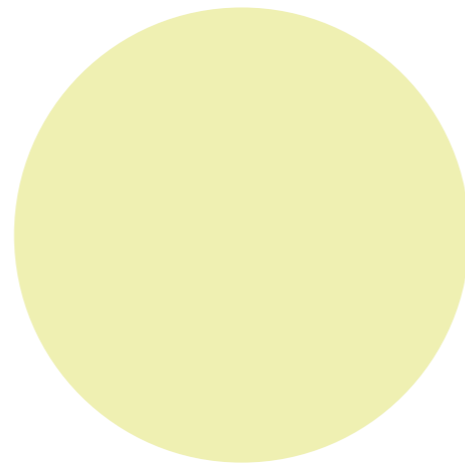
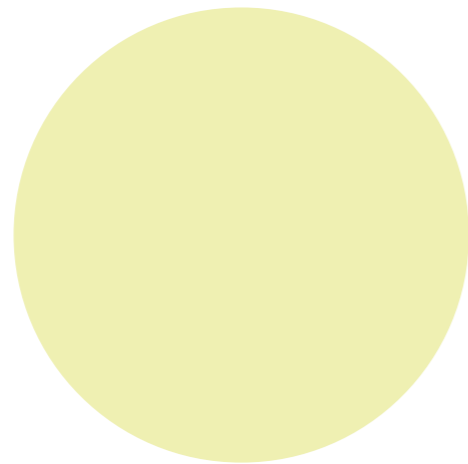


# Domestic abuse, interpersonal trauma and trauma bonding



**Zoe Lodrick**  
**Psychotherapist**

The text is centered and surrounded by six light green circles. Three circles are arranged in a horizontal row above the text, and three are arranged in a horizontal row below it. The top-left circle is an outline, while the other five are solid. The text "Human response to threat....." is written in a bold, black, sans-serif font, with the word "threat" followed by seven dots.

**Human response to  
threat.....**

# Brain function when threatened.....

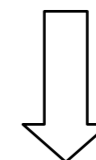
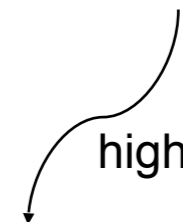
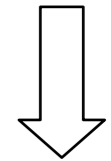
Cortex

Hippocampus

Thalamus

Amygdala

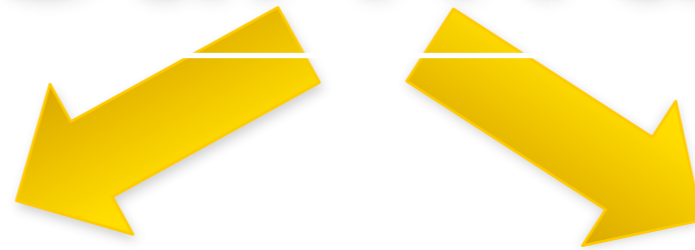
Hypothalamus



Chemical release

The amygdala mediated response:

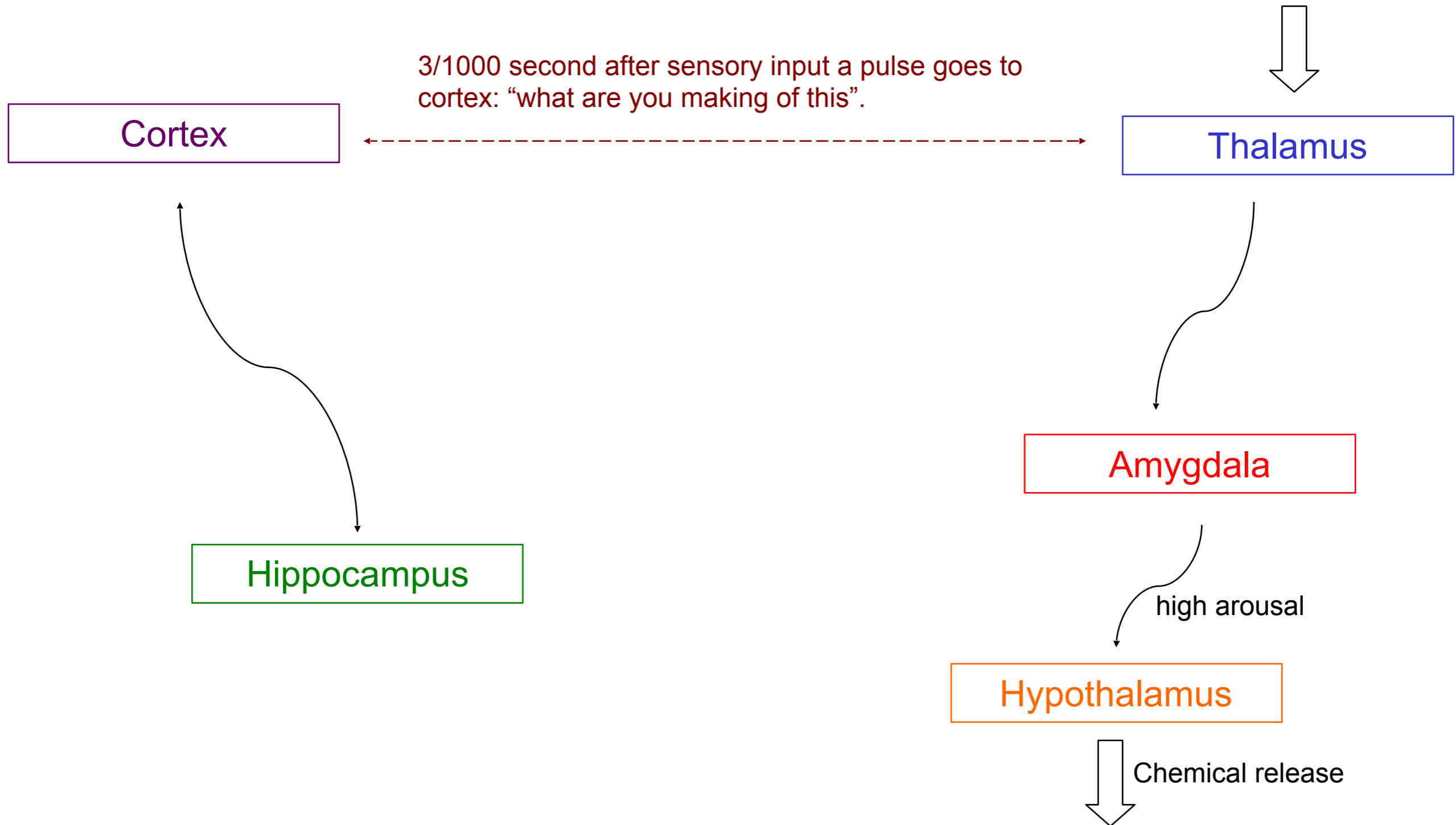
Immediate  
Survival

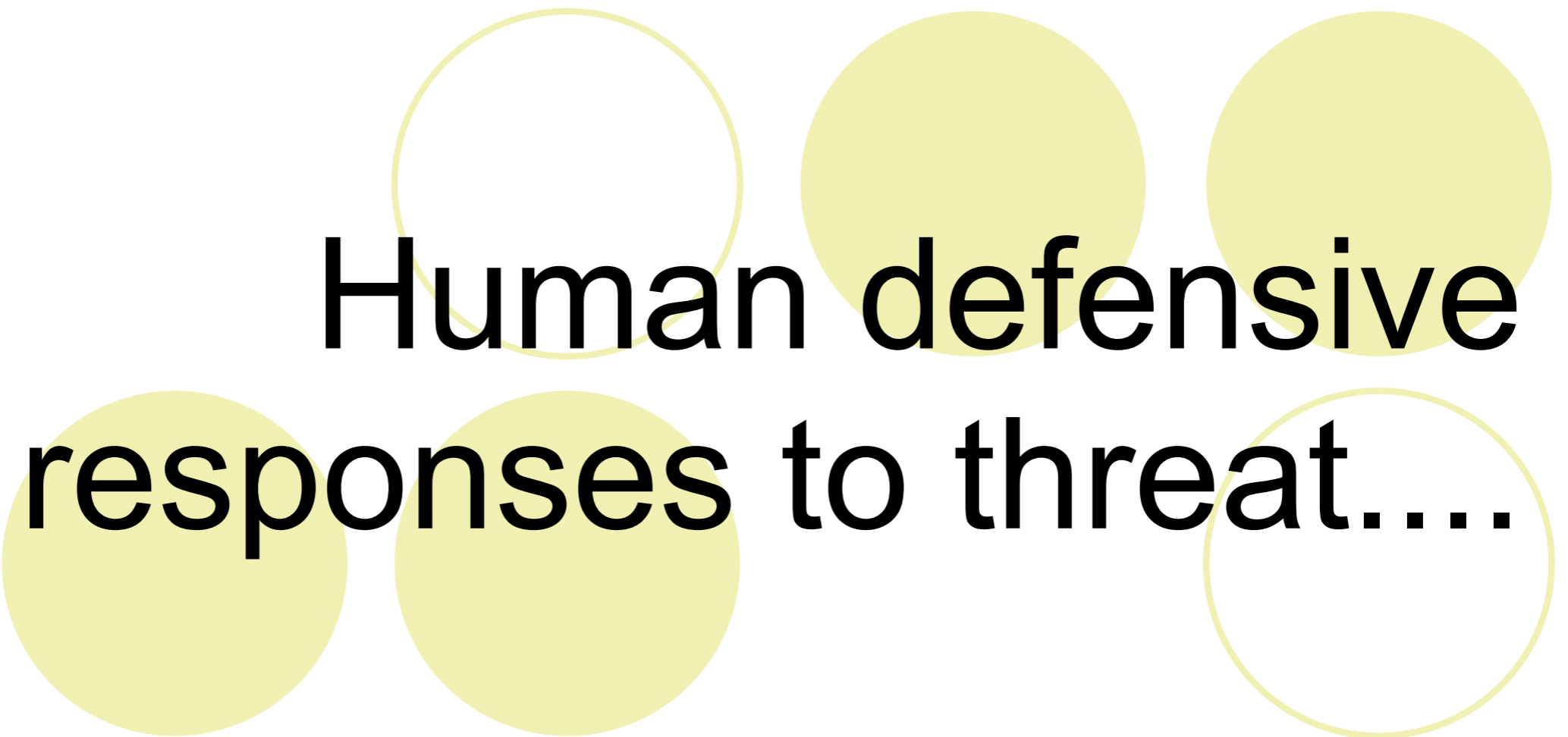


**1. ATTACHMENT**

**2. PHYSICAL INTEGRITY**

# Brain function when threatened.....

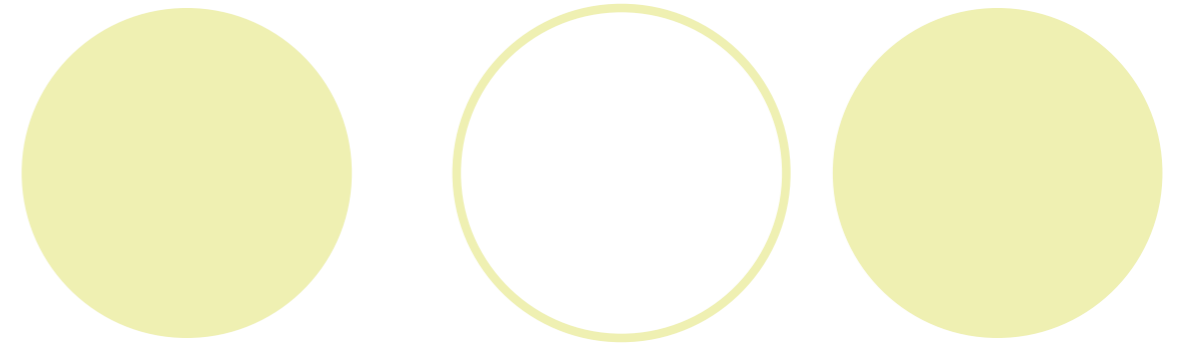


The text is centered and surrounded by six light green circles. Three circles are arranged in a horizontal row at the top, and three are arranged in a horizontal row at the bottom. The circles are semi-transparent and overlap slightly with the text.

