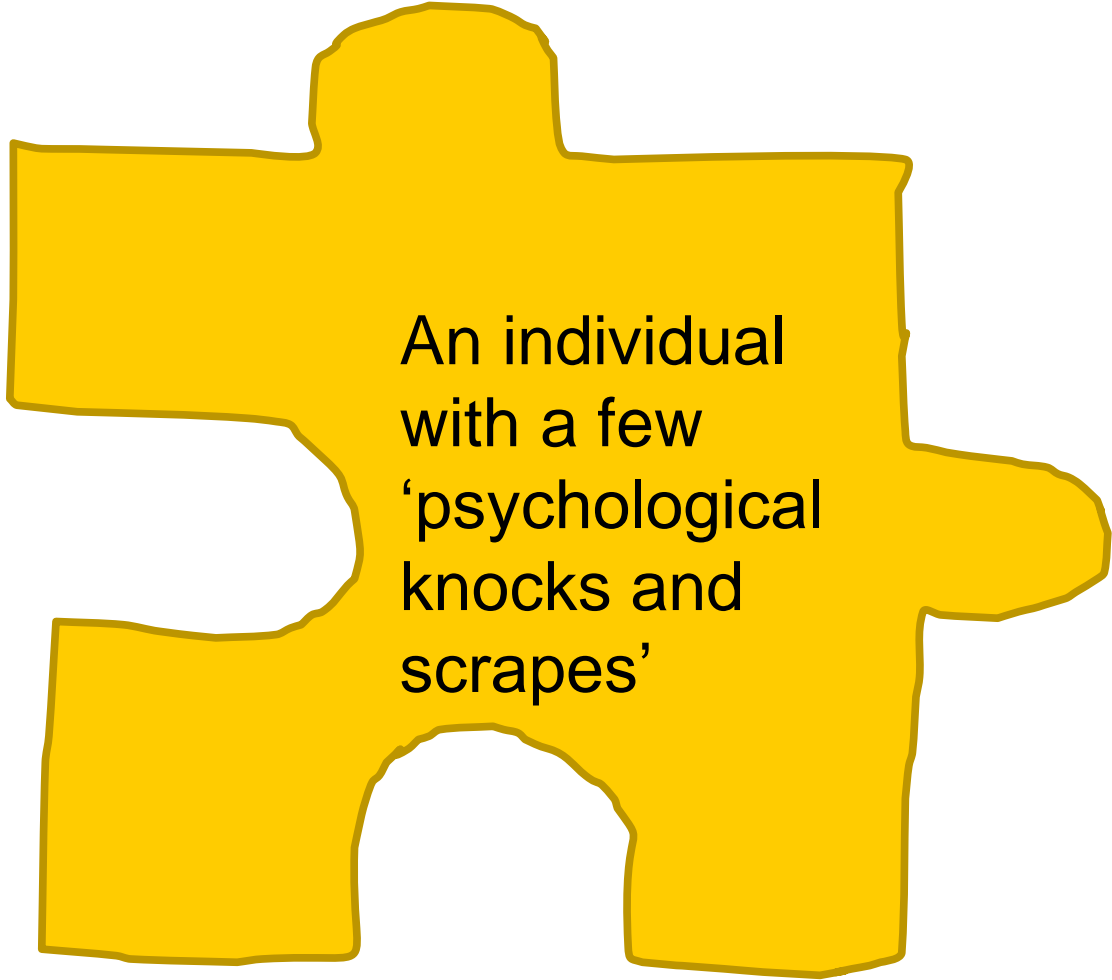


Trauma is cyclic.....

Relational patterns persist.

