



The heartbreak of Betrayal Trauma

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Betrayed

“When you are betrayed by the person who is supposed to love, respect and support you the most, your world shatters.

- It may feel as though the whole life of your relationship has been a lie.”*

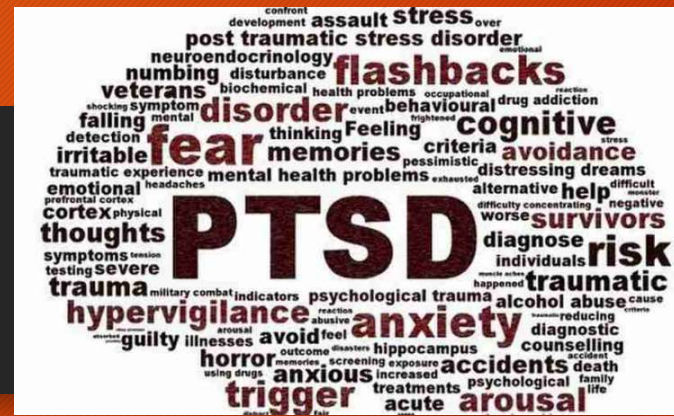


The Trauma of Intimate Partner Betrayal

- “Betrayal represents the traumatic death, not of a person, but of a relationship. So as you might expect individuals who have been betrayed by a partner in a trusting psychologically intimate relationship experience many of the symptoms of PTSD.”

“The Trauma of Intimate Partner Betrayal” 06/08/2018 Psychology Today

PTSD Symptoms



<i>Physical pain</i>	<i>Flashbacks/nightmares 70%</i>
<i>Withdrawal</i>	<i>Anxiety/depression 70-80%</i>
<i>Avoidance 70%</i>	<i>Emotional numbing</i>
<i>Repression</i>	<i>Guilt and shame 70%</i>
<i>Hyperarousal</i>	<i>Mood swings</i>
<i>Hypervigilant 70%</i>	<i>Behavior changes</i>
<i>Easily startled</i>	<i>Sleep Disturbance</i>

For more than one month

Symptoms of Betrayal Trauma

- Hypervigilance “Is he/she going to hurt me again?”
- Numbing out “If I can stop feeling everything then I cannot get hurt again”
- Nightmares “Reliving the disclosure or discovery moment over and over again”
- Startled responses “Jumps at any unexpected touch”
- Sleep disturbance “Can’t sleep because worried he will act out in the middle of the night”
- Loss of Self Esteem: “Why doesn’t he/she want me?”
- Grief “The Death of the dreams of happiness in the marriage”
- Lack of Trust “How can I ever trust him/her again?”

Gaslighting

- “Gaslighting, at its core, is a form of emotional abuse that slowly eats away at your ability to make judgments.

Essentially, a Gaslighter spins their negative, harmful or destructive words and actions in their favor, deflecting the blame for their abusive deeds and pointing the finger at you.

This is often done by making you feel “overly sensitive,” “paranoid,” “mentally unstable,” “silly,” “unhinged,” and many other sensations which cause you to doubt yourself.”

- You’re Not Going Crazy: 15 Signs You’re a Victim of Gaslighting” ALETHEIA LUNA <https://lonerwolf.com/gaslighting/>
Accessed 10/1/19

Gaslighting techniques

- Using a mask of confidence, assertiveness, and/or fake compassion to make you believe that you “have it all wrong.”
- Changing the subject.
 - “You’re imagining things—that never happened!”
 - “No, you’re wrong, you didn’t remember right.”
- Minimizing.
 - “Why are you being so sensitive?”
 - “I was just joking around, why are you taking things so seriously?”
- Denial and avoidance.
 - “I don’t know what you’re talking about, you’re changing the subject.”
- Twisting and reframing.
 - “If you remember correctly, I was actually trying to help you.”

