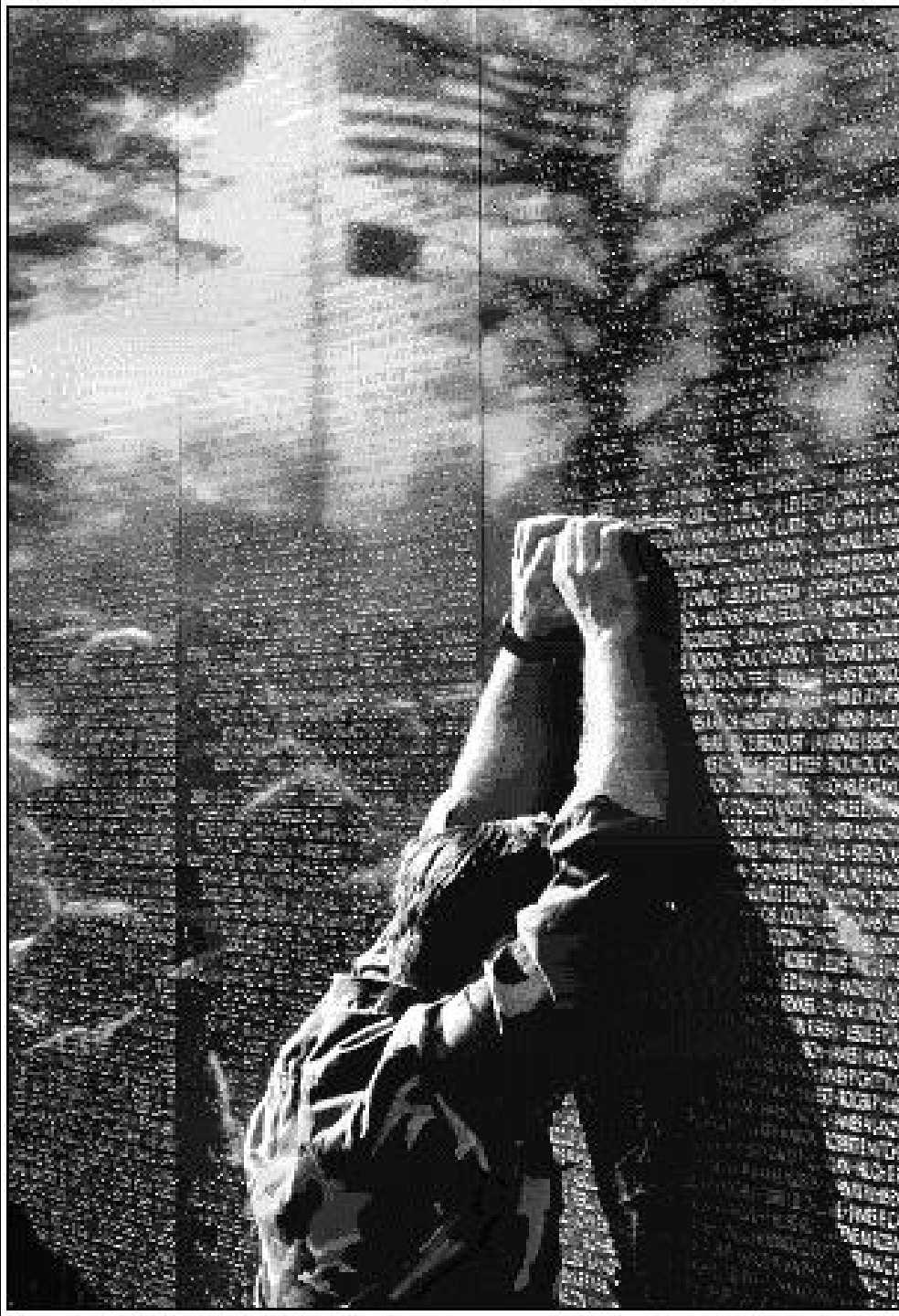


New Advances in Trauma Treatment

创伤治疗的新进展



Bessel A. van der Kolk MD



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证道心理



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How Brains Connect in Proto-Conversation

对话-原型：大脑之间如何联结

Baby Knows
Mother's Face

婴儿识别妈妈的脸

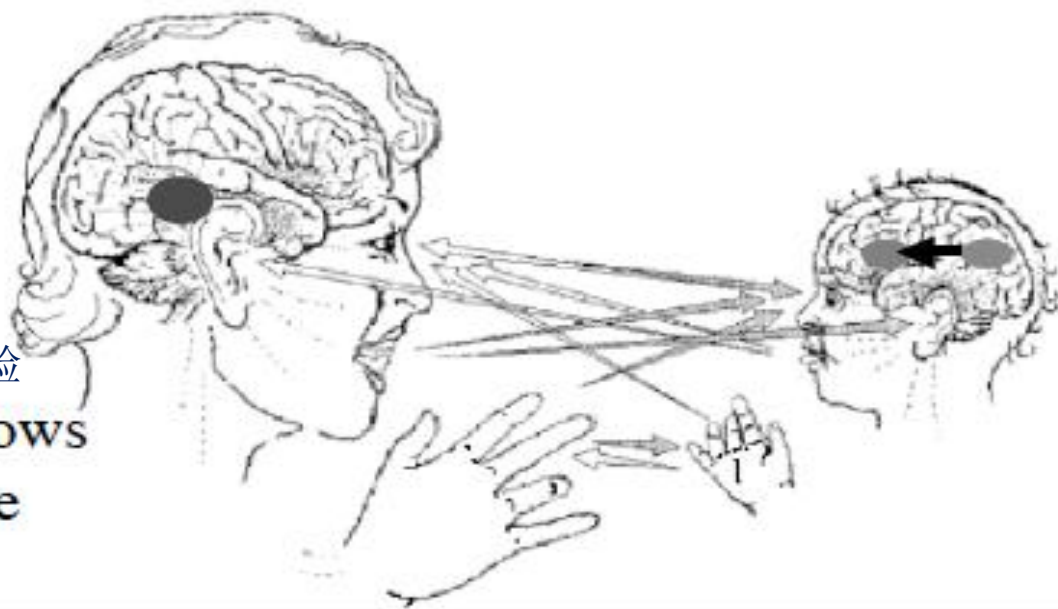


妈妈听到和看到婴儿的表
情和反应

Mother Hears
& Sees Baby's
Expressions,
& Responds

妈妈识别婴儿的脸

Mother Knows
Baby's Face



婴儿听到和看到妈妈的表
情和反应

Baby Hears
& Sees Mother's
Expressions,
& Responds



SYNRHYTHMIC REGULATION: Mother and infant can communicate psychologically, regulating sympathy by expressions of emotion.