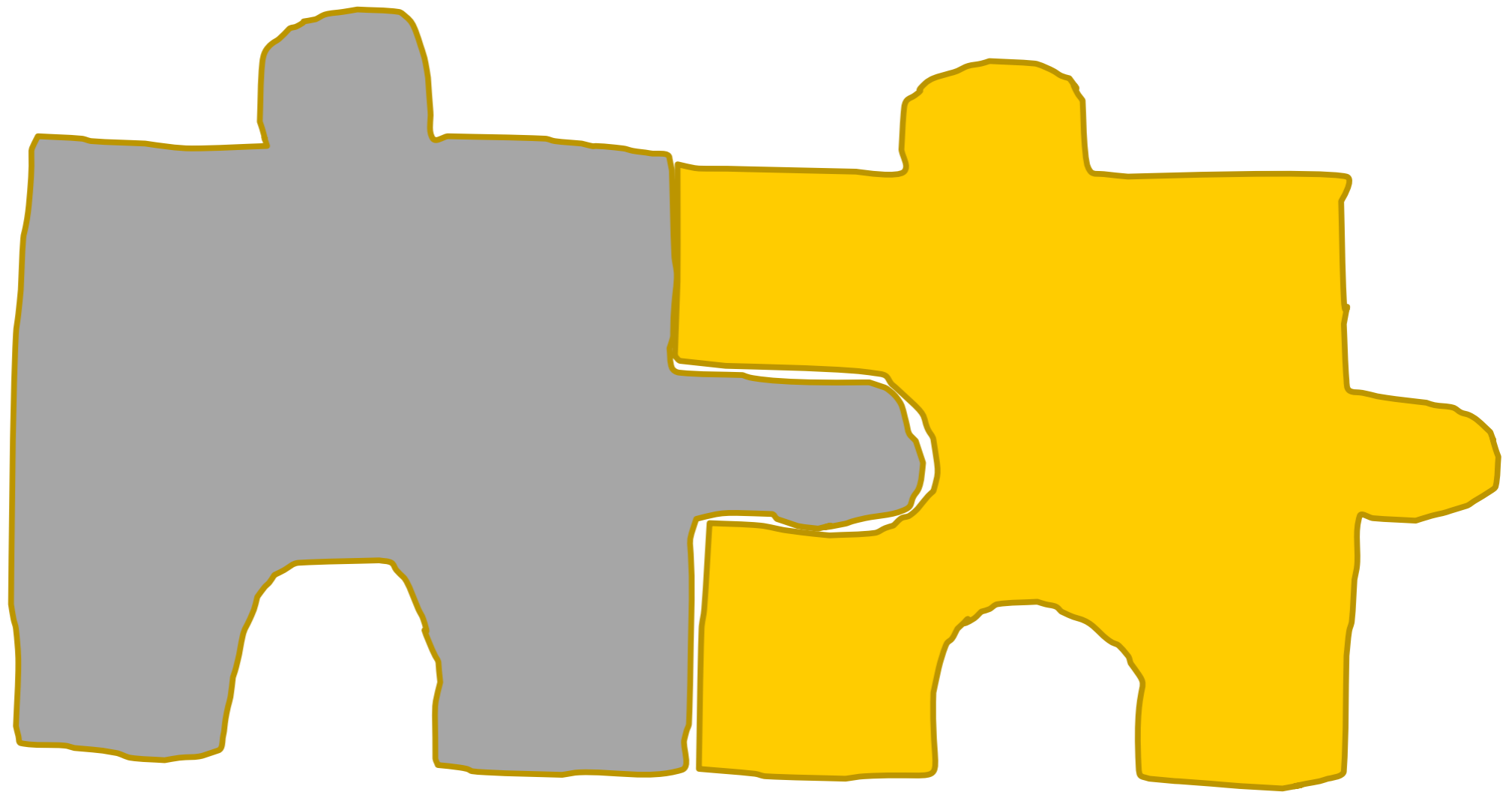
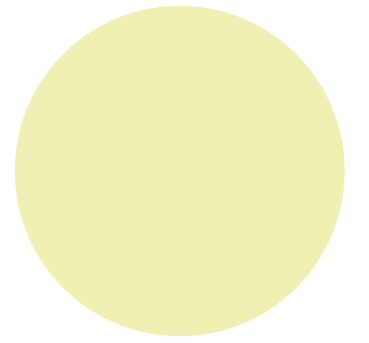
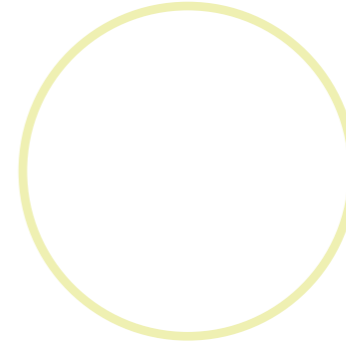
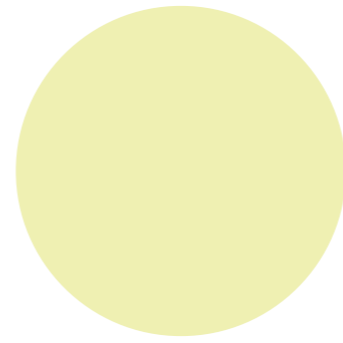
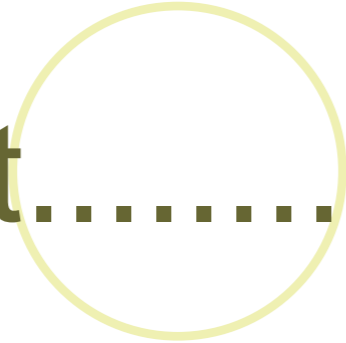


