

Dissociation- The Trauma Capsule

By Sara illig

When a traumatic event occurs, it exceeds the capacity of a person or child's ability to cope. Something called a Trauma Capsule, is often created to help them cope with the event. It gets wrapped in a capsule, setting it aside safely, because if they didn't, the rest of their world wouldn't be able to function or make sense. When emotional abuse occurs, it particularly affects self worth / self esteem. It brings in emotions that make it difficult to trust one's self. It causes confusion, especially if the traumatized person is a child and the abuser is their parent, it is confusing that the source of abuse and pain is also their source of comfort and nourishment. This is not only true with obvious abuse, but with cases of neglect as well. It forces the individual to dissociate, putting what is too difficult to cope with safely in a capsule tucked away in their psyche. Eventually they will exhibit symptoms somewhere on a spectrum of a stress disorder or PTSD .

When an event is all consuming, overwhelming and inescapable and the person is in fear for their survival, as fight or flight kicks in and there is no physical escape, another response takes over. The freeze response is a similar mechanism to playing possum. In reality, the possum is actually not playing, its body goes into a frozen response as a survival mechanism. We do a similar thing, freeze, numb out, leave our body and or feel petrified in the face of inescapable fear.

Emotional Freedom Techniques provide a safe way to reconnect with the event that has been dissociated. It creates an avenue for body-mind connection while re-framing and releasing the charge around the encapsulated event. This connection is crucial for more permanent and thorough healing to occur. Often, a trauma may be released in a session or two with permanent results. For deep rooted trauma consisting of many events, more session work may be required however, getting to the root events will often alleviate some of the smaller events that are also psychologically associated.