同步节律管理：妈妈和婴儿可以心理交流，通过情绪的表达调整情感共鸣



Passing expressions

of face, voice and hands

back and forth, rhythmically, imagining each other, participating in feelings

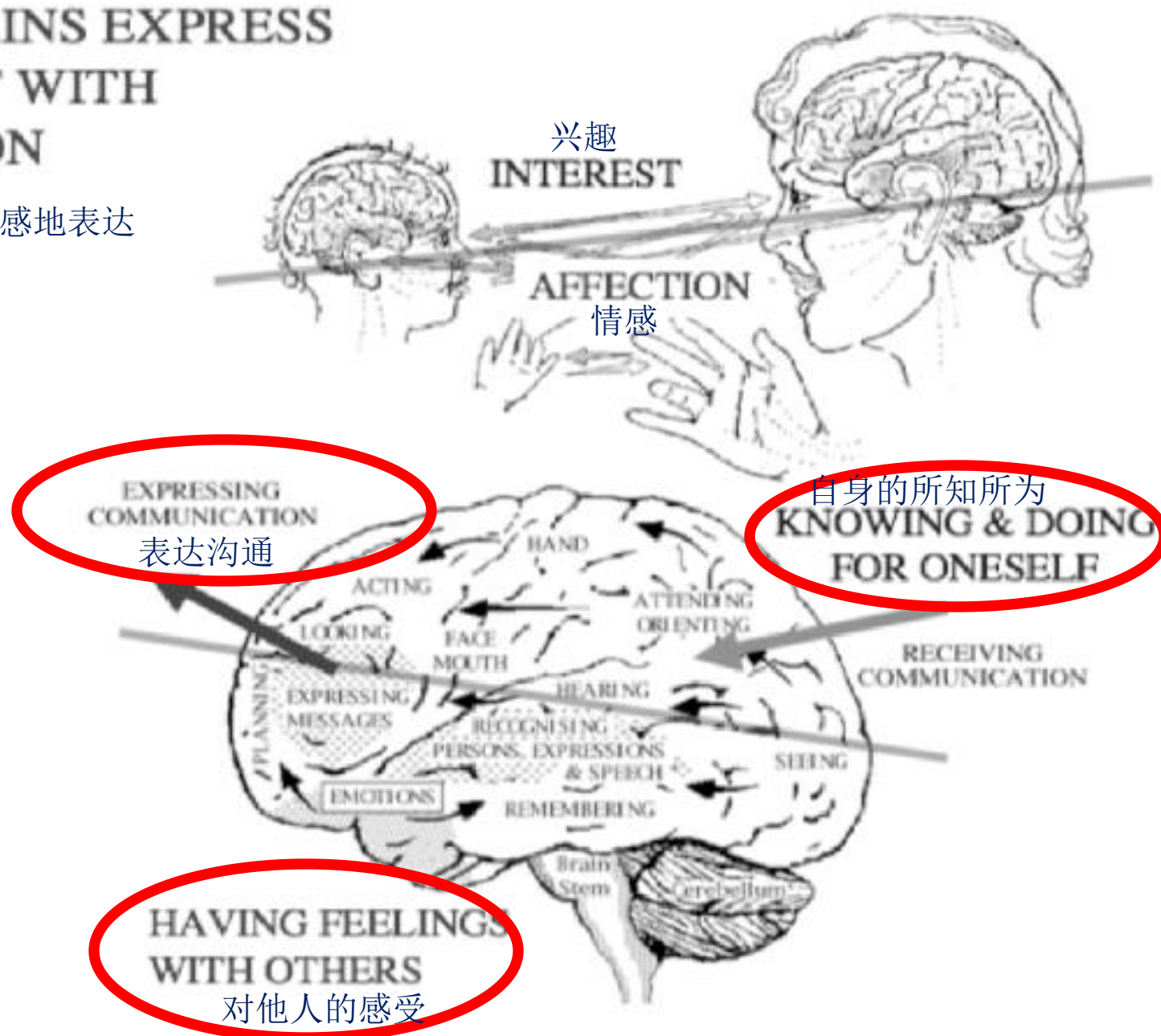
Telling and acting out stories with emotion, listening to thoughts and imitating actions is how humans learn -- in shared vitality and awareness.

有节律地来回传递脸部、声音以及手势的表达，想象彼此，融入情感。



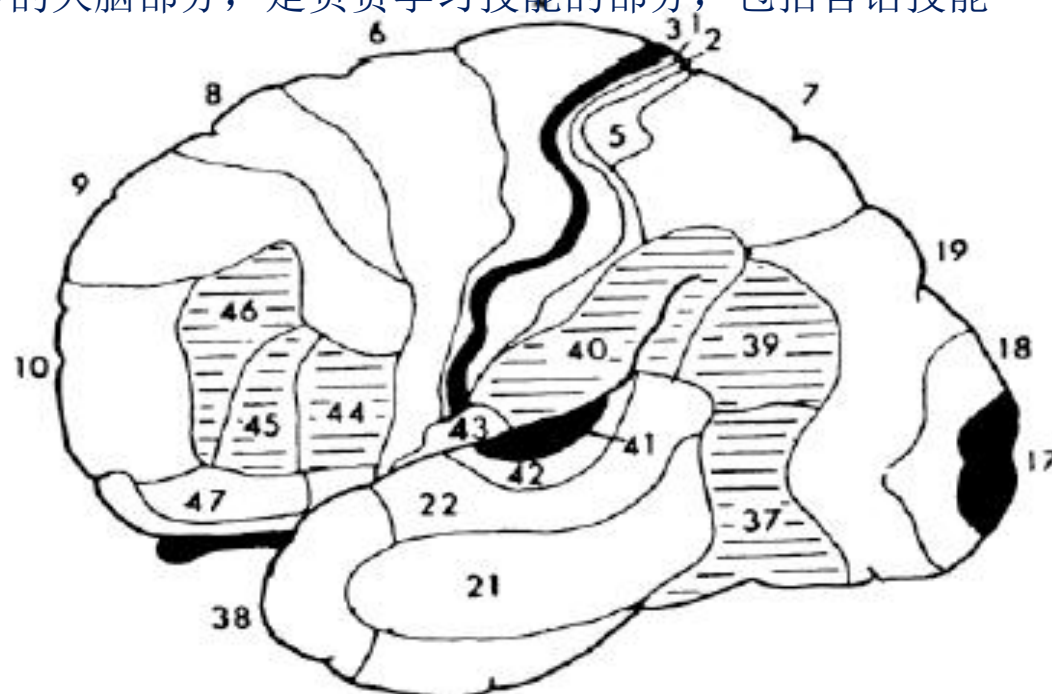
HOW BRAINS EXPRESS INTEREST WITH AFFECTION

大脑如何具有情感地表达
兴趣



The parts that grow most in childhood are those that are needed for learning skills, including language.

在童年期发展最多的大脑部分，是负责学习技能的部分，包括言语技能



在一个小婴儿那里，这些部分已经适应了它们的任务，并且准备与其他人的表达行为互动。

But these parts are already adapted to their tasks in a young baby, and ready to engage with other persons' expressive behaviours.





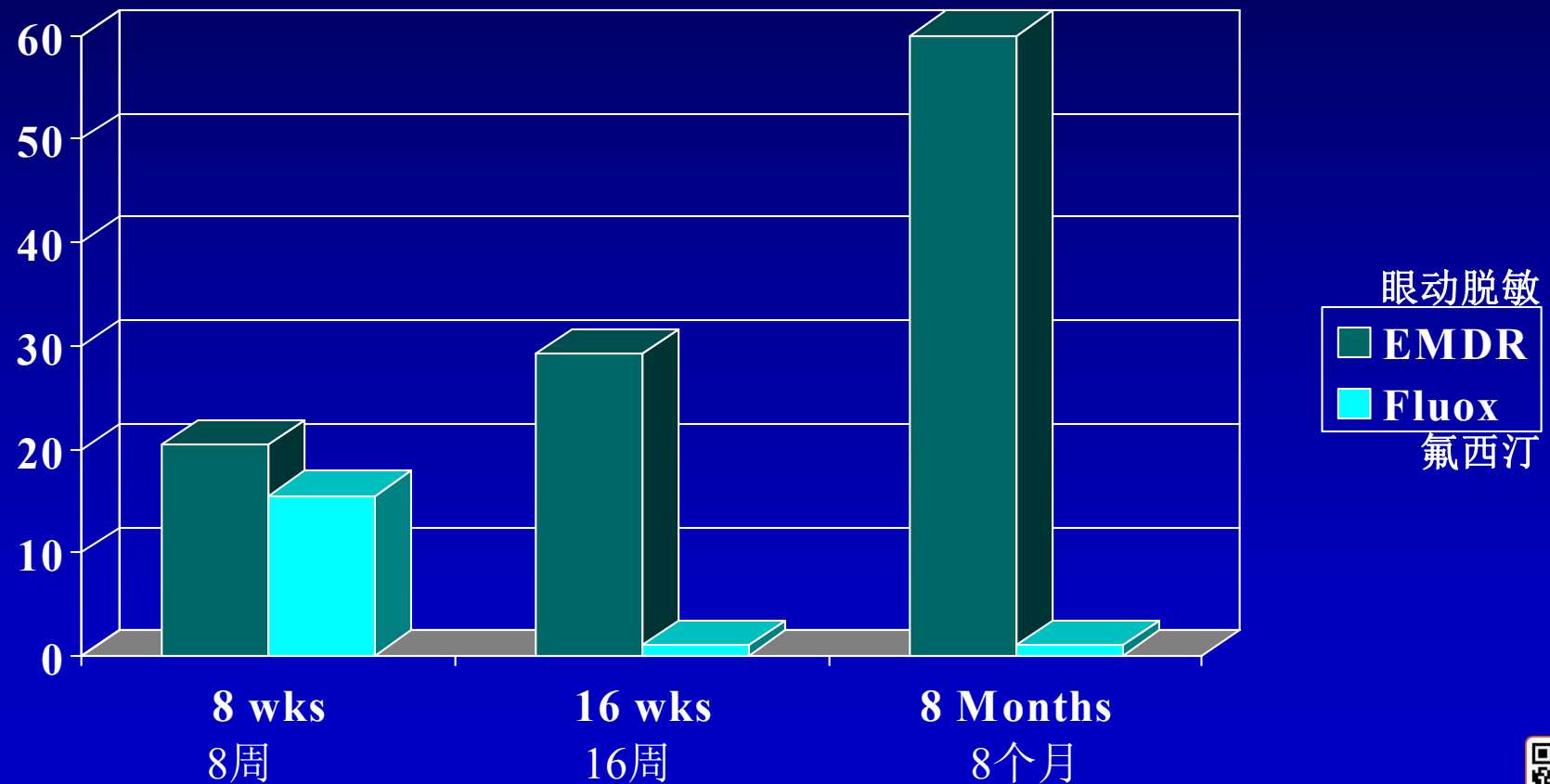
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“Processing” traumatic memories