A psychologically
healthy individual

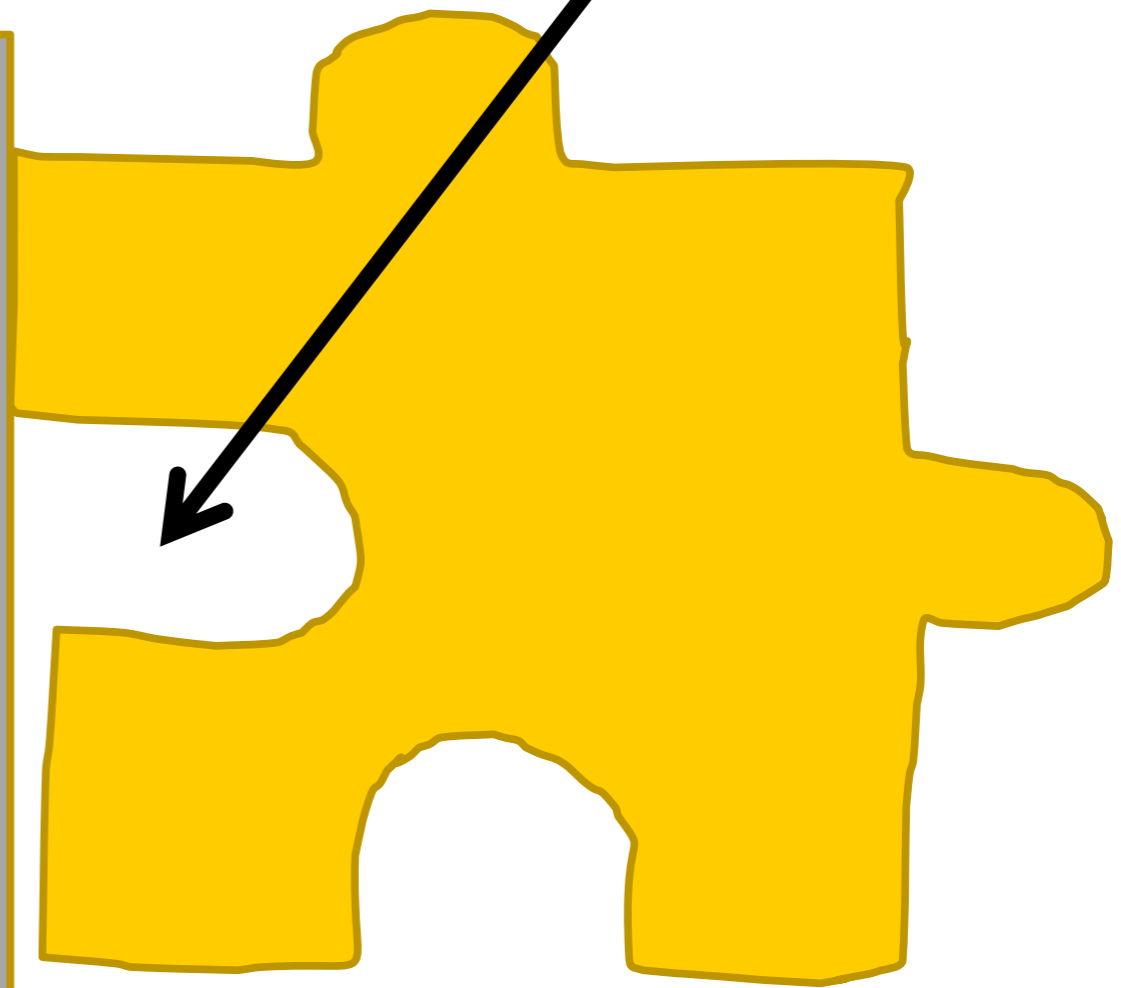
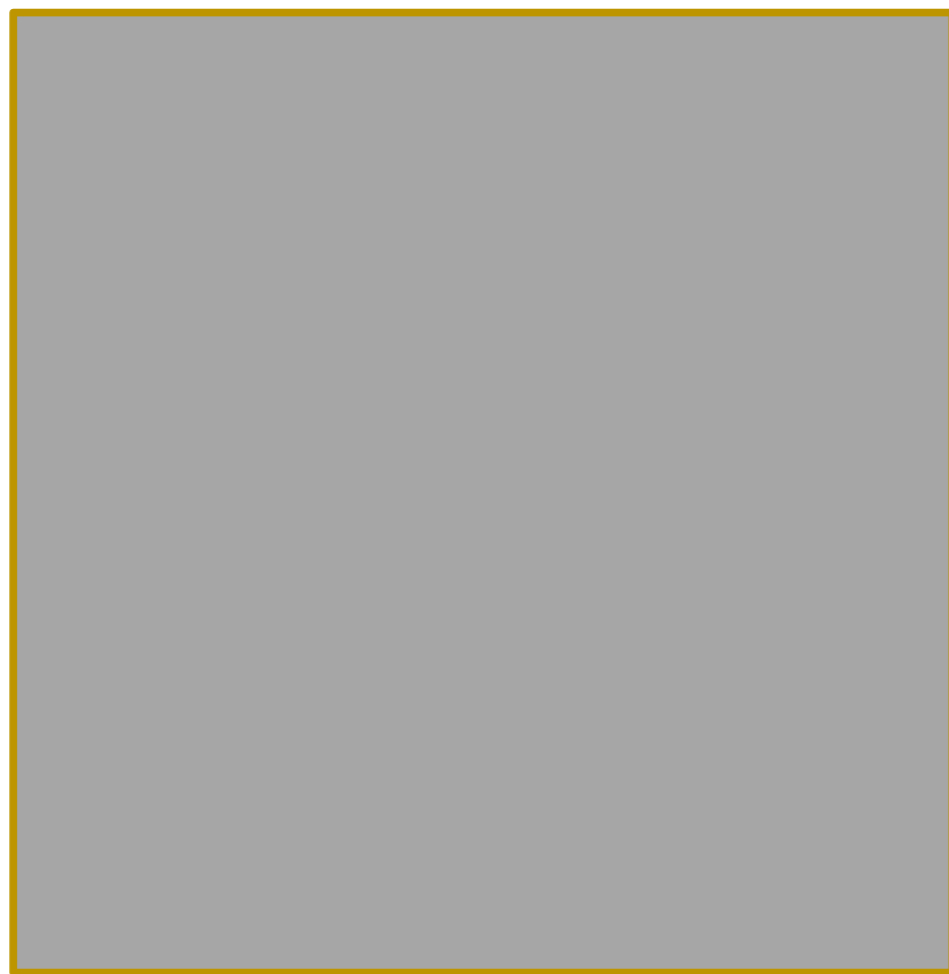
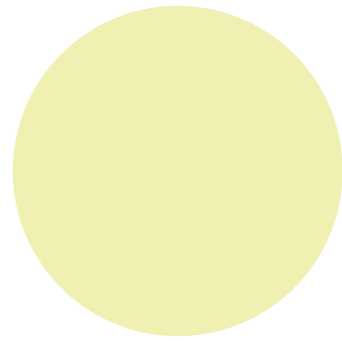
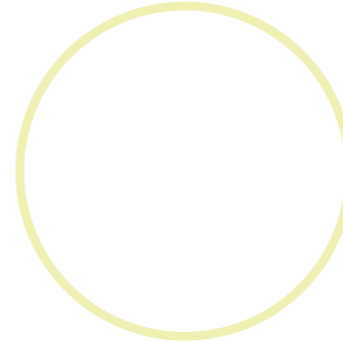
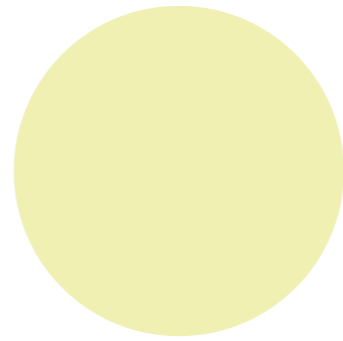
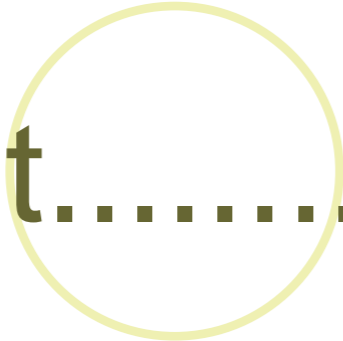