PHASE 1 BETRAYAL TRAUMA



- *Why doesn't he/she want me instead of pixels?*
- Works to make themselves better or more of what ever they are told are lacking

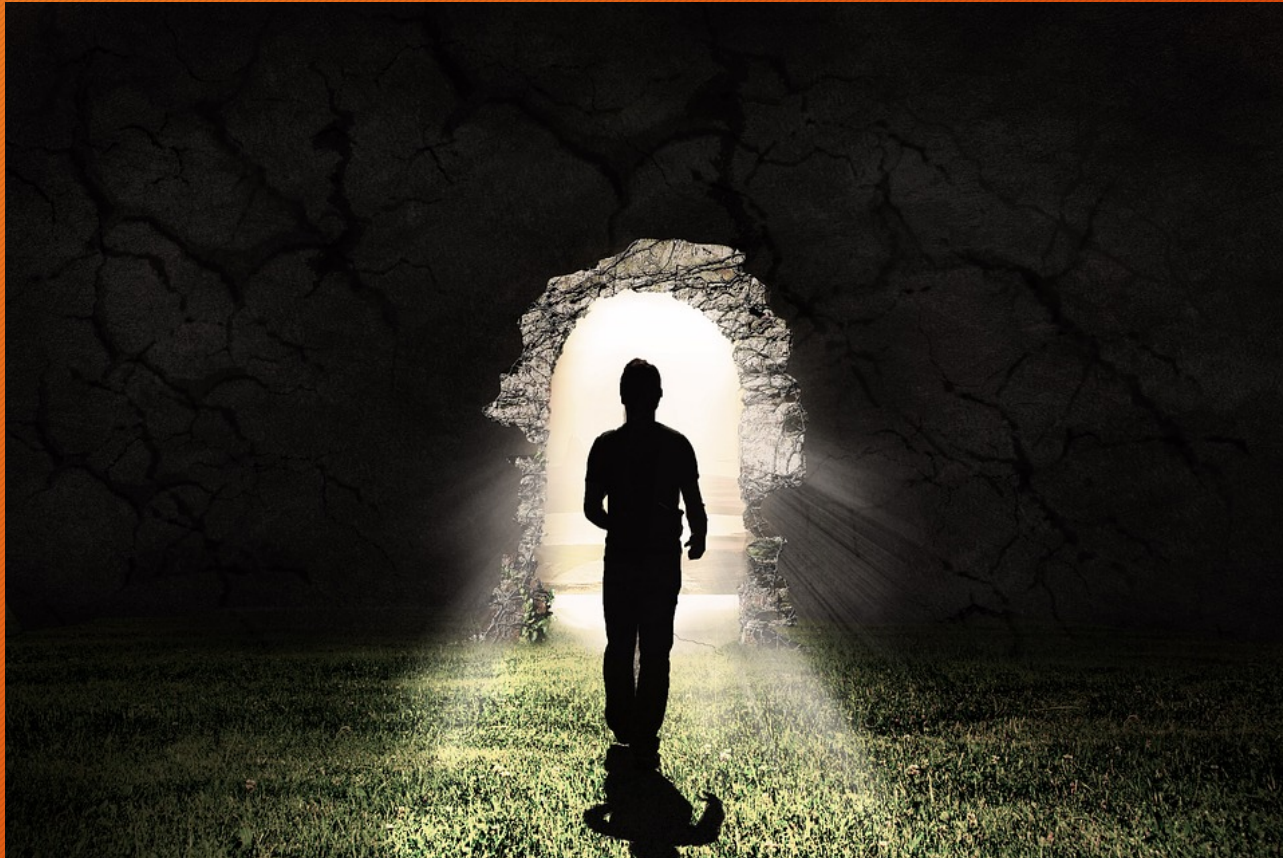
RESOLUTION: It is not about me because no matter what I do he/she keeps acting out

PHASE 2 BETRAYAL TRAUMA

- *“He is broken, I have to help him or I have to keep him from hurting me again”*
- Become the policeman, the detective, the punisher, the enforcer - THE MOMMY.
- Parent/child relationship develops
- RESOLUTION: No matter what I do I cannot stop him from acting out.



PHASE 3 BETRAYAL TRAUMA



- “It is not about me, I cannot stop him/her, I have to let him/her work their own recovery while I retreat and work mine.”
- Creates boundaries of safety so that they are protected and begins to work on their own recovery.
- **RESOLUTION:** Each individually works on their own recovery.

