Trauma

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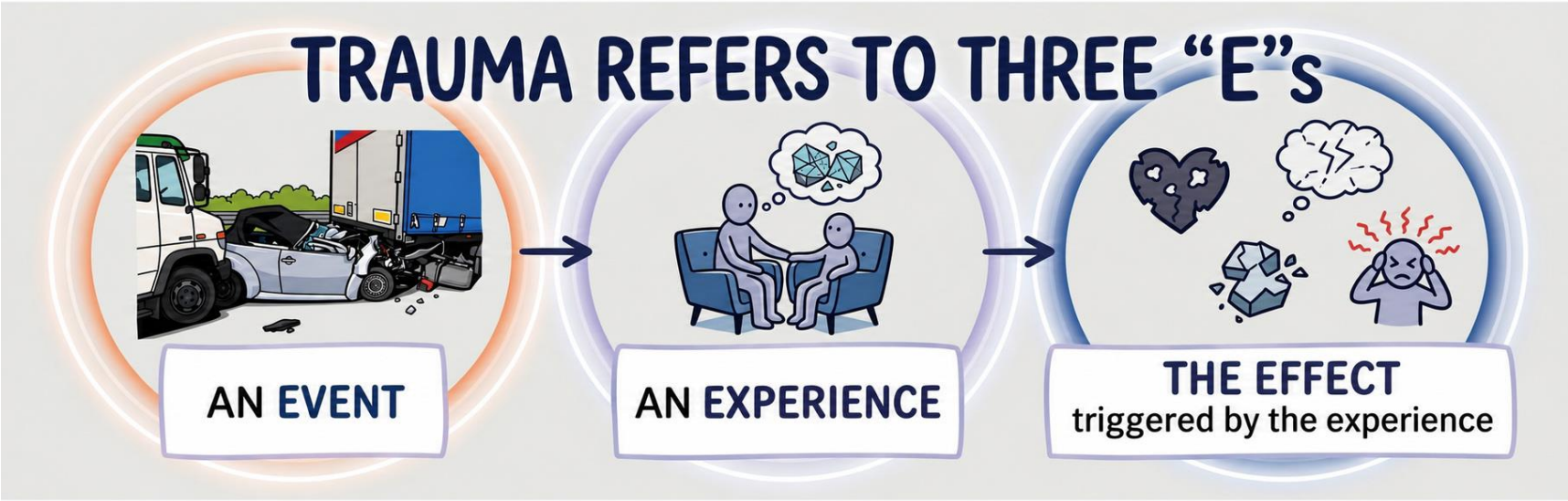
In the event of trauma, we cannot find an adequate response.

We are mentally, psychologically and physically overwhelmed.

Trauma has three aspects

The term “trauma”

refers to 3 × **E**



- an **event**
- an **experience**
- and the **effects**,

triggered by that experience.