An individual
with a few
'psychological
knocks and
scrapes'

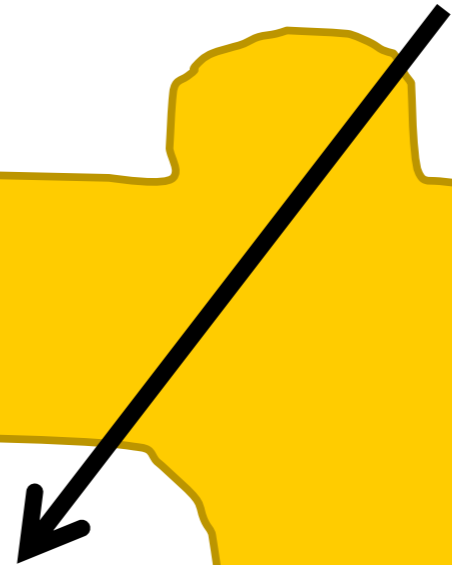
A nice fit.....



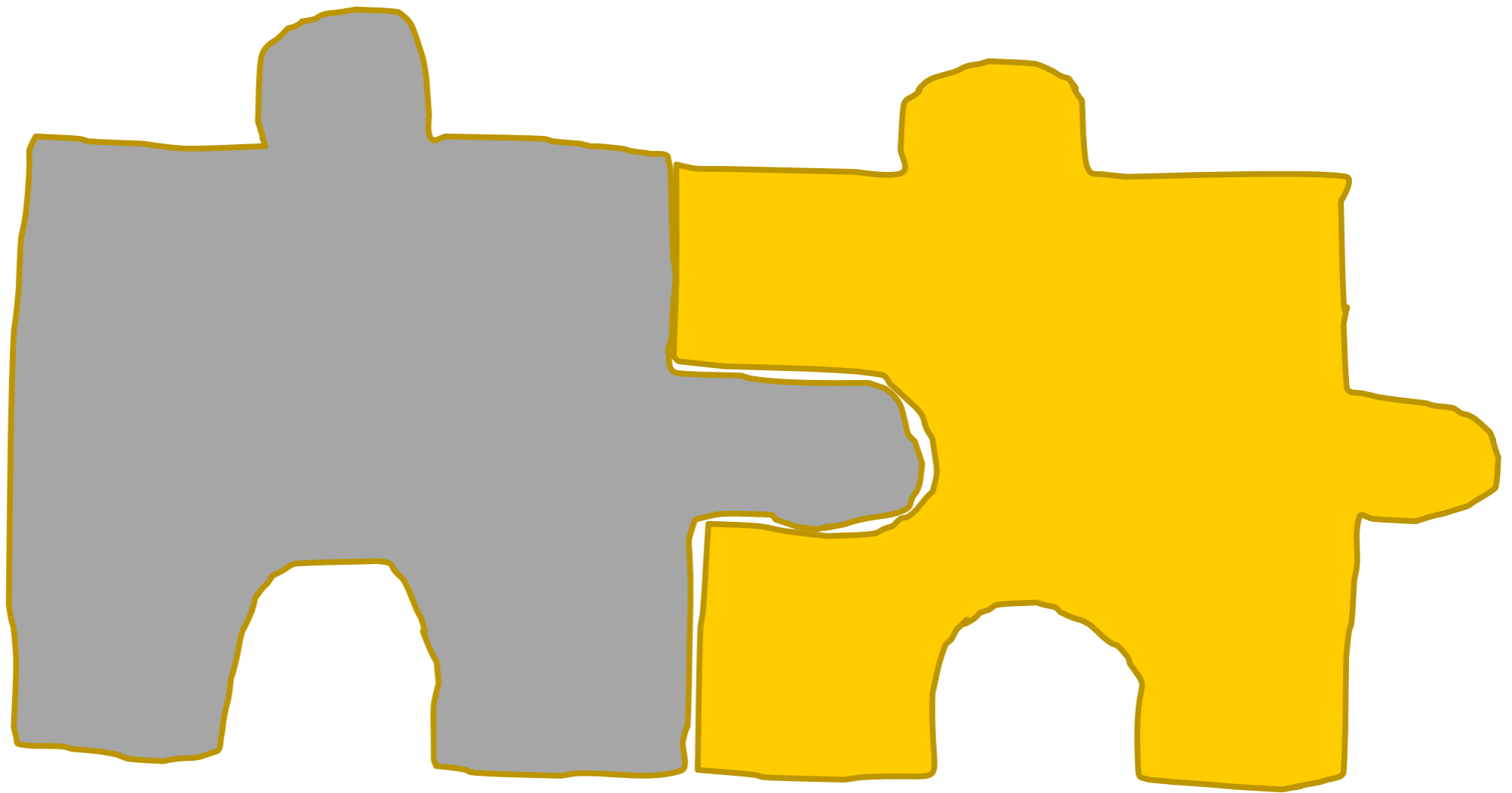
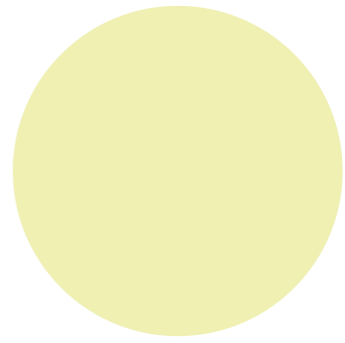
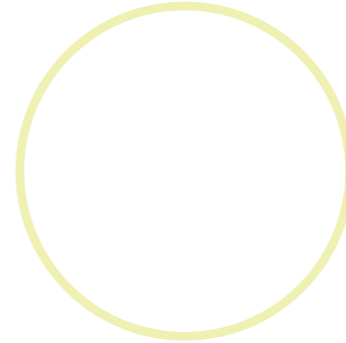
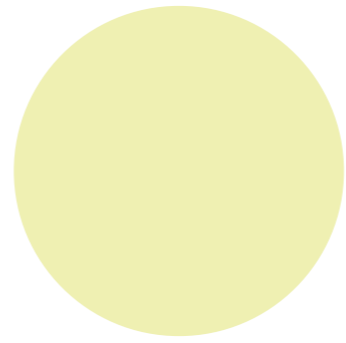
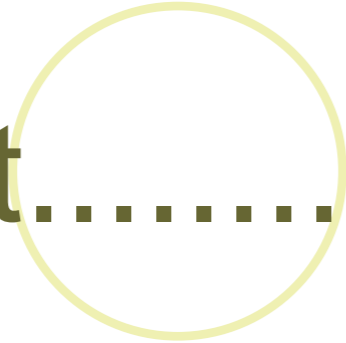
A poor fit.....