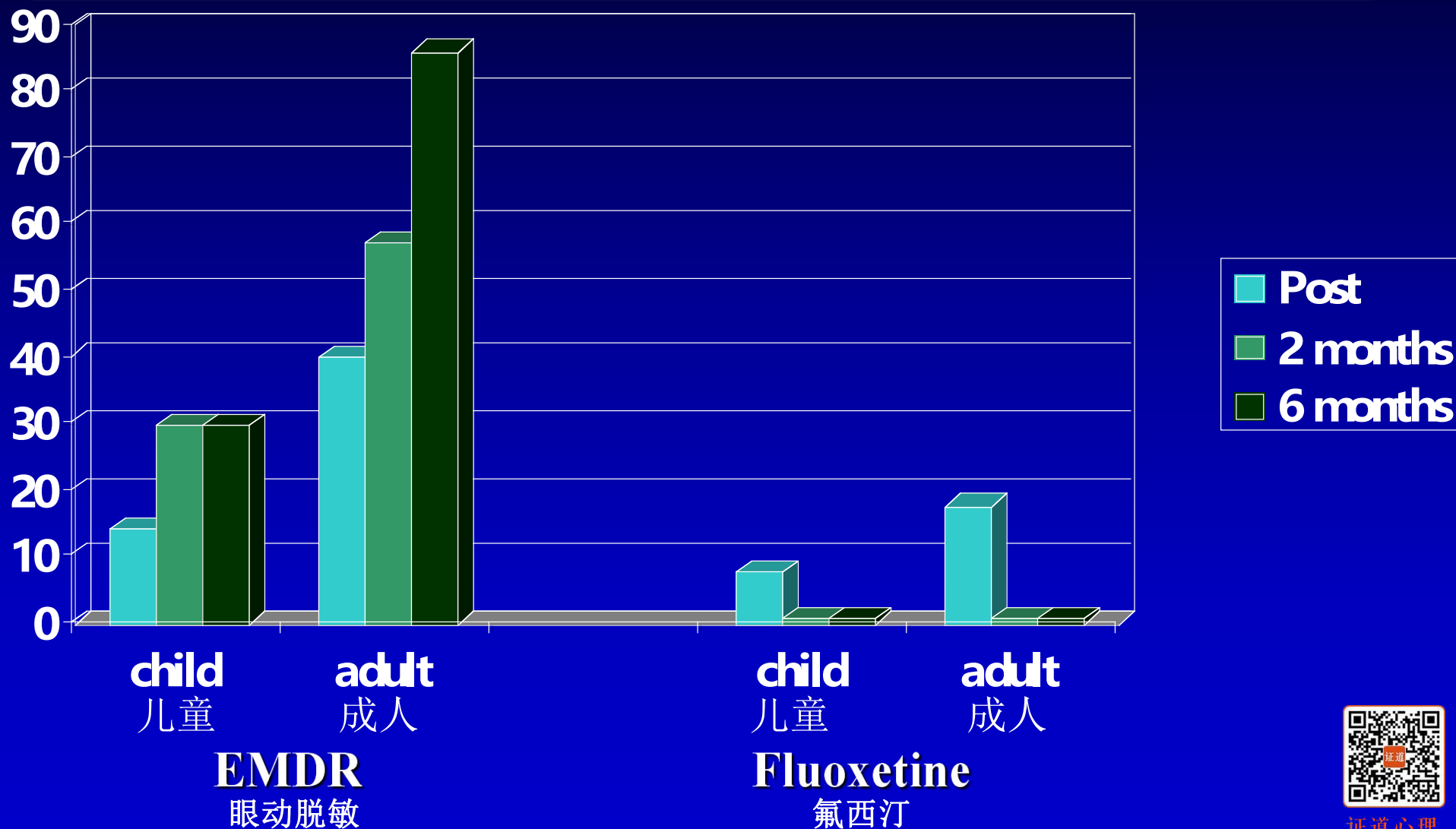
“加工”创伤记忆



Good end-state function:结束状态功能好: CAPS score below 20 CAPS得分低于20



Positive end-state function 结束状态正性功能 (CAPS < 20)



