Completing the Circle in the Cycle of Violence: Covert and Overt Victims and Victimizers

Effort
(Misguided Struggle)

Forgotten Back on Guard

Regaining Consciousness (Coming To)

Amnesia Unconsciousness

Collapse Despair

Panic, Desperation & Rage

Compulsive Avoidance of Reality *
- Other people
- Symbolic playing
- Substances

Confusion

Frustration

Ferenczi – Repetition compulsion in the traumatized is a renewed attempt at a better resolution. P. 182

* Short-circuits Uncovery/Recovery
Two-Tiered Model of Addiction Review
(Orders Overheard at the Pharmacy Bar & Grill)

“Give me a shot of adrenaline with a cortisol back”

“Let me have an enkephalin with an endorphin chaser”

“Gimme a GABA (Gamma Amino Butyric Acid) with a twist”

“How about a Serotonin Sunrise with a splash of acetylcholine”
Three Related Workshops on Trauma, Addiction and Recovery
2006

Introduced endogenous addiction and the two-tier addiction model as a core idea

Tony A. – “addicted to excitement”

Jack E. – negative excitement / learned behaviors

Bill – endogenous addiction – emotional intoxication / solution emotional sobriety
Three Related Workshops on Trauma, Addiction and Recovery  
2007

Out of Disease – Into Conditioning that Jack E. was talking about – both Laundry Lists

Trauma strikes veiled /unveiled in the home (crime scene)

“3P” lab experiments – Paralysis, Perseveration, Pathological Attraction

The 3 H’s of Dysfunction – Hypoxia, Hypercarbia, Hypoglycemic

Learned Helplessness

Becoming Your Own Loving Paramedic
Dynamics of maintenance

The cycle of dissociative forgetting

The game of dissociation

The dissociative dosing transactions

How to reverse it – withdrawing from withdrawal
An Operational Statement of The Problem [1]

This addiction [to excitement] can be seen as an endogenous, or internal, addiction to conflict, a continuously repeating cycle of alarm and collapse, or fight, flight and exhaustion. Children learn that they can pull themselves up out of depression and despair by focusing on the conflicts going on around them which they then internalize in symbolic form. Their world is filled with the sights and sounds of conflict that drive them until they collapse in exhaustion only to get back up and do the same thing all over again. Children are forced to remain in this pattern of addiction in order to stay above the ever-increasing sense of demoralization they feel at being trapped in a cycle of despair and the cycle becomes self-sustaining.

The Problem Restated
(Cloudy Sensorium – Inhibited Motorium)

The problem is a progressive movement into unreality (signal blocking from within) and perceptual distortion from outside. At the same time there is a progressive loss of response ability (paralysis and compulsive perseveration).
Trauma

Basic Definition

Maximum arousal
of the sympathetic nervous system
by pain or the threat of pain
Whole Person Algorithm of Withdrawal
(Dysorganization and Dyscontrol-Menniger)

Simultaneous

\[
\begin{align*}
T1, T2, T3, T4, \ldots & \text{ The cumulative effect of trauma} \\
T & = \text{Trauma Strike} \\
R1, R2, R3, R4, \ldots & \text{Progressive hardening (how long until you reach the thousand yard stare?)} \\
R & = \text{Resistance} \\
D1, D2, D3, D4, \ldots & \text{Progressive strain and breakdown of function and structure} \\
D & = \text{Dysintegration}
\end{align*}
\]
Sequence of Withdrawal

Withdrawing from Withdrawal

• Physical withdrawal
  (flexor withdrawal)

• Emotional & sensory withdrawal
  (biochemical retreat from reality)

• Cognitive withdrawal
  (a retreat from conscious attending and conscious knowing)

Conscious / Unconscious

Crash to save

The purpose of recovery, in a practical sense, is to reverse the protective sequence of withdrawal, to withdraw from withdrawal and become whole, alive and complete.
Cycle of Dissociative Forgetting
(A Reducing Valve on Reality)
Memory Interruptus

- Effort (Misguided Struggle)
- Forgotten Back on Guard
- Regaining Consciousness (Coming To)
- Amnesia Unconsciousness
- Collapse Despair
- Panic, Desperation & Rage
- Confusion
- Frustration

Compulsive Avoidance of Reality *
- Other people
- Symbolic playing
- Substances

* Short-circuits Uncovery / Recovery

Ferenczi – Repetition compulsion in the traumatized is a renewed attempt at a better resolution. P. 182
Dissociative Dosing Transaction (DDT)
Giving and Receiving Insult & Injury