# Human defensive responses to threat....

# The Five Fs:

Defensive fear responses



- Friend

- Fight

- Flight

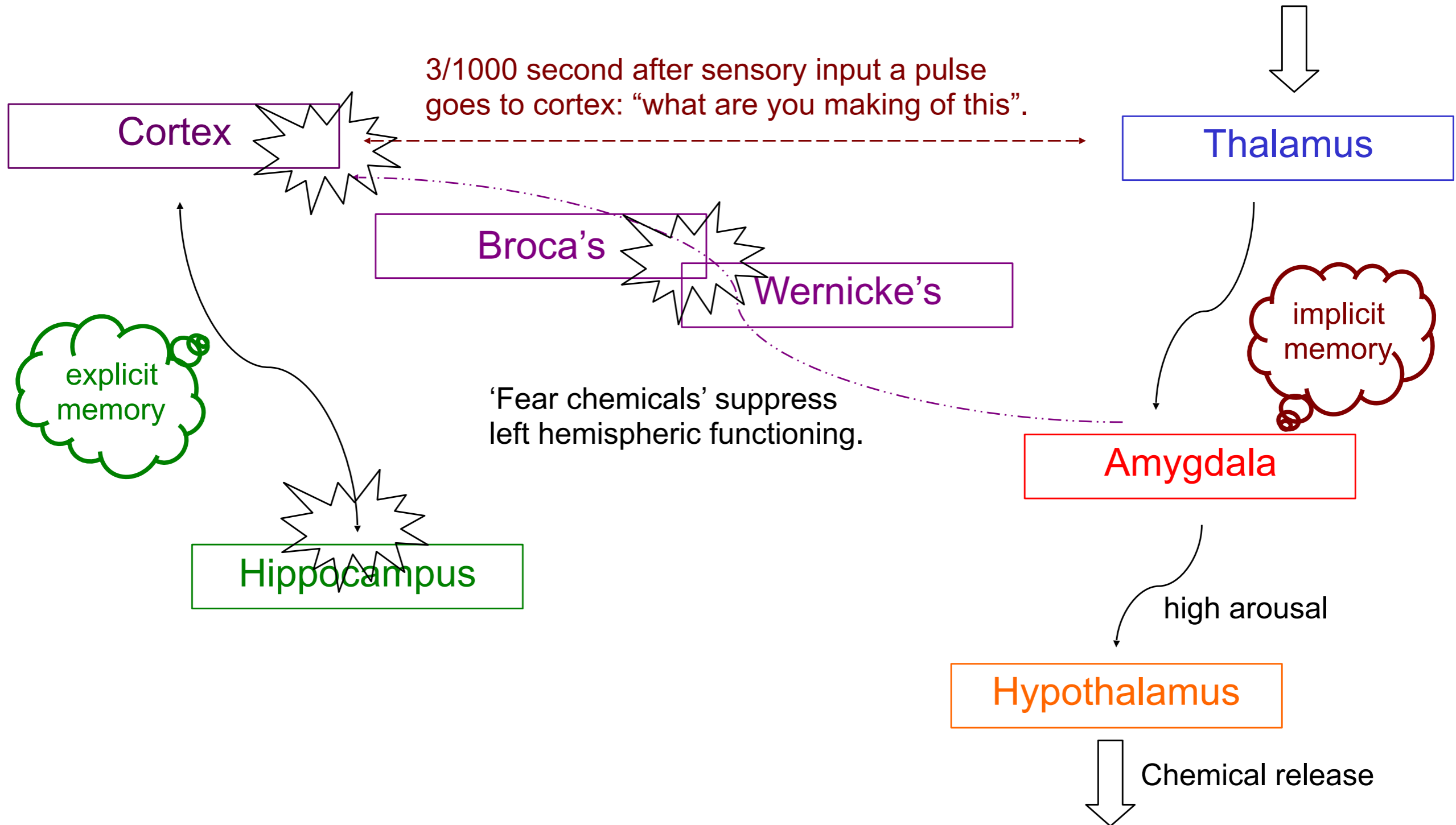
- Freeze

- Flop

active defences

passive defences

# Brain under threat.....





Friend.....

- Friend is the only *active defence* human infants are born with.
- The FRIEND defence is sub-divided into two further defensive responses:

Help me!

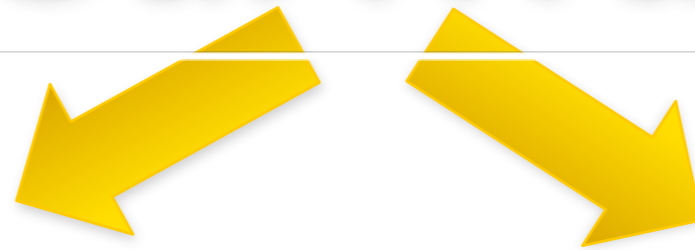
Social engagement  
system

# The amygdala mediated response:

Success.....?