When trauma processing? 何时处理创伤？

When a particular memory precipitates
overwhelming

当一个特定的记忆沉淀
压倒性

hyper or hyparousal
过度或过低 唤起

EMDR is a Trauma Processing therapy

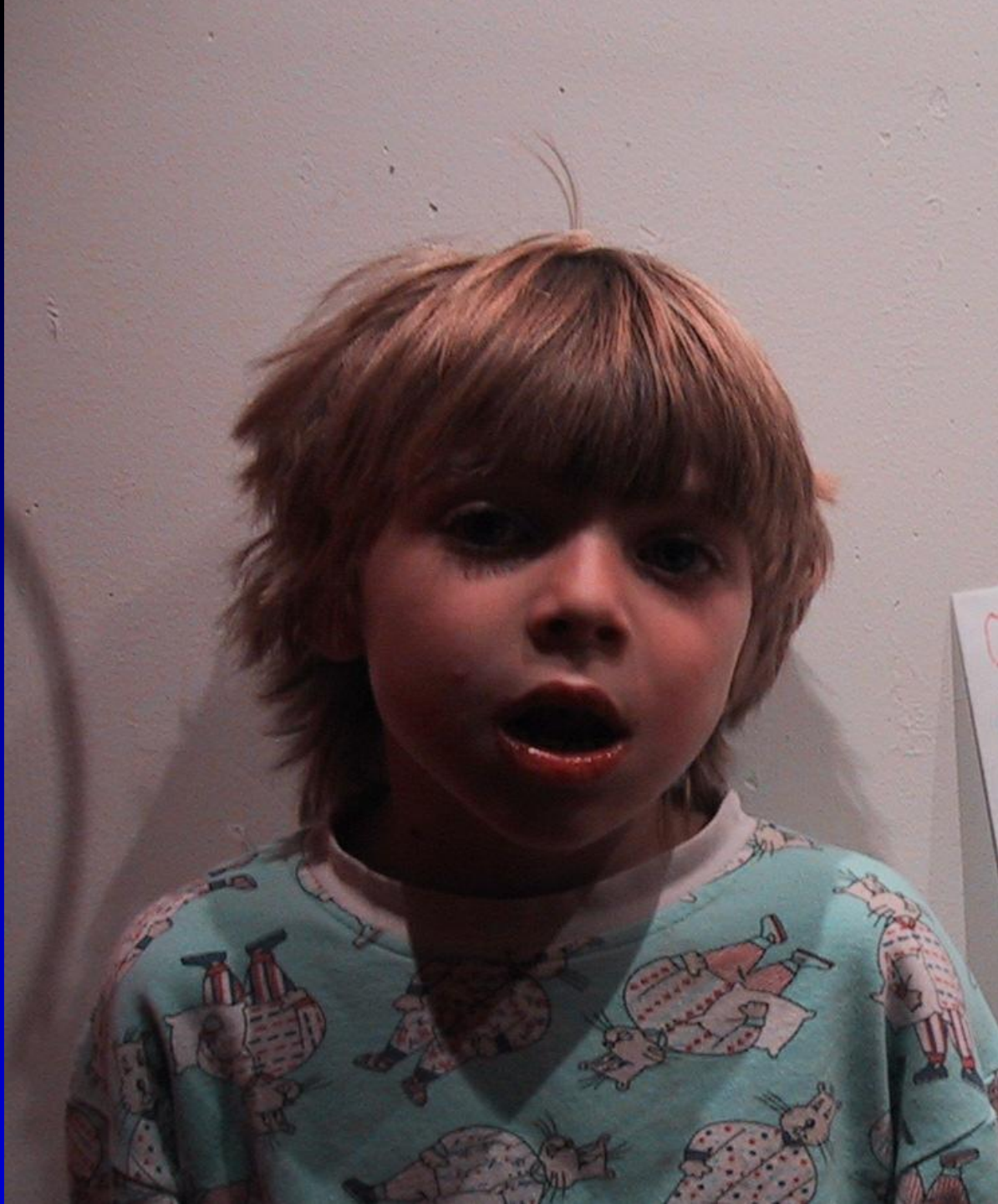
EMDR是一个创伤处理治疗



How do kids process traumatic experiences?
孩子如何处理创伤经历？

That depends on the quality of their
attachment relationships
这取决于他们依恋关系的质量



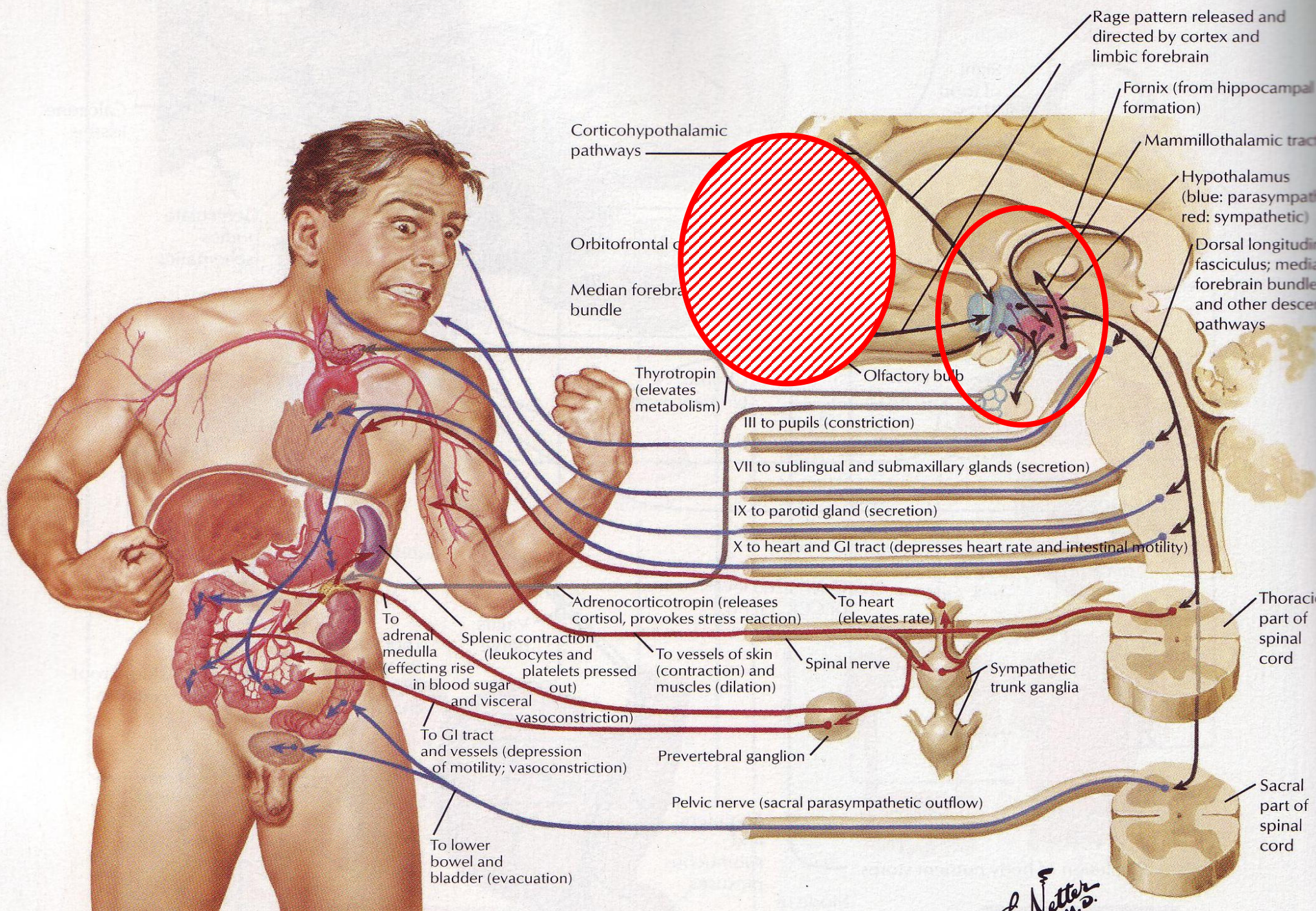


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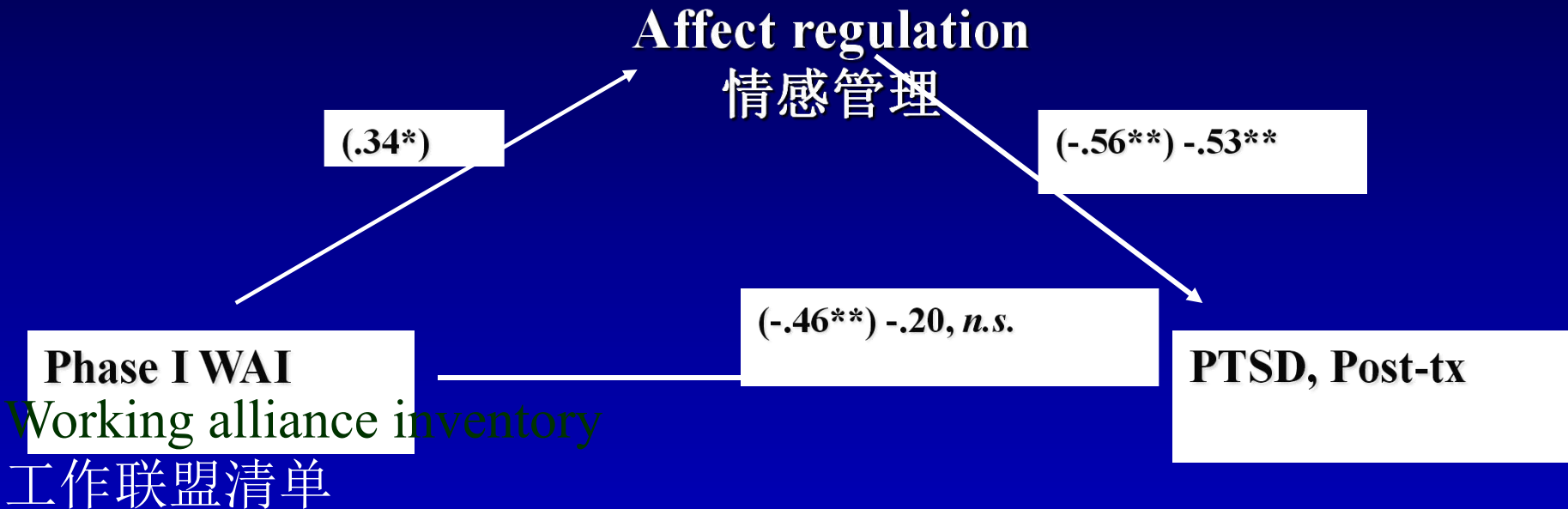
F. Netter M.D.





PREDICTORS OF TREATMENT OUTCOME

治疗结果的预测因子



Cloitre et al, 2003



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How do you take a trauma history?

