

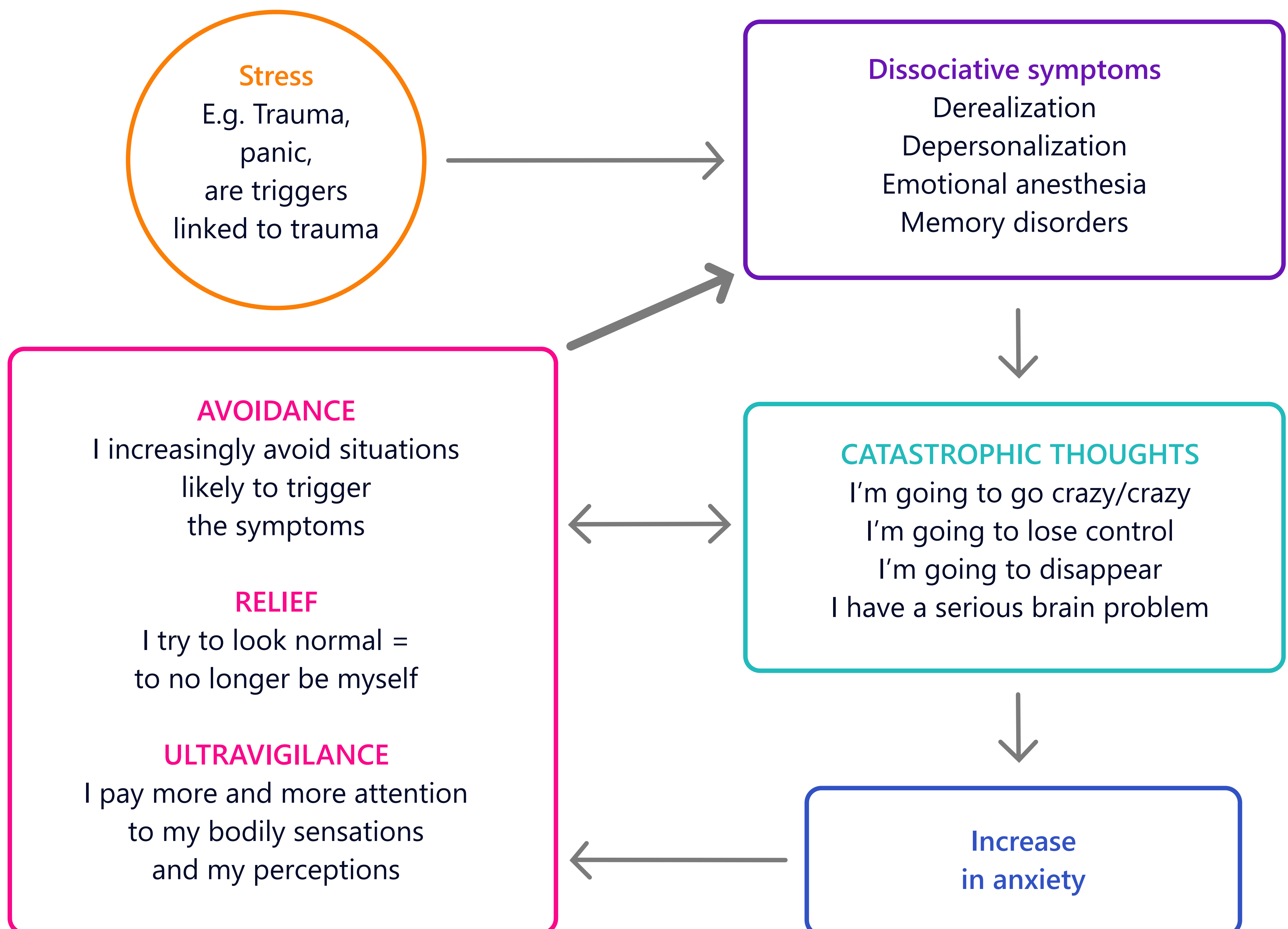
Factsheet

DISSOCIATION

Trauma-related dissociation is caused by a safeguard mechanism put in place by the brain to survive extreme stress. The brain is no longer able to assimilate the information in the memory, which causes traumatic events to be relived in an uncontrolled and invasive way with the same sensory impressions. Even if we are no longer in danger, our alarm system will be activated and we can have a panic attack. Our ability to assess the situation will be very limited.

When our brain is in alarm mode, we tend to have catastrophic thoughts or to cut ourselves off from our thoughts. The only options available when the alarm system is triggered are the Fight, Flight or Freeze reactions. These reactional behaviours are necessary in the event of a threat but are no longer adapted when the danger is over.

Given their neurological immaturity and their vulnerability, children are even more exposed to traumatic shock and can become more disconnected than adults.



How to get out of it?

