

The word trauma (derived from the Greek language) literally means: wound, injury, damage caused by external violence. Nowadays the word trauma is also used to describe a shocking event, the traumatic event itself, which leaves a deep mark on a person's life. This involves, intense, unbearable emotions of fear, powerlessness, panic, anger...

### **Trauma?**

- Onpersonal stress factors (natural disaster, accidents...)
- Interpersonal stress factors (criminal violence, rape, war)
- Prenatal trauma
- Birth trauma
- Attachment trauma: the trauma is caused in attachment relationships.
- Abuse (physical, emotional, psychological, sexual).
- Neglect (physical, emotional, cognitive, social)
- Other traumatic events in the parent-child relationship

### **Consequences**

- PTSS (Post Traumatic Stress Syndrome): reliving the trauma. Avoidance/numbing of feelings. Increased arousal.
- Physical complaints. The system is in a state of emergency (little triggers cause major stress reactions). Increased awareness: an intensified reaction of fright. Headaches, stomach cramps, enuresis and tightness of the chest. Due to the increased arousal in the present, there are all kinds of inexplicable and unpleasant sensations such as pain, fear...exhaustion. As a consequence there is muscle tension, stomach and bowel complaints, and problems sleeping and concentrating.
- Psychobiological consequences: hyper arousal. Dissociation.
- Dissociative disorder.
- Sexual disorders.
- Impulse regulation disorders.
- Interpersonal relationship disorders..
- Cognitive disorders.
- Disorders in the sense of self.
- Identity disorders.
- Extreme stress disorders.

## **Treatment.**

Treatment takes place in three phases::

- The stabilization phase
  1. Building and maintaining a good therapeutic relationship
  2. Functioning: material/financial, daily structure, health, social network, relaxation
  3. Being safe: with oneself and the other
  4. Feeling safe with oneself, the other and the therapist
  5. Build personal strength
  6. Hope
  7. Self-value
  8. Effect management
  9. Attachment relationships
  10. Dual awareness
  11. Identifying the trigger
- The confrontational phase
- The integration phase