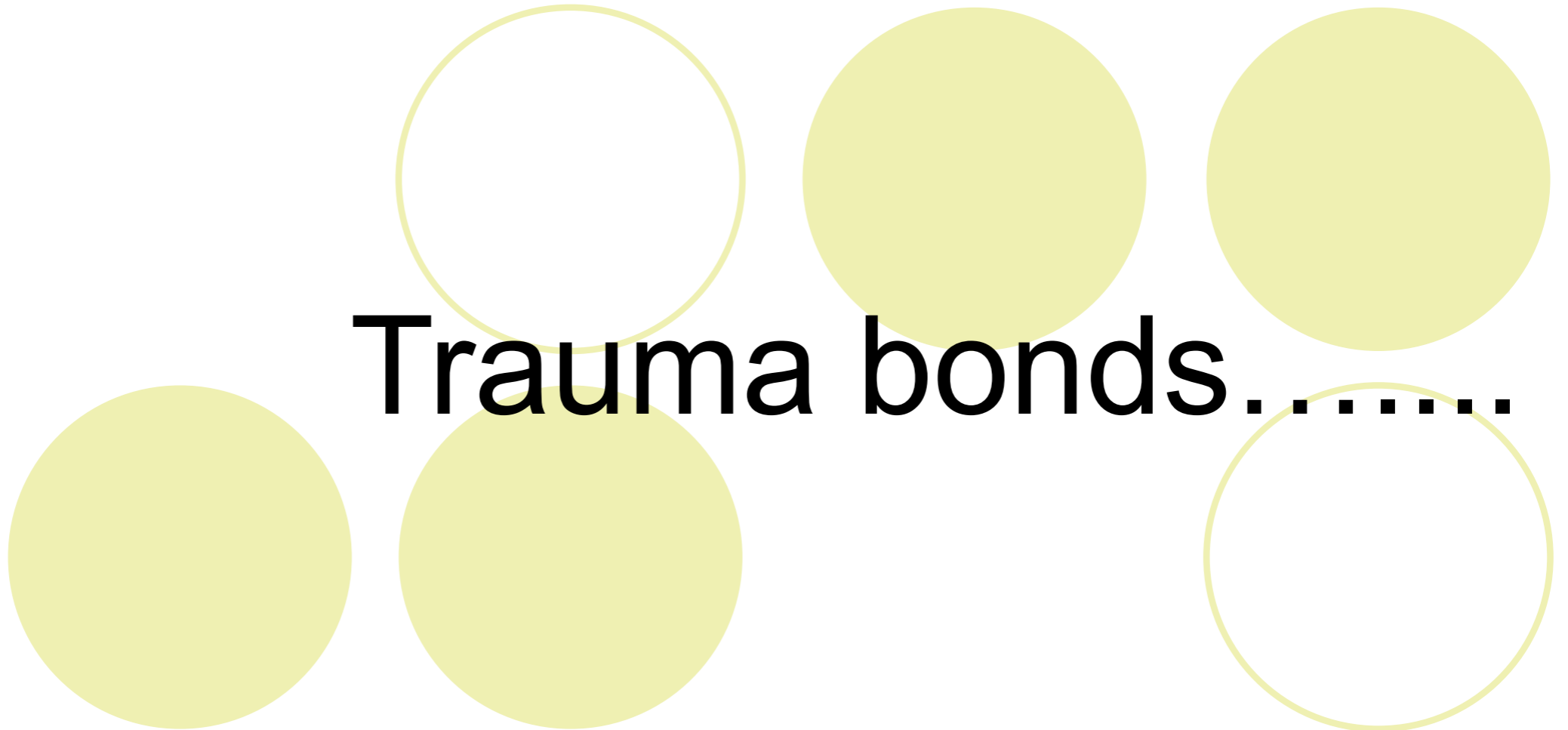
Immediate  
Survival



**1. ATTACHMENT**

**2. PHYSICAL INTEGRITY**

**Trauma bonds.....**

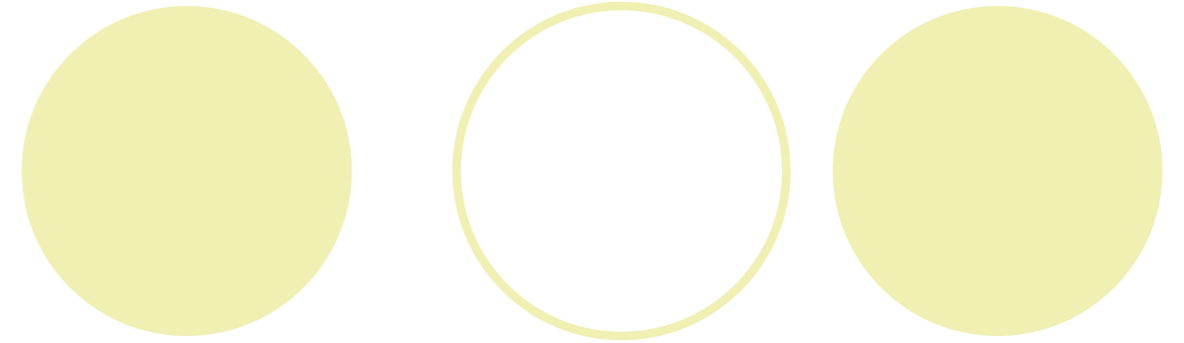


# Bonding is a survival strategy.....

- The amygdala will prioritise the preservation of attachment over individual threat response.
- There are many, many examples of love overcoming fear.....
- Bonding / attachment is more vital to the survival of the human species than one individual's life!

# Trauma bonds

(or 'Stockholm Syndrome')



## Foundation:

- Perceived threat to integrity.
- Harsh treatment interspaced with small kindnesses.
- Isolation from perspectives other than the 'abuser's'.
- Perceived inability to escape.
- Develops after only 4 days.....

Trauma bonds cont...



## Symptoms:

- Positive feelings toward ‘abuser’.
- Negative feelings toward potential ‘rescuers’.
- Support of ‘abuser’s’ reasons and behaviour.
- Inability to engage in behaviours that will assist release / detachment.

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[www.zoelodrick.co.uk](http://www.zoelodrick.co.uk)