A “successful” dosing transaction is one in which the insult and injury exchange leads both (or all) the players in the game more absent than present (unconscious-stupefied) and more there then (regressed) than here now.

i.e. dissociated (Hypoxic, Hypercarbic, Hypoglycemic)
The Complete Picture

Characteristics of an Adult Child

1. We become such a bad model of people and our own image.
2. We become overprotective and single.
3. We become destructive and ever demanding as we grow.
4. We become shortsighted or narrow.
5. We become members of magic for personal reasons.
6. We either become anxious or normal people, or we look for the things that are considered normal in people who are not anxious.
7. We lose the capacity for emotion and our own capacity.
8. We lose the capacity for emotion and our own capacity.
9. We lose the capacity for emotion and our own capacity.
10. We lose the capacity for emotion and our own capacity.
11. We lose the capacity for emotion and our own capacity.
12. We lose the capacity for emotion and our own capacity.
13. We lose the capacity for emotion and our own capacity.
14. We lose the capacity for emotion and our own capacity.

The Other Laundry List / The Opposite Laundry List

- We become such a bad model of people and our own image.
- We become overprotective and single.
- We become destructive and ever demanding as we grow.
- We become shortsighted or narrow.
- We either become anxious or normal people, or we look for the things that are considered normal in people who are not anxious.
- We lose the capacity for emotion and our own capacity.
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Operating External / The Problematic Other

- We become such a bad model of people and our own image.
- We become overprotective and single.
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- We either become anxious or normal people, or we look for the things that are considered normal in people who are not anxious.
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Characteristics of an Integrated Person

- We become such a bad model of people and our own image.
- We become overprotective and single.
- We become destructive and ever demanding as we grow.
- We become shortsighted or narrow.
- We either become anxious or normal people, or we look for the things that are considered normal in people who are not anxious.
- We lose the capacity for emotion and our own capacity.
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Operating Internal / The Responsible Self

- We become such a bad model of people and our own image.
- We become overprotective and单.
- We become destructive and ever demanding as we grow.
- We become shortsighted or narrow.
- We either become anxious or normal people, or we look for the things that are considered normal in people who are not anxious.
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The Flip Side of The Laundry List

- We become such a bad model of people and our own image.
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- We lose the capacity for emotion and our own capacity.
Three Key Considerations

1. How does one bunch of dry drunks create the next bunch?

2. How do you get drunk without the bottle?

3. How do you get emotionally sober?
“We need you to be a player (junkie) to cope with and endure a hyperdependency syndrome.” The introjects are the means whereby “the game of dissociation” is transmitted inter-generational along with the justification (the apologetic/rationale for the superstitious/dysponetic dominator/competitor view of the world)

Eject the Introjects – Stop the Game, Stop the Insanity

The essential point is the traumatic etiology of addiction – stop the trauma/re-trauma – stop the dissociation/addiction.

Addiction defined:

AD DICERE = To Say

“to say yes to a strong habit”
Assault & Battery
Beaten Mindless and Senseless By:

Active Abuse
Crash test dummy

Malignant Neglect
Test bench catastrophe

Punishment
“Yo, Adrian!”

Abandonment
Beaten up from the inside by panic, desperation, rage, and Fear (terror)

Stress, Strain, Pressure

Tension, Pressure, Pain

Limits to adjustment
Mean Time Before Failure (MTBF) – (shock)
Profile in Discouragement

Maximum Up Regulation by Pain & Threat

*(agony)*

↑ ↑ ↑ ↑

Feeling and Rational Thinking Zone

↓ ↓ ↓ ↓

*(despair)*

Maximum Down Regulation by Pain & Threat

Conscious / Unconscious

Crash to save

Semiconscious, Stuporous, Comatose
Intrapersonal Dosing

Intrapersonal Dosing, of dissociation and reality.

