



证道心理

Treating Attachment Trauma

治疗依恋创伤

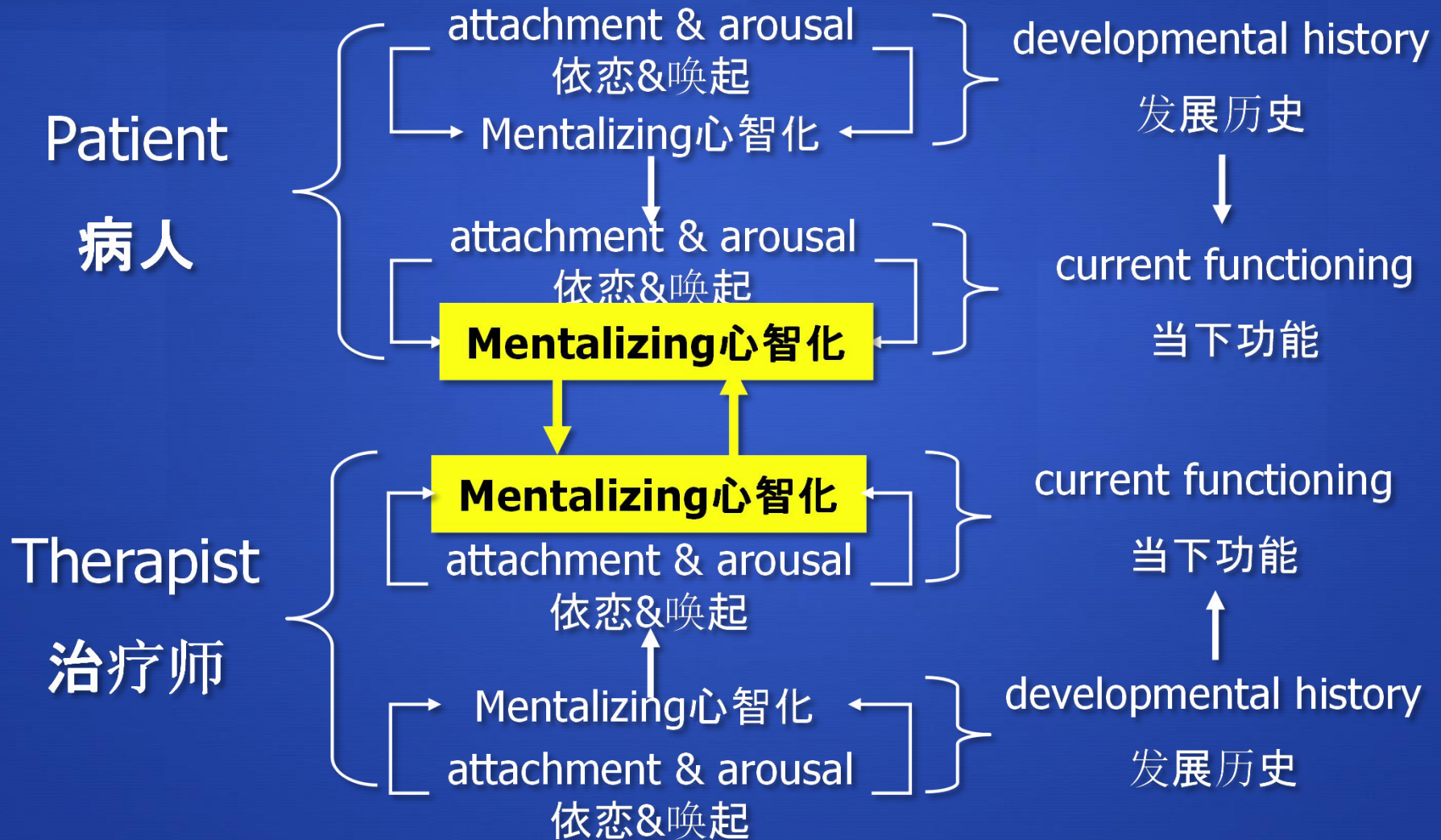
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Parallel contributions to mentalizing:心智化的平行贡献源:



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meeting of minds in therapy 心灵在治疗中相遇



Concepts of Trauma 创伤的概念



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Potentially Traumatic Events

潜在的创伤性事件

- Unbearable emotional states + feeling psychologically alone
无法承受的情感状态 + 感到心理上的孤单
- In attachment relationships, childhood and adulthood, repeated
在依恋关系中, 童年期和成年期, 重复

Traumatic Impact of Exposure to Events (“traumatized”)

暴露在事件之下的创伤性影响(受过心理创伤的)