feels empty

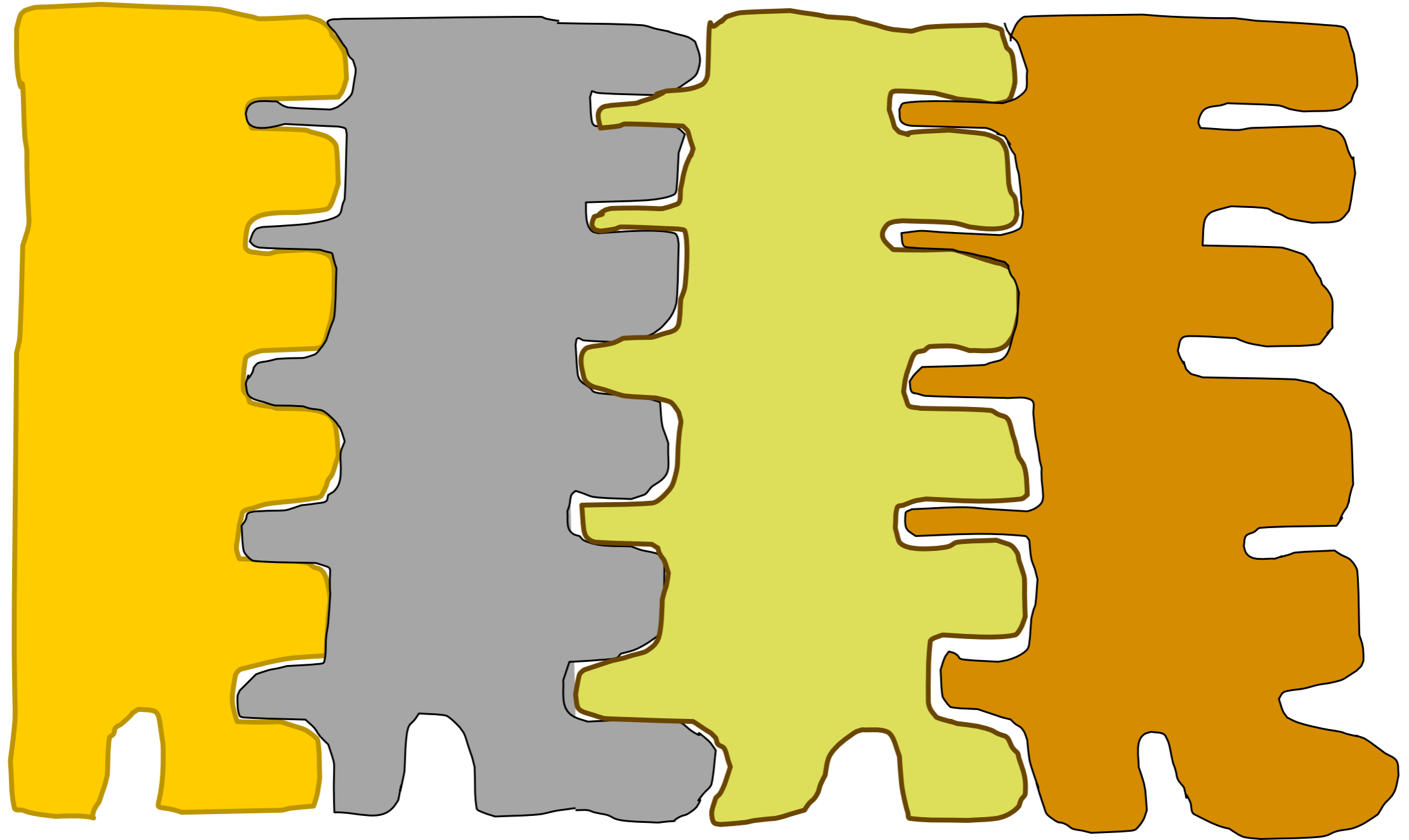


A nice fit.....

