

Ten Ideas...

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Some ways you can think differently about trauma and psychosis

One Diagnosis deals with categories, not pain.

Daniel Siegel

The diagnostic manual deals in categories, not pain.

Daniel Siegel

All the time we spend trying to fit experiences into just the *right* problem category might be better used to understand the pain.

Two All that stuff...

Stéphane Grenier

All that stuff about symptoms and diagnoses
-it is interesting

but it's not that useful.

Stéphane Grenier

We can be seduced by trying to pick just the right name to call someone we care about, it's actually not that useful. What is important is they are in pain and having a really hard time - and there are hundreds of things we can do to support them.

Three One-in-three of us...

Jim van Os



One-in-three will be experiencing "symptoms" of "psychosis right now; so, if it's not the person to your left, or the one to your right, then it's you.

Four Fish on a hook.

Karl Menninger



If we don't see the hook on which the fish is caught, we might interpret its behaviour as "odd" or as there being something "wrong" with it. We do the same with people. Yet when we allow ourselves to see the hook we can understand, and even feel their pain.

Five Fifteen times more likely...

Bebbington

a person who has been given a diagnosis of **psychosis** is fifteen times more likely to...

Six Trauma is not a story of what happened in the past.

Peter Levine

Trauma is not what happens to us but what we hold inside in absence of empathetic witnesses.

Seven We live in a different body.

Bessel van der Kolk



When we've been left traumatised -wounded-we are changed: our experience in the world is different, our mind is different and we live in a different body. We feel overwhelmed and find it difficult to feel safe in the world, safe in relationships and safe in our body.

Eight The core experience of trauma.

Judith Herman

trauma

The core experiences of psychological trauma are disempowerment and disconnection from others.

Recovery, therefore, is based upon the empowerment of the survivor and the creation of new connections.

Judith Herman, MD
Trauma & Recovery

The core experience of living traumatized – or wounded – is feeling disconnected, from our body, our self and from others; feeling disempowered; and finding it difficult to feel safe.

Nine Feeling Frightened...

Elyn Saks

People act in ways that frighten us because they too are frightened...

Elyn Saks

When we don't feel safe we tend to resort to survival mode. That can lead others around us to feel unsafe too.

Ten What we fear...

Robert Whitaker

Here's the problem:
We fear those who go into, say, 'psychotic states' or 'other' states
and because we fear them
we don't listen
and because we don't listen
we tend to hurt them.

What we're really treating
is our own desire to be safe.

Robert Whitaker

We fear, or fear for, people who go into "psychotic" states, when we fear them we don't listen, when we don't listen we tend to hurt them.

...And One Question

What if...?

**What if we were to understand how voices give voice to the pain
a person cannot yet themselves give voice to?**

Voices- especially the most difficult-to-hear voices often voice what the person has been unable to voice themselves- at least not in a way that others are yet prepared to hear.