- Posttraumatic stress disorder (PTSD)
创伤后应激障碍(PTSD)
- Dissociative disorders
解离障碍
- Complex PTSD versus borderline personality disorder
复杂的创伤后应激障碍 vs 边缘型人格障碍
- Multiple psychiatric disorders (depression, substance abuse, etc.)
多种精神科障碍(抑郁、物质滥用等等)
- Existential-Spiritual Impact: loss of trust, hope, faith
存在主义-心灵影响: 失去信任、希望、信念

Mentalizing in Exposure Therapy for PTSD

创伤后应激障碍的暴露疗法中的心智化



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Exposure Therapy, the most straightforward treatment for PTSD

暴露疗法, 治疗创伤后应激障碍最为直接的疗法

- Situational Avoidance → Exposure to Feared Situations
情境回避 → 暴露在恐惧的情境中
- Experiential Avoidance → Exposure to Traumatic Memories
体验回避 → 暴露在创伤性的回忆里
- Edna Foa: reviewing the traumatic experience repeatedly
埃德娜·弗阿: 重复回顾创伤体验

Mentalizing perspective on exposure therapy

暴露疗法的心智化视角

- reliving (psychic equivalence) → remembering (mentalizing) [“90-10”]
再体验(精神等同) → 回忆(心智化)[“90-10原则”]
- extinction: not “erasing” memories; adding new associations (not alone)
消除: 并不“抹除”记忆; 而是增加新的联系(不再孤单)

Mentalizing in Exposure Therapy for PTSD

创伤后应激障碍的暴露疗法中的心智化



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Foa's theory of change

弗阿关于改变的理论

- Engaging with the traumatic memories (mentalizing vs. avoidance)
处理创伤回忆(心智化 vs. 回避)
- Changing cognitions (world=dangerous; self=incompetent)
改变认知(世界=危险的;自己=无能的)
- Constructing a "coherent narrative" (security in Adult Attachment Interview)
构建一个“连贯的叙述”(成人依恋访谈中的安全型)

Mentalizing in Treating Nightmares in PTSD

治疗创伤后应激障碍的噩梦时的心智化

Sleep Disturbance in PTSD

创伤后应激障碍的睡眠困扰

- Sleep disturbance is a major contributor to ill health & psychiatric disorders
睡眠困扰是疾病状态&精神障碍的重要贡献因子
- Insomnia is common in depression
失眠在抑郁症中常见
- Trauma: fear interferes with sleep (fear of sleep, panic, nightmares)
创伤: 恐惧干扰了睡眠(害怕睡觉、惊恐、噩梦)

Mentalizing in Treating Nightmares in PTSD

治疗创伤后应激障碍的噩梦时的心智化

Imagery Rehearsal Therapy (Barry Krakow)

想象排练治疗(巴里·克拉科夫)

- Writing a narrative of the disturbing dream
写下一段带来困扰的梦的叙述
- Writing a preferred narrative (e.g., fending off abuser)
写下一段期望中的叙述(例如, 击败了侵犯者)
- Rehearsing new narrative for 5-20 minutes daily for 3 weeks
每天排练新叙事5-20分钟, 持续3周
- Reduces nightmares and PTSD symptoms more generally
噩梦减少, 创伤后应激障碍总体症状降低