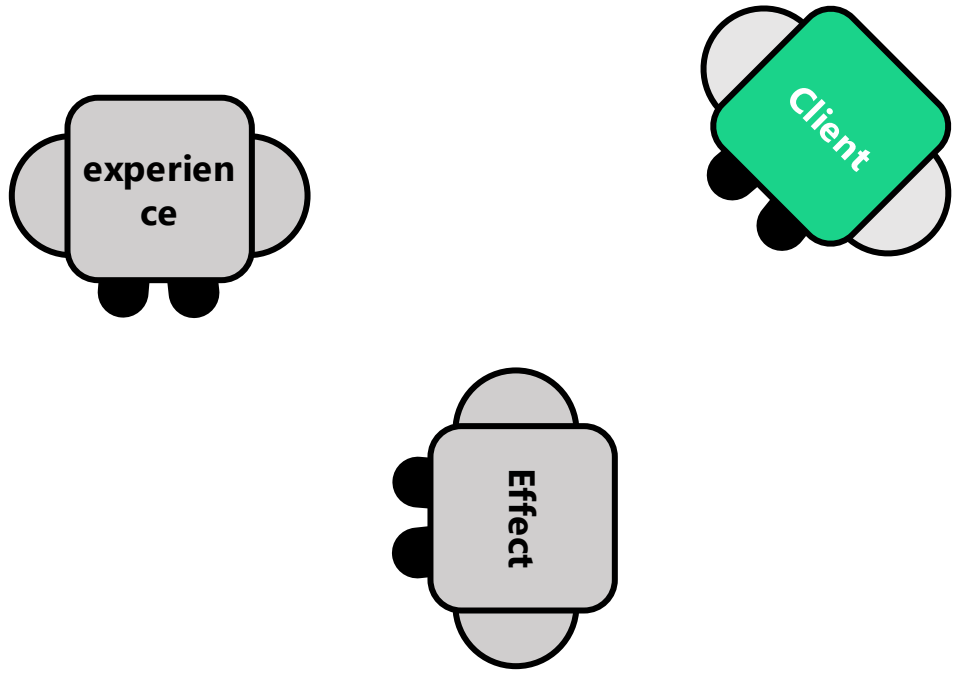
EXERCISE

The Three Aspects of Trauma

Groups of four

each person 10 min

Client / Event / Experience / Effect



Task

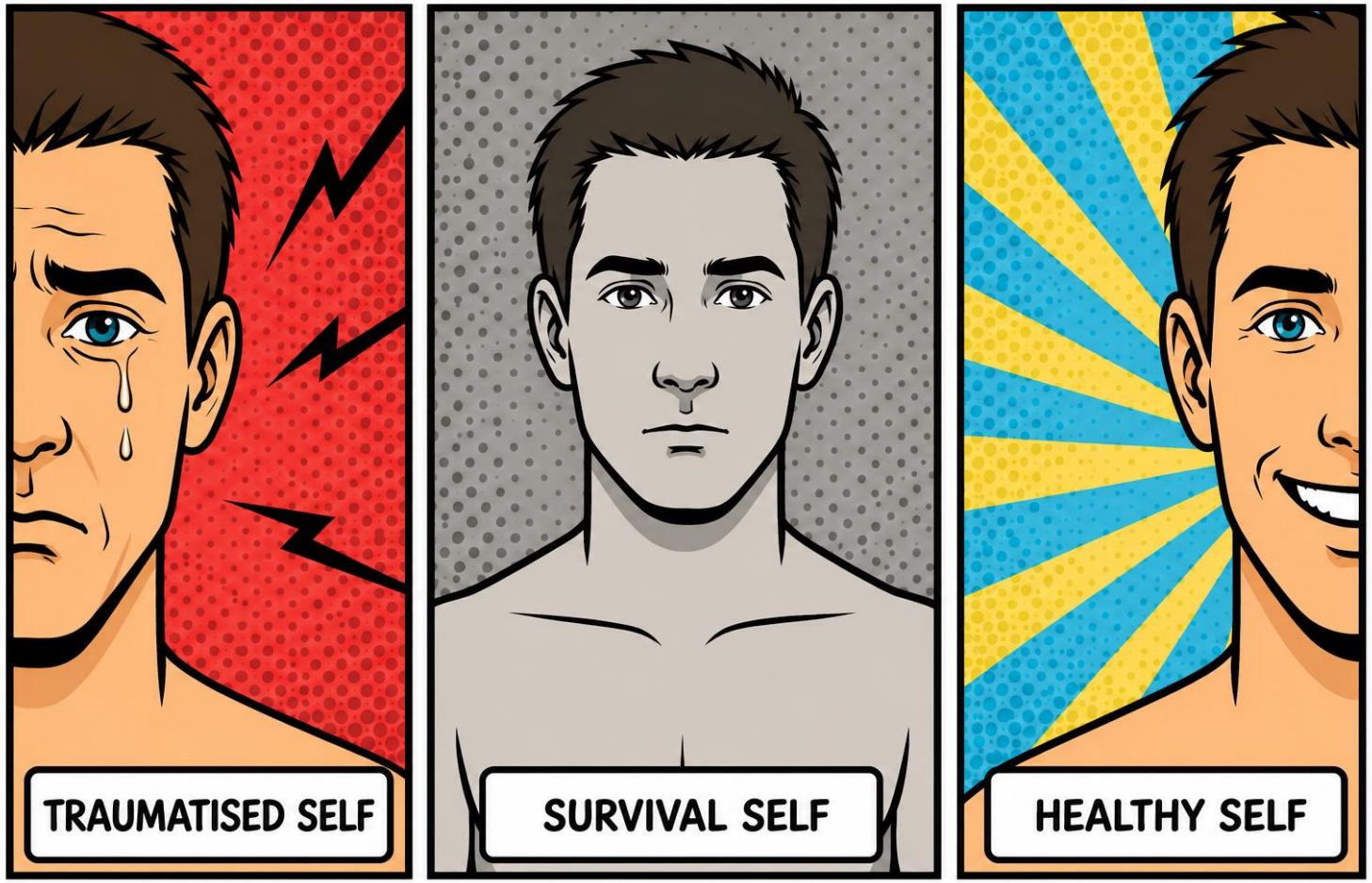
The client chooses three representatives for the positions of Event, Experience and Effect.

The representatives choose their own positions. The client finds a position as a neutral observer.

Splitting through Trauma

The unity splits into

- three parts of the self



Bipolar Structures

- **schizoid character**
  merge with the other person and surrender one's individuality ./.
  remain an individual and preserve one's identity

- **narcissistic character**
  be important to others ./.
  be independent of others

- **depressive character**
  be cared for by others ./.
  care for oneself and others

- **compulsive character**
  act on one's impulses without restraint
  ./. control one's impulses according to what is considered right

- **phobic character**
  act out one's impulses ./.
  control one's impulses to gain social acceptance

- **hysterical character**
  commit oneself and form bonds /
  ./. remain free and unattached

Trauma Remains in Priming Memory

When **priming memory** is activated, it responds as follows:
This is similar, so it must be the same danger!

Peritraumatic information is stored in the **amygdala** and the **limbic system**



This information includes:

image fragments and movement sequences
sentences, voices, sounds and smells

Those Affected

- Trauma harms open systems that depend on interaction with their environment.
- Open systems include all organisms and their social structures or groups.