如何收集创伤史？



TRAUMATIC ANTECEDENTS QUESTIONNAIRE I

既往创伤问卷 I

I. Demographics 人口学资料

- current household composition, occupation, etc. 目前的家庭组成，职业等
- who do you rely on for practical help 你依靠谁来获得实际帮助
- who do you rely on for emotional help 你依靠谁来获得情感上的帮助

II. Current Health 当前健康

III. Family of origin demographics 原生家庭人口统计学资料

- who in your family was affectionate with you 家里谁爱你
- who recognized you as a special person 谁认识到你是一个特别的人
- was there anyone you felt safe with growing up? 成长过程中谁令你感到安全

IV. Childhood caretakers and separations 童年养育者和分离

Herman and van der Kolk



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TRAUMATIC ANTECEDENTS QUESTIONNAIRE II

既往创伤问卷 II

V. Peer relationships and childhood strength 同伴关系和童年的力量

VI. Family Alcoholism 家庭酗酒

VII. Family discipline and conflict resolution 家庭纪律和冲突解决

- **who made the rules and enforced discipline at home**

家里谁制定规则，执行纪律

- **description of family rules** 家庭规则的描述

- **usual ways of disciplining children: scolding, withholding privileges, spanking, verbal abuse, hitting, hitting with objects**

惩罚儿童的常见方式：责骂，限制特权，打屁股，言语虐待，打，用东西打

- **usual way parents solved disagreements: never angry, talking, yelling, threatening to hit, breaking and throwing, hitting**

父母解决分歧的常见方式：从不生气，交谈，大喊大叫，威胁要打，打破东西，扔东西，打人

VIII. Early sexual experiences 早期性经验



ACE study

Turning gold into lead

儿童不良经历研究：把黄金变成铅



How does one turn this
人如何把这样

Into this
变成这样

in twenty years?
在20年内



ACE Study		N=17,337
Emotional abuse 10.6 (Did a parent or other adult in the household . . .) 1) Often or very often swear at you, insult you, or put you down? 2) Sometimes, often, or very often act in a way that made you fear that you might be physically hurt?		10.6
情感虐待10.6 （家里有父母或其他成年人.....） 1) 经常或经常向你咒骂，侮辱你，或者让你失望？ 2) 有时候，经常或者常常采取一种行为方式，让你担心自己可能会受到躯体伤害？		
Physical 28.3 (Did a parent or other adult in the household . . .) 1) Often or very often push, grab, slap, or throw something at you? 2) Often or very often hit you so hard that you had marks or were injured?		28.3
躯体 28.3 （家里有父母或其他成年人.....） 1) 经常或者常常推你，抓你，打耳光，或者向你扔东西？ 2) 经常或很频繁地打你，以至于你有伤痕或受伤？		
Sexual 20.7 (Did an adult or person at least 5 years older ever . . .) 1) Touch or fondle you in a sexual way? 2) Have you touch their body in a sexual way? 3) Attempt oral, anal, or vaginal intercourse with you? 4) Actually have oral, anal, or vaginal intercourse with you?		20.7
性20.7 （有没有一个成年人或某人至少大你5岁.....） 1) 用性方式抚摸或爱摸你？ 2) 你是否以性方式触摸他们的身体？ 3) 企图与你口交，肛交或阴道性交？ 4) 真实地和你有口交，肛交或阴道性交吗？		



Household dysfunction Substance abuse 26.9

- 1) Live with anyone who was a problem drinker or alcoholic?
- 2) Live with anyone who used street drugs?

26.9

家庭功能障碍物质滥用26.9

- 1) 与任何饮酒问题或酗酒的人一起生活?
- 2) 与任何使用街头毒品的人同住?

Mental illness 19.4

- 1) Was a household member depressed or mentally ill?**
- 2) Did a household member attempt suicide?**

19.4

精神疾病19.4

- 1) 家庭成员有抑郁或有精神病?
- 2) 家庭成员是否有自杀企图?

Mother treated violently 12.7

(Was your mother (or stepmother)):

- 1) Sometimes, often, or very often pushed, grabbed, slapped, or had something thrown at her?**
- 2) Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?**

12.7

母亲被暴力对待12.7

(你的母亲(或继母)):

- 1) 有时候, 经常或常常被推, 抓, 打, 或者有什么东西扔在她身上?
- 2) 有时候, 经常或常常被踢, 被咬, 被拳头打或者硬物打?