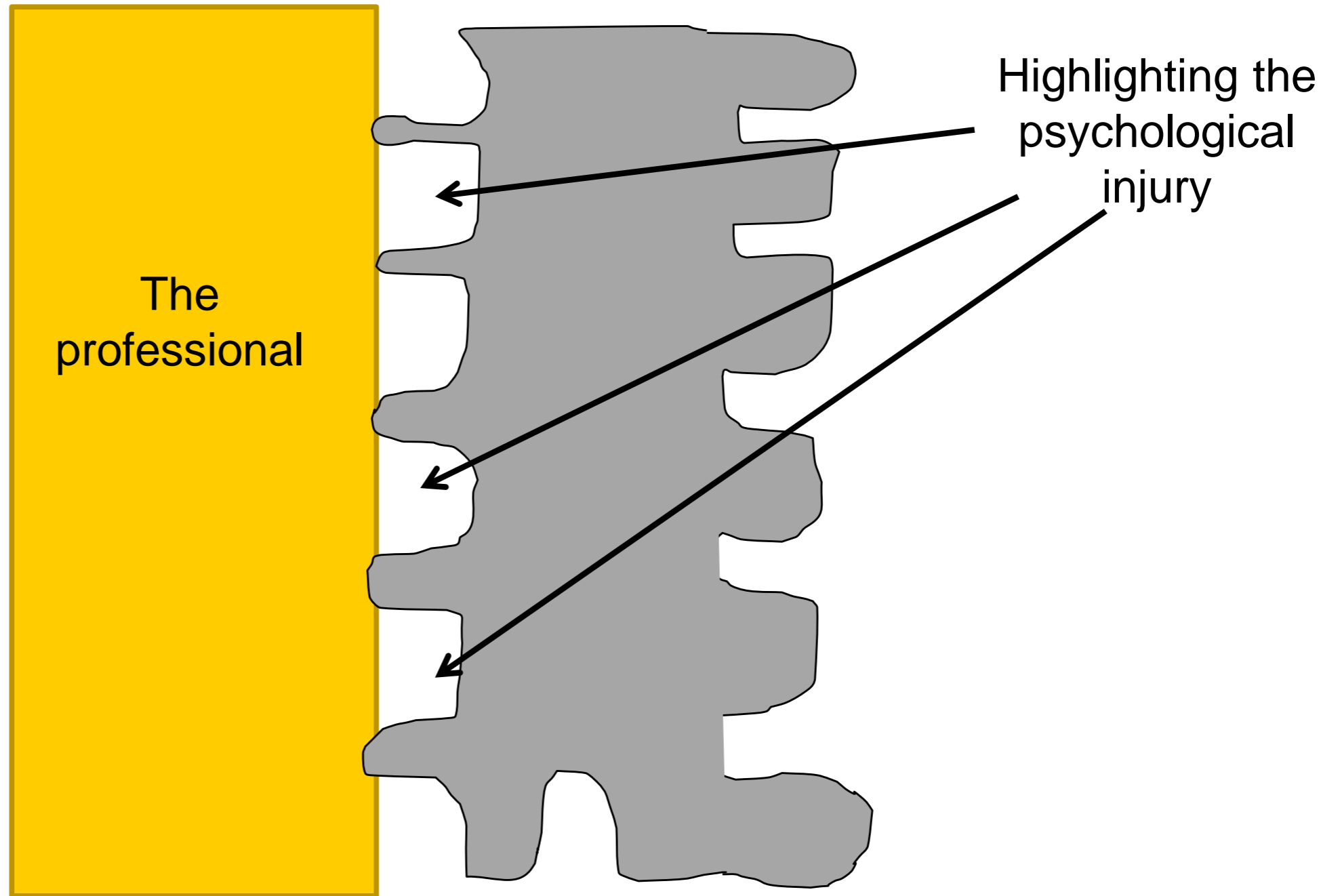


Man hands on misery to man....