Reenactment in Attachment Trauma



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依恋创伤中的重新活现

Reenactment and PTSD

重新活现与创伤后应激障碍

Reenactments of trauma in relationships evoke reminders of trauma

在关系中创伤的重新活现唤起了创伤的提示

- Reminders of trauma evoke symptoms of PTSD

创伤的提示引发创伤后应激障碍的症状

Reenactment in Attachment Trauma



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依恋创伤中的重新活现

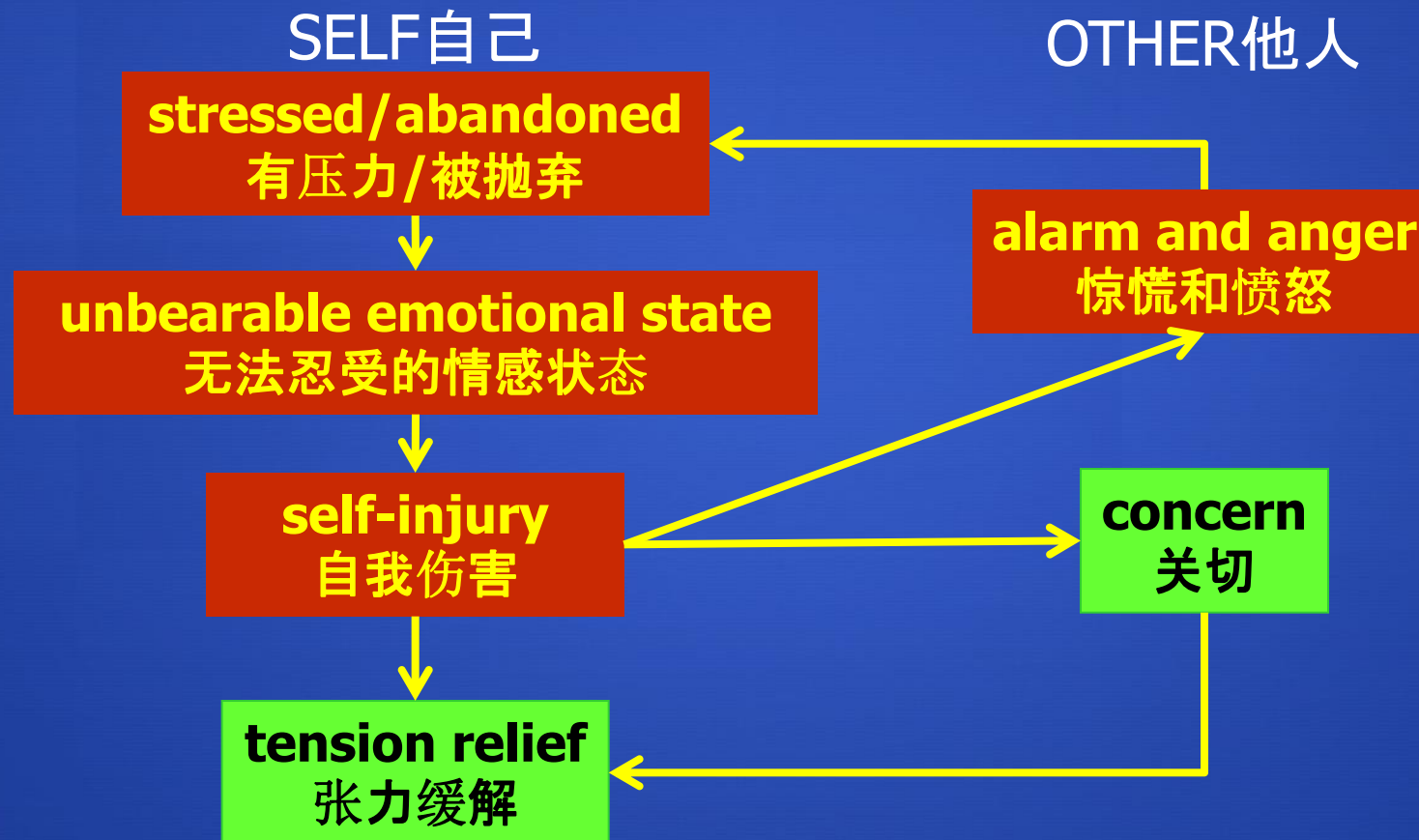
Mentalizing Reenactment

对重新活现进行心智化

- Focusing on past trauma alone is not sufficient
仅关注过去的创伤是不够的
- Focus on repetition in present relationships is crucial to treating trauma
关注当前关系中的重复对于治疗创伤至关重要
- Mentalizing entails separating the present from the past
心智化需要将现在与过去区分开
- A danger in therapy is focusing on the past to the exclusion of the present
治疗的一个危险是关注过去, 排除现在
- Improving current relationships is the ultimate goal of mentalizing
改善当前的关系是心智化的最终目标

Reenactment of Abandonment in Self-Injury

在自我伤害中重新活现抛弃议题



Dissociative Identity Disorder

解离型身份认同障碍



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Formerly Multiple Personality Disorder

以前的多重人格障碍

Highly controversial

极具争议性

- Many clinicians do not believe in it

许多临床工作者不相信它

- I first learned about it from a patient when I was oblivious to it, not recognizing “blackouts” as dissociative episodes. The patient came into my office with a bag of alcohol and pills and demanded: “Take these, she’s going to kill herself with them. And don’t tell her that I told you about this!” She then switched back into her typical state of mind and had no idea what had transpired [a “blackout”].

我最初从一位病人那里了解到它，那时我还忽略它的存在，没有将“断片”视为解离发作。那个病人提着一袋酒和药品来到我的办公室，并要求：“拿着这个，她会用它们自杀。不要告诉她我告诉过你这件事！”然后她又回到了她平常的心理状态，不知道发生了什么[一次“断片”]。

- Essence of the disorder is amnesia for out-of-character behavior (e.g., an ordinarily inhibited woman learns that she was seen in a bar dancing on a table)

这种疾病的本质是失去对超出性格的行为的记忆(例如，一个通常压抑的女性得知她被人看见站在酒吧的桌子上跳舞)

Dissociative Identity Disorder



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解离型身份认同障碍

The dissociated behavior is associated with “alters,” that is, altered states of consciousness that can be connected to:

解离的行为与“转换”相关联，即，转变的意识状态可以关联到：

- Traumatic experiences (e.g., a frightened “child”)
创伤经历(例如，受惊的“孩子”)
- Unacceptable emotions (e.g., an angry, self-protective alter)
不可接受的情绪(例如，愤怒，自我保护的转换)

The goal of therapy is to expand consciousness to include (mentalize) unacceptable or threatening states of mind and behavior

治疗的目标是扩大意识，以包括(心智化)不可接受或有威胁的心理和行为状态

Clinical example: dissociative identity disorder (DID)

临床案例：解离型身份认同障碍(DID)



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- Marilyn, a young woman living with a boyfriend who had amnesia for sexual abuse by uncle but remembered physical abuse by her father
玛丽莲，一个和男友一起生活的年轻女士，因为遭受叔叔的性虐待而失忆，但还记得被她父亲的身体虐待
- Developed symptoms of DID after seeing a movie scene of rape
在看到强奸的电影场景后出现了DID的症状
- Marilyn's functioning became more erratic in conjunction with therapy that included calling out different alters, after which she was "switching" frequently at home.
伴随着治疗的进展，玛丽莲的功能变得更加不稳定，包括出现不同的转换，之后她在家里也经常“切换”。

Clinical example: dissociative identity disorder (DID)

临床案例：解离型身份认同障碍(DID)



- Marilyn's boyfriend was alarmed when she started behaving like a child (sometimes frightened, sometimes playing on the floor)

玛丽莲的男朋友在看到她的行为如同一个孩子(有时害怕, 有时在地板上玩耍)时表现得
很惊慌

- Also, her current boyfriend learned (from an email) that Marilyn had visited a former boyfriend when she was on a business trip. Marilyn didn't remember visiting her former boyfriend (having "blacked out" for several hours), but she did remember prior experience with her former boyfriend.

此外, 她现在的男朋友(通过电子邮件)了解到玛丽莲在出差时曾拜访过一位前男友。玛丽莲不记得去拜访过她的前男友(好几个小时的“断片”), 但她确实记得与前男友曾经的经历。

- Marilyn's psychiatrist referred her for a consultation.

玛丽莲的精神病医生转介她进行咨询。

- I proposed that encouraging dissociation ("switching") and trying to uncover dissociated childhood trauma was stressful and counterproductive.

我提议鼓励解离(“切换”)并试图揭示出, 解离掉的童年创伤会带来压力而且适得其反。

Clinical example, continued

临床案例, 续



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I encouraged the Marilyn to
我鼓励玛丽莲

- remain grounded in present reality
坚持维持在当下的现实中
- focus on extensive trauma that she does remember
专注于她的确记得的广泛创伤
- become more aware of dissociated feelings
变得更加能够意识到解离掉的感情

Clinical example, continued 临床案例, 续



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Examples of mentalizing dissociated states 心智化解离状态的例子

- Marilyn was able to understand the motivation for seeing her former boyfriend, namely, her boyfriend had become more irritable and controlling (reminding her of her father) and she longed to be with someone she remembered was very caring and nurturing.

玛丽莲能够理解她去见前男朋友的动机, 即她(现在)的男友变得更加烦躁和控制(令她想起她的父亲), 她渴望和她记忆中非常关心和呵护她的人在一起。

- Marilyn heard the “voice” of an alter expressing anger that she was talking to me, an older man who would hurt her; I encouraged her to express her own distrust and fears about the consultation with me.

玛丽莲听到一个转变者的“声音”正在表达她和我说话时的愤怒, 我是一个会伤害她的老头; 我鼓励她自己来表达对和我咨询的不信任和恐惧。

- Marilyn also said the alter was angry at her aunt for not protecting her from her uncle, and I encouraged her to become aware of her own angry feelings toward her aunt as well as to recognize her conflict in that relationship (she had visited the aunt, who was kind to her, but had risked abuse by her uncle that she dissociated).

玛丽莲还说那个转变者对于她的姨妈没有保护她免受叔叔的伤害而感到愤怒, 我鼓励她可以意识到她自己对姨妈的愤怒情绪, 以及认识到她在这段关系中的冲突(她曾拜访过姨妈, 姨妈对她很好, 但却导致了被叔叔虐待的危险, 她将其解离掉了)。

Clinical example, continued

临床案例, 续



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Recommended couples counseling

推荐伴侣咨询

- To enable Marilyn to express frustration with her boyfriend
让玛丽莲表达对男友的挫折感
- To address her sexual fears and inhibitions related to dissociated sexual abuse
处理她的与解离掉的性虐待有关的性恐惧和抑制



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