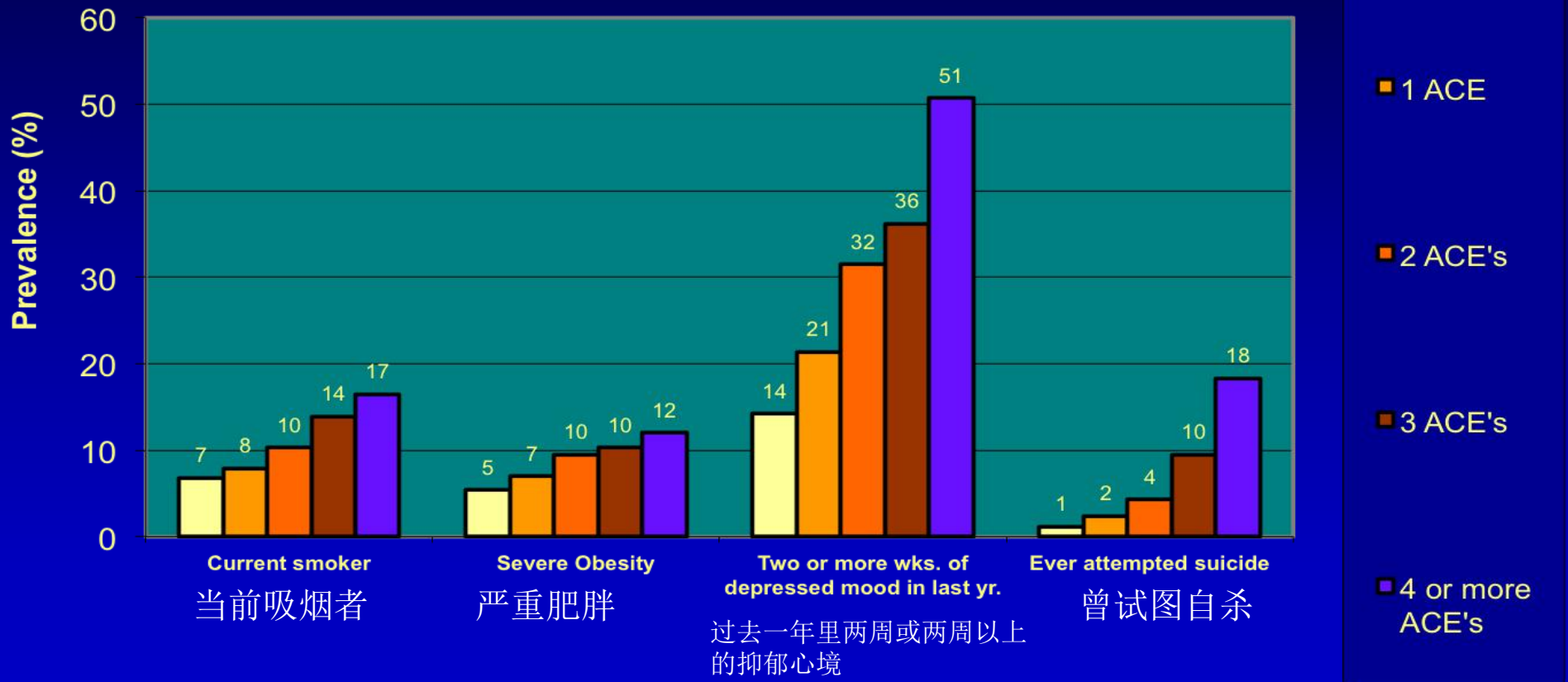


Effects of Child Maltreatment on Health

儿童虐待对健康的影响

Prevalence of Health Risks per # of Adverse Childhood Experiences

每个健康风险的发生率 #不良童年经历



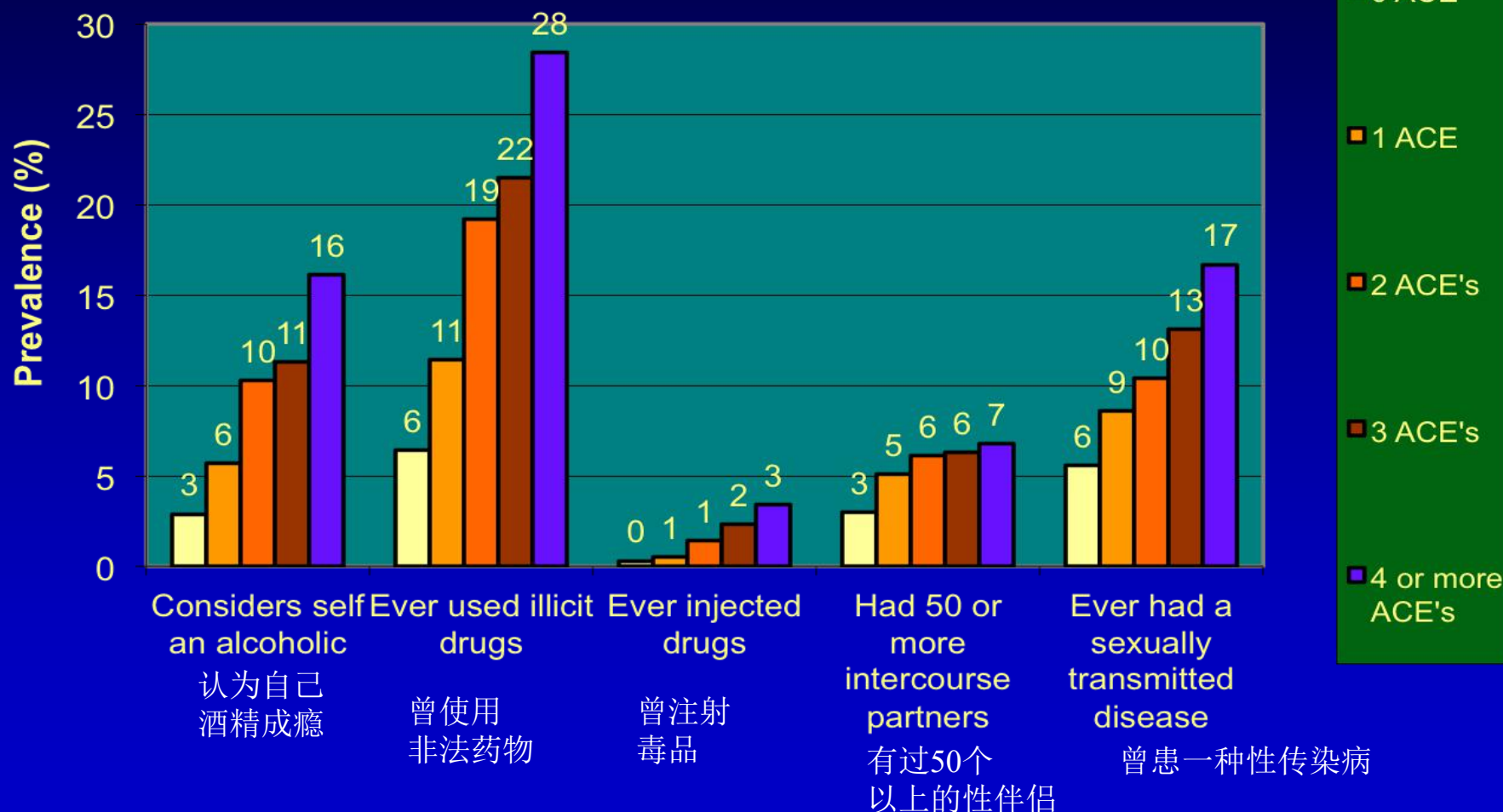
Felitti, et al (1998). Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults. *Am J Prev Med* 14(4).

Effects of Child Maltreatment on Health

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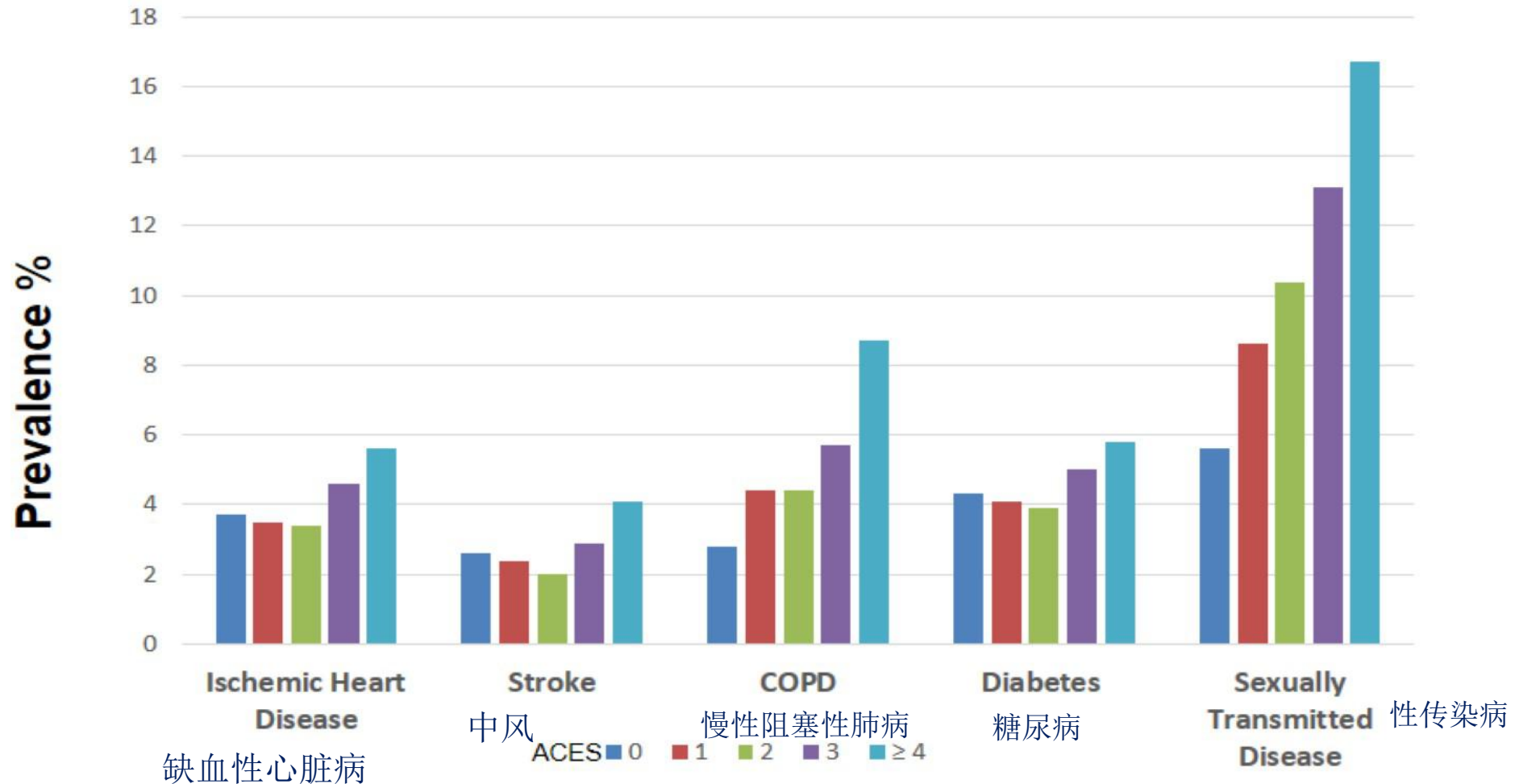
每个健康风险的发生率 #不良童年经历



Felitti, et al (1998). Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults. *Am J Prev Med* 14(4).