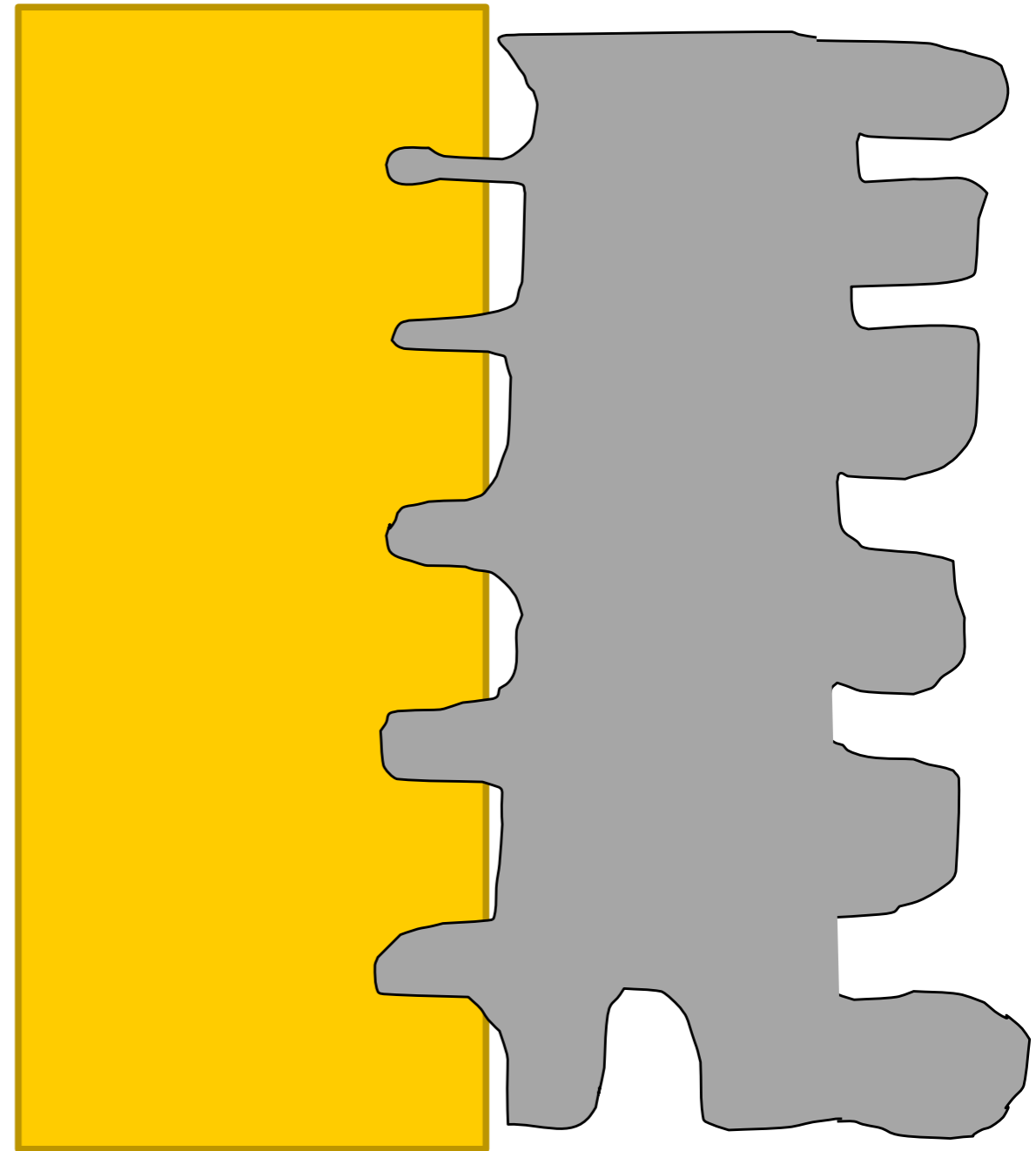
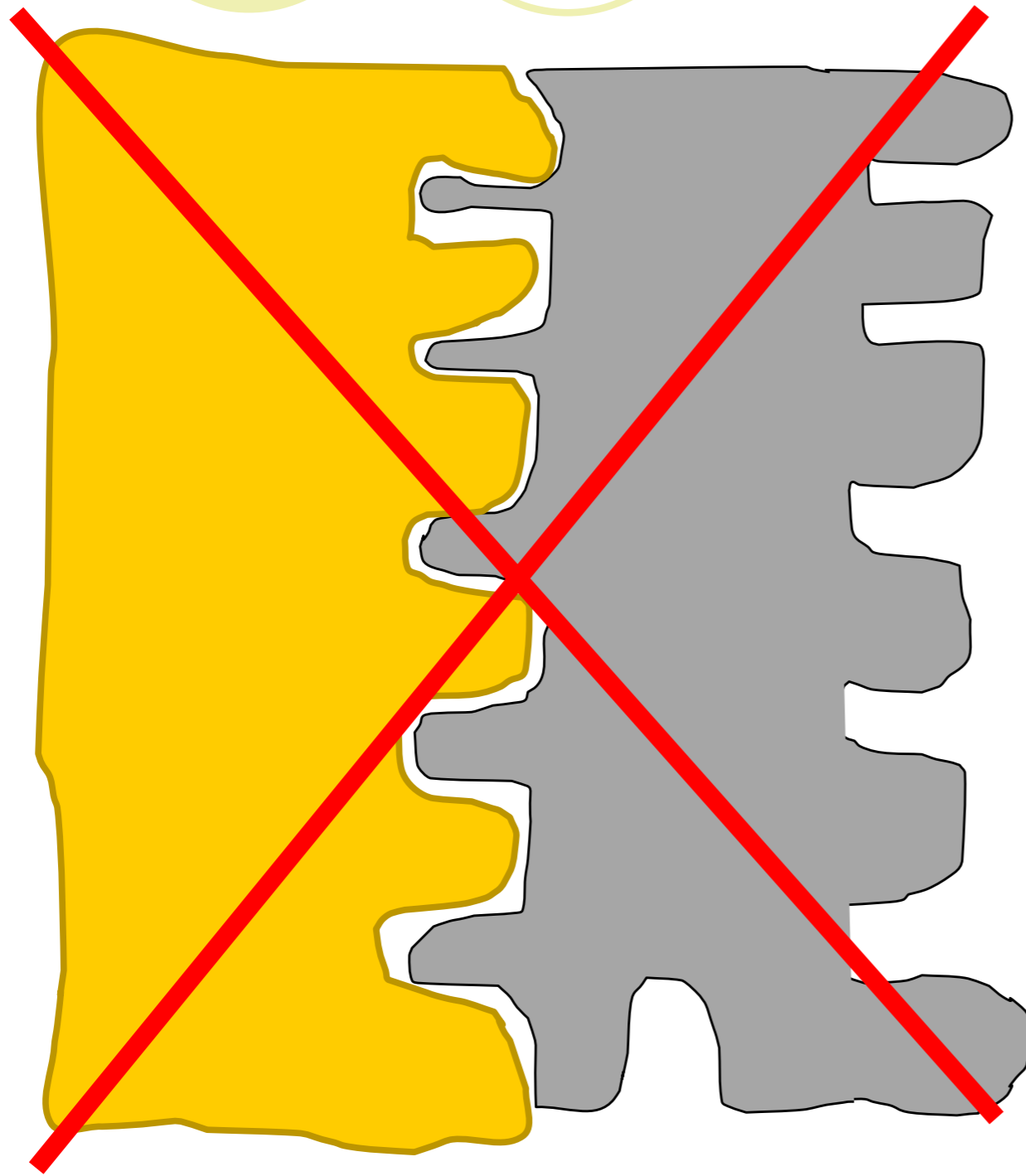
(Phillip Larkin; 'this be the verse')



