

Dissociation

A LITTLE BIT ABOUT DISSOCIATION...

Dissociation is a disconnection from thoughts, feelings and behaviours. It is a separation between the mind and body. Dissociation is the mind's way of putting unmanageable experiences into different compartments. We know dissociation is detachment in the form of coping. We think of dissociation being a survival strategy that is used initially during an unbearable event to block the pain.

IT CAN BECOME A PROBLEM WHEN...

The person continues to dissociate even when they are no longer in danger. The person's brain cannot turn the coping strategy off and it becomes an automatic part of their response strategy in everyday life. It can mean missing out on important information by tuning out, struggling to remain present when wanting to, difficulties with connecting with others meaningfully etc.

IT COULD LOOK LIKE...

A child remembering a traumatic event but have no feelings attached to the memory.

Acting out with their behaviour but having no memory behind the behaviour.

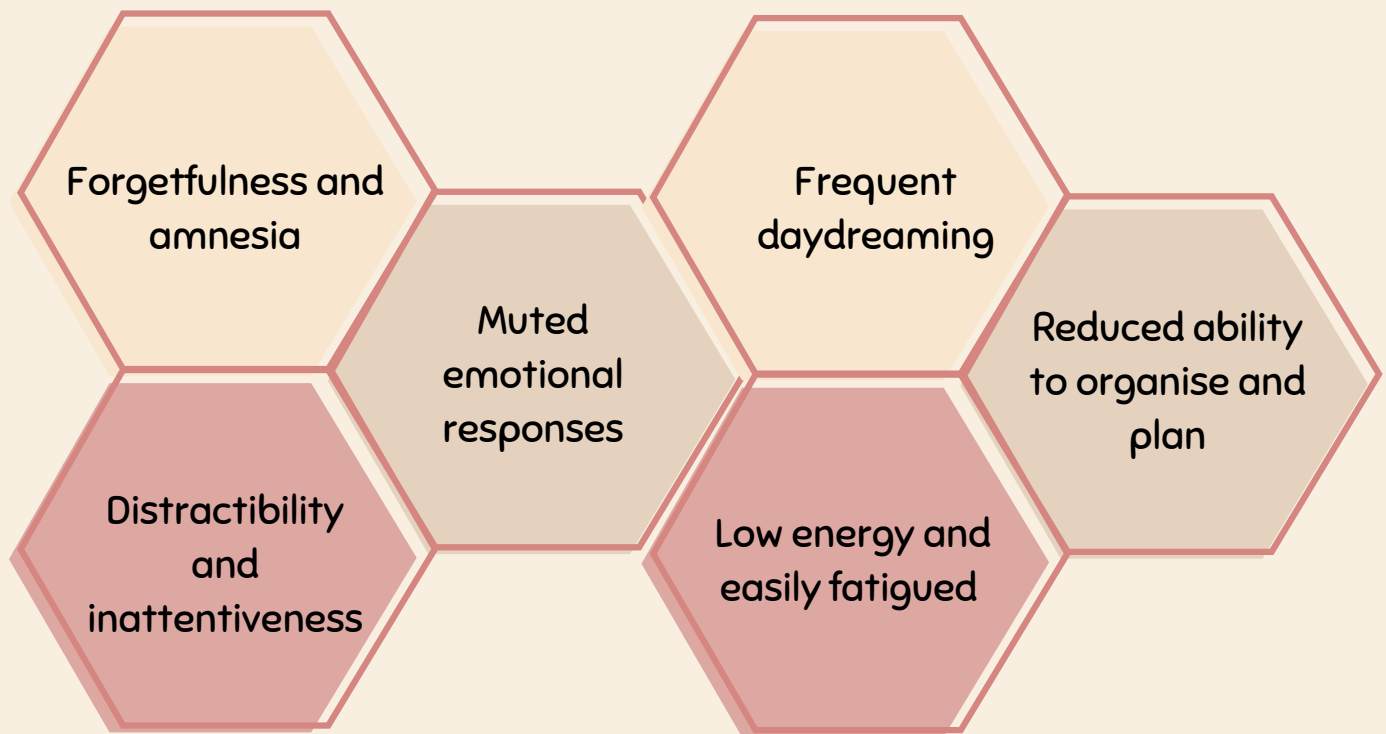
Experiencing recurrent stomach aches but feeling no anxiety underneath it.

The child learns to become unaware of these connections



"Trauma originates as a response in the nervous system, and does not originate in an event. Trauma is in the nervous system, not the event." ~ Peter Levine

SYMPTOMS THAT CAN HAPPEN OVER TIME..



Trauma Through a Child's Eyes 2019, Peter Levine & Maggie Kline

OUR GOAL = BEING A WITNESS USING YOUR CARER AFFECT MANAGEMENT SKILLS

Communicating safety to the child so they can feel safe at a nervous system level.

Our nervous system connects with children without words.

Gently returning back to the here and now to the present moment helps to help the child ease out of the temporary disconnect. This can include noticing the environment including sounds, smells, colours.

Through our body language, facial expression, eye contact, and tone of voice, your nervous system will communicate cues of either safety or danger.