Cumulative ACES & Chronic Disease¹

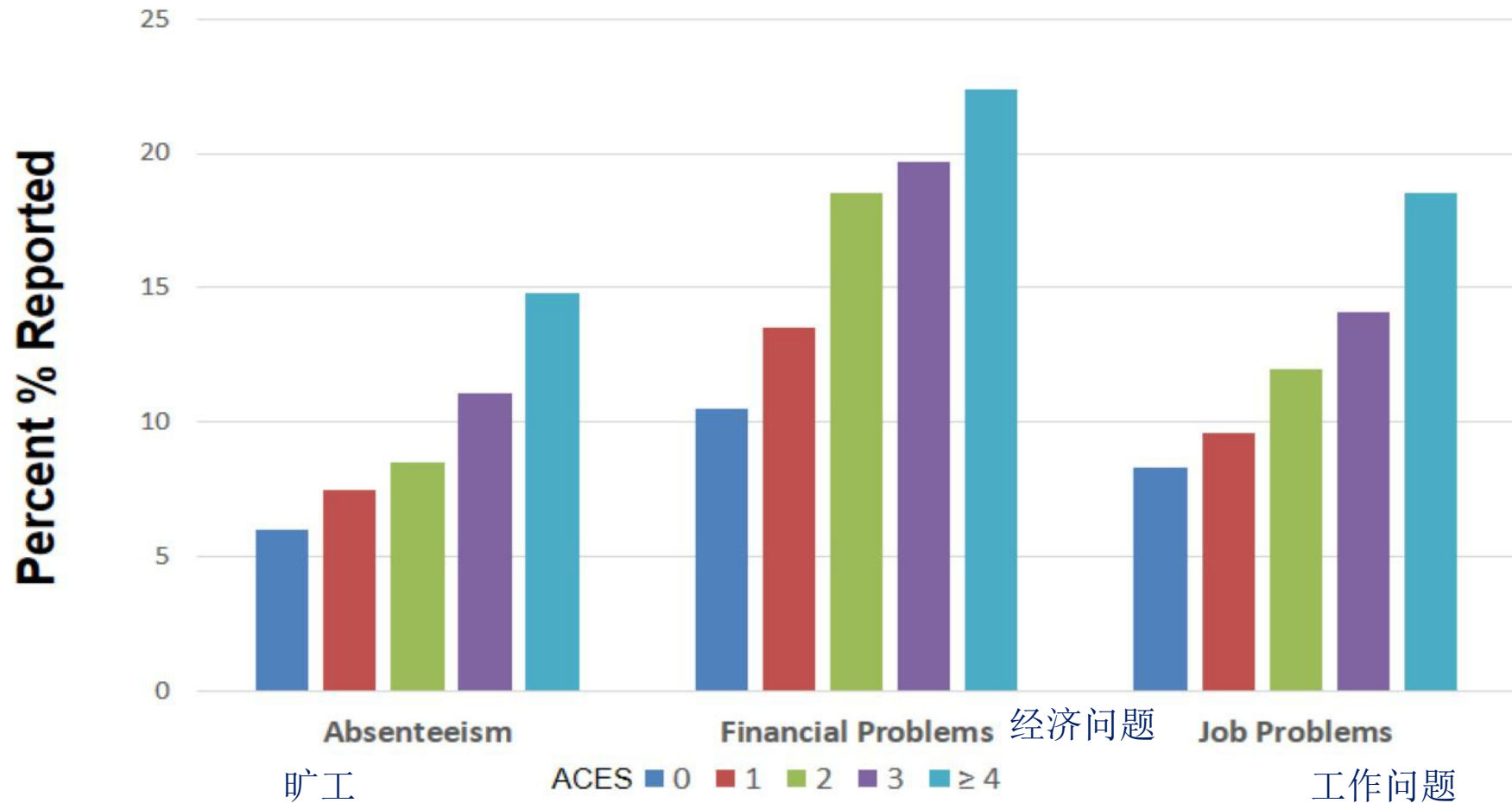
累积的ACES & 慢性疾病



¹Felitti et al., (1998) American Journal of Preventive Medicine, 14:245-258.

累积的ACES &
工作表现受损

Cumulative ACES & Impaired Worker Performance¹



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CANarratives.org

¹Anda et al., (2004) The Permanente Journal/Winter 8:30-38.

Pervasive problems 普遍问题

More than 50% with ACE scores of 4 or higher had learning or behavioral problems in school, (cf. 3 % of those with a score of zero.

超过50%的ACE分数在4或以上的人在学校有学习或行为问题，（比例为0分的为3%）。

Children do not “outgrow” the effects of their early experiences.

儿童不会“超越”他们早期经历的影响。

High ACE scores correlated with higher workplace absenteeism, financial problems, pain medications, antidepressants, anti psychotics, and lower lifetime income.

高ACE分数与较高的工作缺勤率，财务问题，止痛药，抗抑郁药，抗精神病药的使用和较低的终身收入相关。

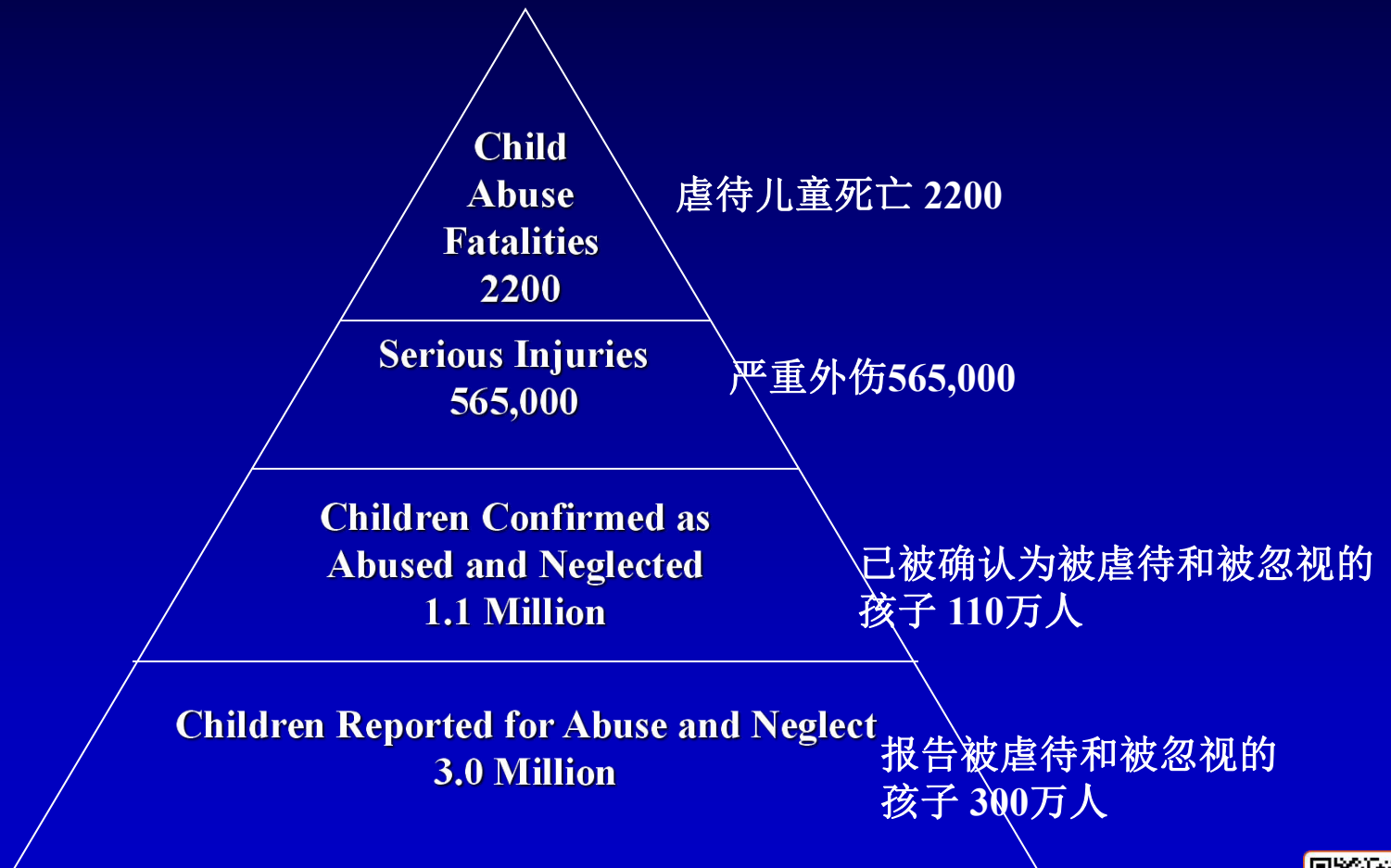
Felitti: “Traumatic experiences are often lost in time and concealed by shame, secrecy, and social taboo”

Felitti: “创伤经历往往随着时间消失，并被羞耻，秘密和社会禁忌所掩盖”



Child Abuse and Neglect, 1995

被虐待和被忽视的儿童，1995



Source: CWLA Stat Book, 1997



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Estimates of the Population Attributable Risk* (PAR) of ACEs for Selected Outcomes in Women