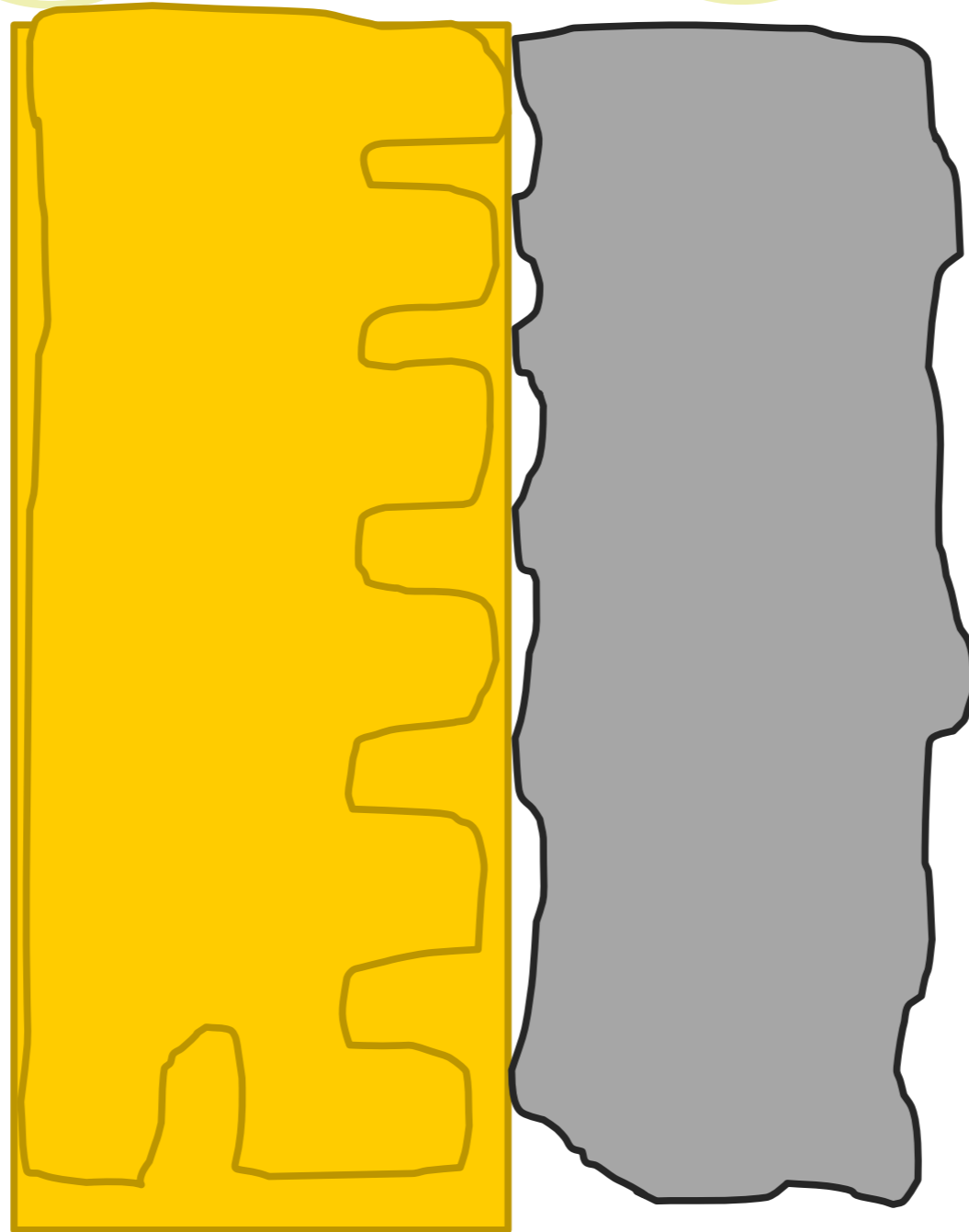
Feeling 'bent out of shape'....



The challenge for professionals....



The new psychological shape....



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