(Distractors) Layers of denial (keeping the elephants away – interpersonal isolation).
- Daily worries and anxieties
- Phobias, obsessions, fantasies, nightmares and taboos

The Elephants
- Flashbacks (eidetic memories) Foundation Trauma Experiences

Smith and Jones, Journal of Humanistic Psychology, Fall, 1993

Note: When the layers of dosing material have been neutralized (unhooked) the sensorium is “re-opened” to direct experience of “what’s so”, concrete reality (here now not there then).
Endogenous Processes
(Pharmacological Functions)

- Arousal
- Sedation
- Painkilling (analgesia)
- Thought regulation (start, stop, focus)
- Antidotal pleasure (pleasure masking pain)
The Surge Isn’t Working
The Spiral of Tension, Pressure & Pain

Sullivan, Harry Stack

Maximum Tension/Anxiety = Terror

Minimum Tension/Anxiety or
Maximum Relaxation/Calm = Bliss
Euphoria (Sullivan’s term) or
Deep, dreamless sleep (like a baby)

Limit Switch / Circuit Breaker

redline (power up)

Resting State (homeo, heterostasis)

Deadline for a while

Tension, Pressure, Pain Spiral
Somatic Location of Pain Production
(The missing link in the Treatment of Trauma)

“Playing the Pain to Stay Insane”

- Striated muscles
- Smooth muscles (gut)
- Skeletal-muscular (postural, neural and circulatory occlusion and entrapment)
- Organ damage (injury)
- Organ damage (disease and breakdown)
Fear and Confusion in Las Vegas: Locating the Source
(The Problem of Specificity and Localization)

- Tension (muscles)
- Muscles – trigger points
- Muscles, Bones, Nerves (entrapment)
- GI Tract (sphincters)
- Organ Damage
Successful Reproduction
The Play’s a Hit!

The body is reconfigured

_Held the same way_

The biochemistry is reconstituted

We fill our scripts at the inside pharmacy

_Feels the same way_

The mind is re-focused

On distracters, with or without “The Replacements”

(symbolic stand-ins)

_or_

Unfocused

Made stupid (stupefaction)

Once again we face the world with eyes wide shut waiting to exhale, fighting, fleeing or freezing until we pass out (dissociate) then get back up and do it all over again.
Set Points And Trauma Strikes

Happy Child

<table>
<thead>
<tr>
<th>Resting State</th>
<th>0%</th>
<th>25%</th>
<th>50%</th>
<th>75%</th>
<th>100%</th>
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<tr>
<td>Healthy, Happy &amp; Secure (asleep)</td>
<td>Joy</td>
<td>Tension</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy, Happy &amp; Secure (awake)</td>
<td></td>
<td>Pain &amp; Pressure</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Homeostasis

The Frightened, Traumatized Child

<table>
<thead>
<tr>
<th>Resting State</th>
<th>Resting State</th>
<th>Arousal State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy, Happy &amp; Secure (asleep)</td>
<td>Healthy, Happy &amp; Secure (awake)</td>
<td>Terror</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tension</td>
</tr>
<tr>
<td></td>
<td></td>
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Heterostasis
Integrating the Liberated Child and the Emancipated Adult

Tossing out the “not-me’s”

Note: Ferenczi – Repetition compulsion in the traumatized is a renewed attempt at a better resolution. P. 182

The compressed (enpressed) Hidden Child
The Disavowed, “Invading” Self

The Contaminated Adult (The Addict)
(the “on-guard” expectant self)

The expectation:
1. Calamity
2. Catastrophe
3. Progressive Dyscontrol/Dysintegration
4. Atomitistic Disintegration

The Uncontaminated Adult
(the sober side of the self)

The possibilities (the hope):
1. Acknowledge a bottom (surrender)
2. Test reality (reperceive-it can be okay)
3. Say yes to De-Tox, Not Re-Tox
4. Becoming willing to stop defaulting to habit
5. “Work The Program, Take The Steps”

The Punishing, Abandoning “Loving” Parents?

“will punish, abandon, ‘love’ you, if and when you do or don’t”

Not-Me’s
Introjects

The Real World
The Social and Environmental Presence (Present)

Internalizations

Conditions of Worth, Acceptance, Survival
1. Should’s, Shouldn’ts
2. Ought’s, Ought-not’s
3. Must’s, Must-not’s
4. Permissable, Impermissable

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I’m Still Down Here
Clarifying Statement

The problem for response impaired people is that they are unable when it comes to meeting the requirements for safe and sane living. The solution is restoring response ability.