ACE对女性选定结局的人口特异风险* (PAR) 评估

Mental Health: 精神卫生

Current depression 目前抑郁

Suicide attempt 自杀企图

PAR

54%

58%

Drug Abuse: 药物滥用 Alcoholism 酒 中毒

Drug abuse 药物滥用

IV drug abuse 静脉注射药物滥用

65%

50%

78%

Crime Victim: 犯罪受害者

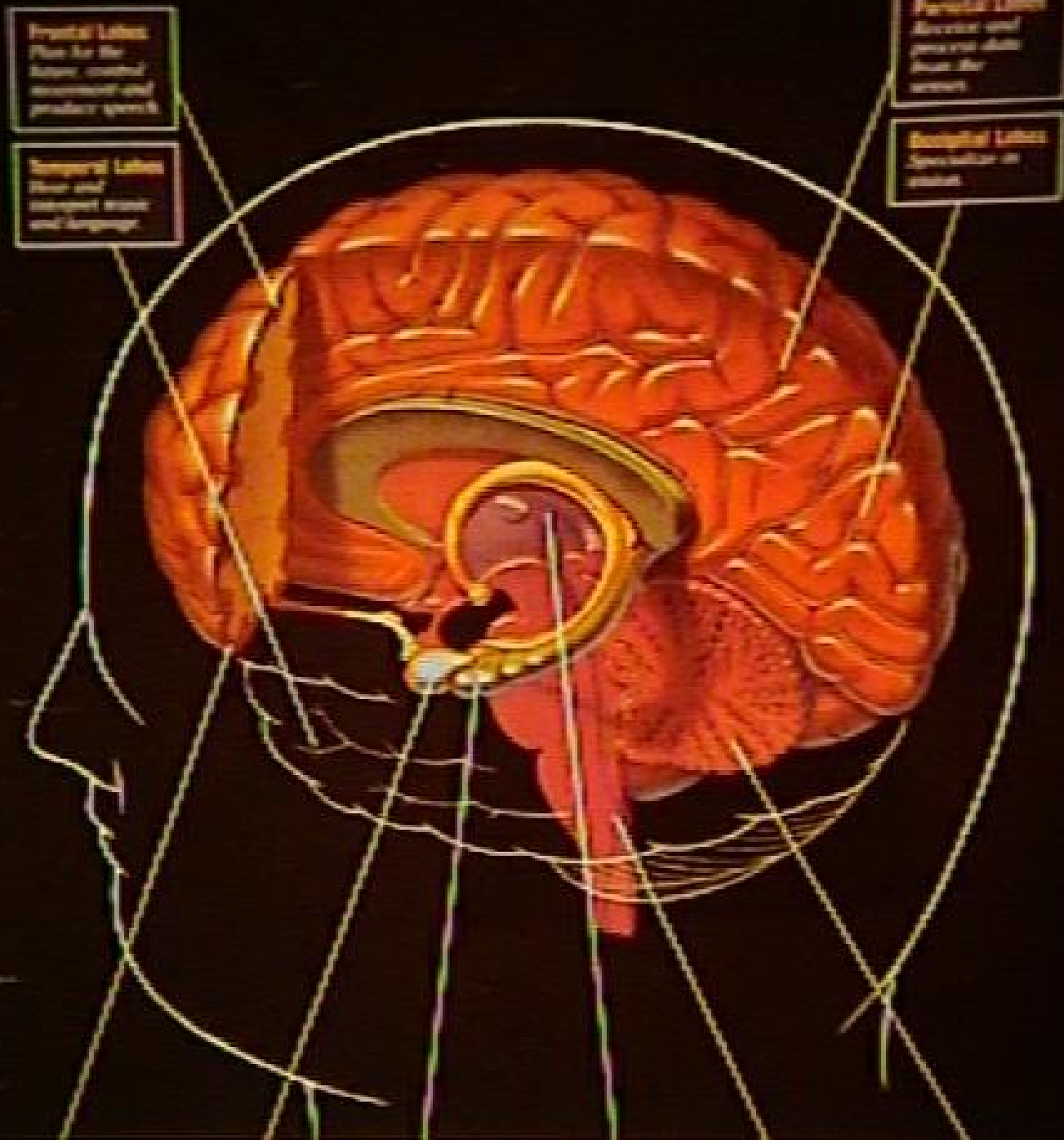
Sexual assault 性侵犯

Domestic violence 家庭暴力

62%

52%

*Based upon the prevalence of one or more ACEs (62%) and the adjusted odds ratio ≥ 1 ACE



计划，预期，时间感，
语境，不恰当行为的抑制，
共情性理解

知觉，情绪效价，分类能力，
关联记忆；
机体和其周围事物的关系；

**Planning, anticipation
Sense of time, context,
Inhibition of inappropriate
actions, empathic
understanding**

**Perception, emotional
valence, categorization,
Memory of relevance;
relation between the organism
and its surround**

**Basic housekeeping:
Arousal
Sleep
Breathing
Chemical balance**

基本家务功能：
唤起
睡觉
呼吸
化学平衡



Developmental Trauma Impacts Key Structures 发展创伤影响了情绪管理的核心结构

Underlying Emotional Regulation

Ventral Prefrontal Cortex
腹侧前额叶皮质

Dorsolateral Cortex
背外侧皮质

Self-awareness
自我意识

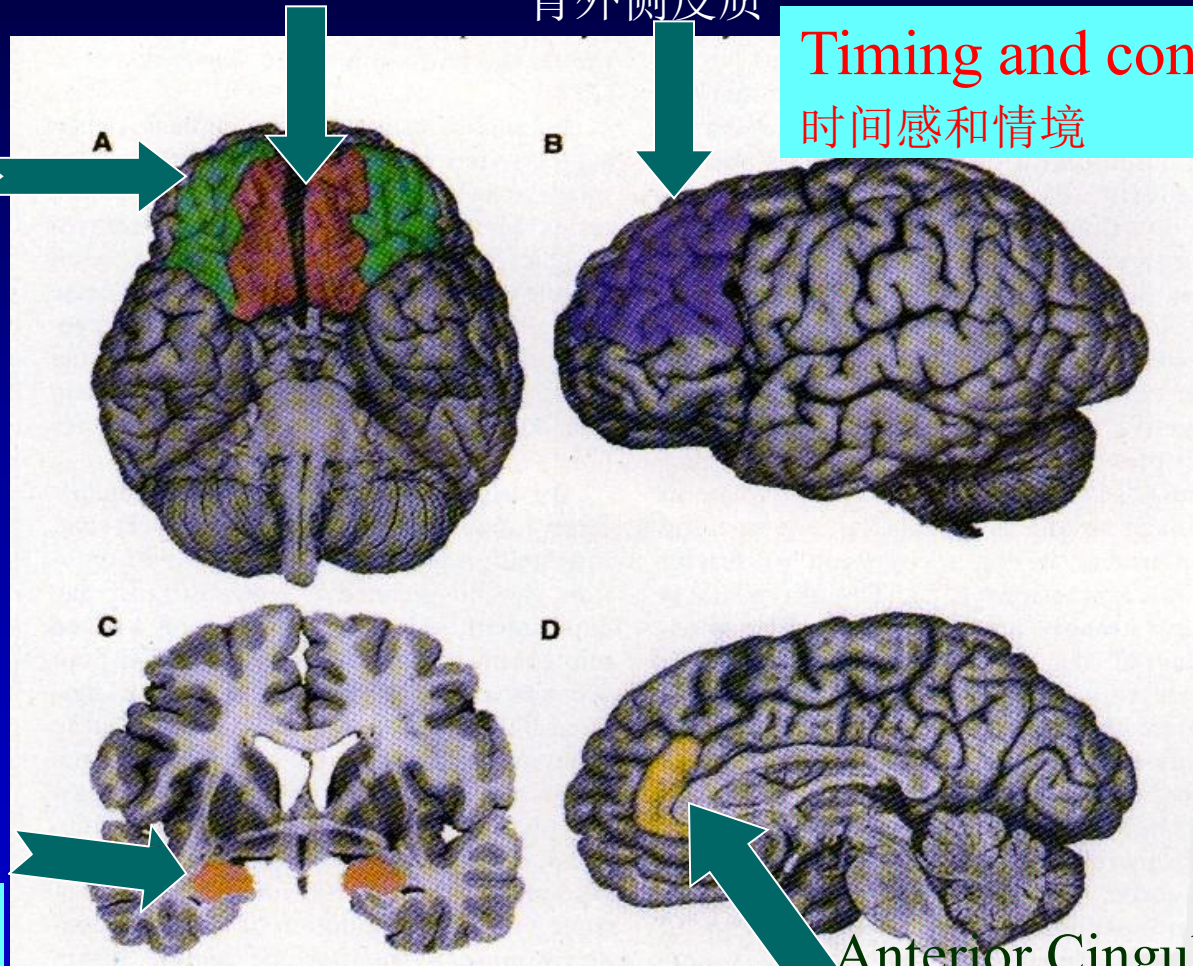
Timing and context
时间感和情境

Orbital Prefrontal Cortex
眶前额叶皮质

Inhibition
抑制

Amygdala
杏仁核

Threat detection
威胁监测



Science Vol 289, p 592

Anterior Cingulate
前扣带回

Filtering what's relevant

滤出相关的
内容

证道心理精彩课程

扫描二维码了解详情



精神分析核心概念 与临床技术 18 讲

Vamik Volkan

五次获诺贝尔和平奖提名
美国精神分析学院前主席
弗洛伊德奖和西格尼奖双料获得者
连续 15 年荣膺美国最佳医生



关系创伤的动力学治疗 全过程及临床操作步骤

Janet Bachant

创伤治疗顶尖专家
纽约精神分析中心督导师
纽约灾难咨询联合会主席



复杂发展创伤的形成 及如何治疗

Janet Bachant

创伤治疗顶尖专家
纽约精神分析中心督导师
纽约灾难咨询联合会主席



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三大系列，正在热招！

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