

Understanding Trauma as a process

Traumatic Event

Trauma is not what happens to a person, it is what happens inside of a person as a result of the event.

Core Beliefs

What happens inside of the person forms the beliefs that are carried about themselves (who am I?), and about the world (how safe am I?). **Core Beliefs = I am unworthy, I am bad, It's my fault, I can't trust people.**

Adaptations

These events lead to interpretations about safety, others, relationships and form adaptations and behavioural responses. **Adaptations = seeking safety in any attachment, avoiding intimacy, aggression, safety seeking through hypervigilance.**

Attachment

Depending on the context of the trauma (who, how, supports), it will inform future attachment experiences, relationships, relational connection and emotional security. **Attachment = Insecure attachment styles, avoiding, seeking, isolating, disinhibited.**

Re-connection

Trauma being expressed as a wounding process means that it can be healed. If it were simply about the event, we would not be able to change it because it happened. Trauma leads to a disconnection from the self, meaning that recovery is about re-connection. **Re-connection = safety in relationships, integrating the past, resolving aspects of the narrative.**