Practically, this is a process of re-embodiment, of manifesting the ideals of no tension except tonus and no arousal except by reality (is it real or is it Memorex?) *

* These ideals can be express even more concisely: de-symbolize the psyche and reorganize the body.
Why Are We Doing All This?
The Goal of recovery

Detox Not Retox

Paradoxically, the solution is to concentrate on de-stressing the machine, to soothe and heal the pain-wracked body with all that that means psychologically and spiritually. This would include moving toward and finally reaching two therapeutic ideals: no excess tension in the body and a neutral reaction to the symbolic associations and mental representations of trauma.
Recovery  
(Short Form)

1. Excavate the Archaic  
   (habit history)

2. Unhook the Habits  
   (of distraction &  
   avoidance or stop  
   playing “the game”)

3. Make Sure you Are  
   *Detoxing* and Not *Retoxing*
Uncovery/Recovery

1. Disinhibit the autonomic nervous system (antagonism)
   “90 miles and hour with the brake on”
   “I’m still down here!” (child)
   “Go Away Kid, Ya’ Bother Me”

2. Reset the system to pre-trauma homeostasis

3. Excess frozen history files (striatum) and
deprogram conditioned automatic security operations (the automatic defaults to habits of dissociation)
The Process of Re-Association

Withdrawing from Withdrawal
(coming back online)

Re-Mind                  Re-Member
(Content)                (Sensation)

Affect + Memory = Completed Experience
Whole Person Algorithm of Reversal
(Dysorganization and Dyscontrol - Menniger)

RS1, RS2, RS3, RS4 ….. In a carefully managed, systematic process of reversal.

RS = A Reversal Step (any recovery event leading to ontological well-being)
It Ain’t the Same

The pain and fear
of letting go

Feels the same as …

The pain and despair
of holding on
The Central Dynamic of Addiction:
When Conditioned Needs Acquire the Motivational Strength of the Basics

“I Gotta’ Have It”
When “manufactured” needs pack the wallop of basic needs

Getting better isn’t crazy but it sure feels like it.

The hurt of healing is not the hurt of holding on

Good Hurt  Bad Hurt

“It Hurts So Good”
John Cougar Mellencamp
# The Choice
*(Being Response Able)*

Detrance and Reinhabit or Stay Crazy

<table>
<thead>
<tr>
<th>Finish</th>
<th>Continue</th>
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</thead>
<tbody>
<tr>
<td>Express</td>
<td>Enpress</td>
</tr>
<tr>
<td>Detox</td>
<td>Retox</td>
</tr>
<tr>
<td>Accept</td>
<td>Avoid</td>
</tr>
<tr>
<td>Recover</td>
<td>Stay Insane</td>
</tr>
</tbody>
</table>

(exhibit) (what’s so) (half measures) (deny & distort) (full measure)
Breaking the Code
(the dosing connection)

Re-Presentation

(Representation as symbols)
Interior projections on the internal viewing screen
Screen/cover projections

(Representation as symbols)
Exterior transference
Projections/impositions on stand-ins (force fit)
Dreams/Entrancement (close but no cigar)

Representation

Eidetic memories/flashback material
The photo album/movie reality

The Original Presentation (lost in time and space)
By unhooking the Memorex from the delayed reactions you can reconsider the originals-the culture, the times, the conditions (put it in the past and let it go)
PLATO'S ALLEGORY OF THE CAVE

Distorted Perceptions (Memorex)

Not-Reality

Reality

Ascent to Sunlight

Diffused Sunlight

Fire

Roadway where puppet showmen perform

Shadows cast on wall

Adult children
Exiting Plato’s Cave
Withdrawing from Withdrawal

1. Turn off the projector – We have to stop projecting onto the internal movie screen and onto the stage (stop recasting the play with stand-ins, the imposition)

2. Stop the hypnotic entrancements (snap out of it)

3. Re-Associate with your body (re-embodiment and coming back online)

4. Re-Mind, Re-Member and Kick the Habit (of compulsively avoiding reality)

5. Leave the cave (exit the holo-deck)
Recap (Workshop Summary)

- What Happened
  - Trauma Strikes
  - Heterostasis (on guard)
  - Dissociative dosing transactions (the “game”)
  - The Cycle of Dissociative Forgetting

- Where did it leave us?
  - The Laundry List, the Other Laundry List

- What needs to happen?
  - Withdraw from withdrawal (stop playing the “game”)
    - Re-Mind
    - Re-Member
    - Re-Inhabit (the body)
  
    **Re-Integrate**
    (one whole person)

- How can we do it?
  - The 12 Steps (broadened, deepened, focused on trauma recovery [injury, damage])

- How will we know when it’s finished?
  - Characteristics of an integrated person (the Flip Side of both Laundry Lists)
Questions & Answers