The beginnings of recovery work

- *Recentering through self care*
 - PHYSICAL
 - EMOTIONAL
 - MENTAL
 - SPIRITUAL
 - TEMPORAL

ESSENTIAL SELF CARE- PHYSICAL

- SLEEP
- WATER
- NUTRITION
- EXERCISE
- NEGATIVE SELF SOOTHER

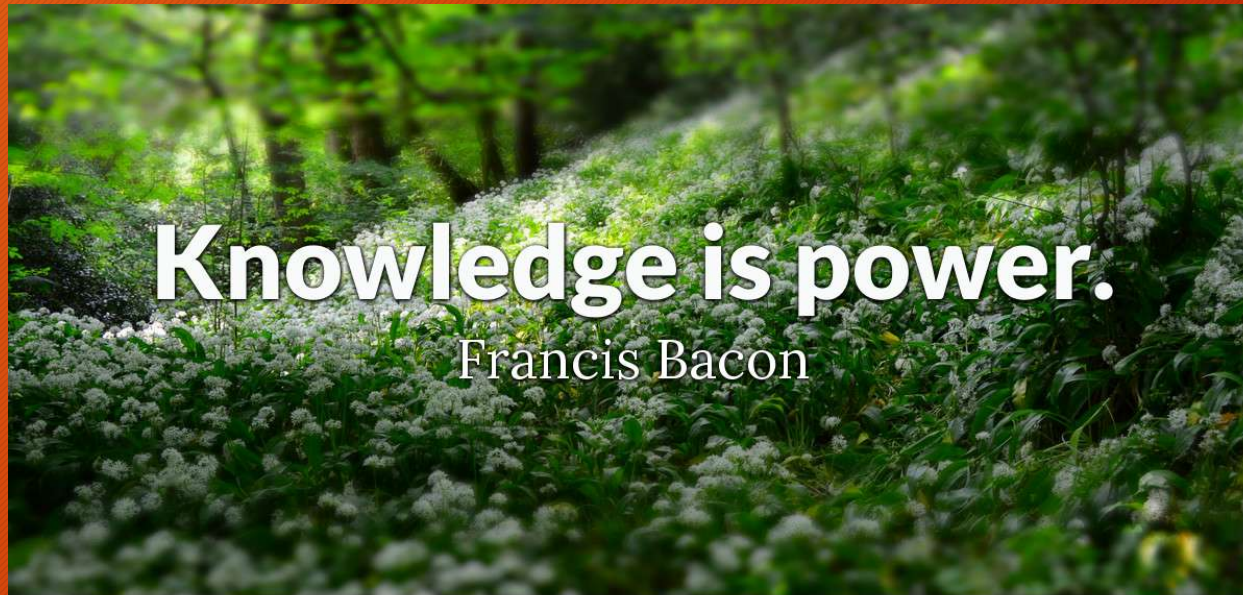
EMOTIONAL SELF CARE

- IDENTIFY WHO IS IN YOUR INNER CIRCLE
- BUILD A SUPPORT TEAM
- ESTABLISH SAFETY THROUGH BOUNDARIES
- ALLOW TIME FOR THE THINGS THAT FILL YOUR SOUL
- CREATE GENUINE HAPPINESS



MENTAL SELF CARE

- GAIN EDUCATION ABOUT THE ADDICTION
- GAIN UNDERSTANDING ABOUT RECOVERY YOURS AND THEIRS



LCAP - COMMUNITY RESOURCES, BOOKS, ARTICLES AND VIDEOS

Individuals Struggling with Problematic Sexual Behavior

- Out of the Shadows: Understanding Sexual Addiction (1983, 2001), Patrick Carnes
- Don't Call it Love: Recovery from Sexual Addiction (1992) Patrick Carnes
- Facing the Shadow: Starting Sexual and Relationship Recovery (2015)
- LifeSTAR 3 Phase Treatment Model with workbooks
<http://www.lifestarnetwork.com/>
- Life After Lust: Stories & Strategies for Pornography and Sex Addiction Recovery (2017) Forest Benedict
- Healing the Wounds of Sexual Addiction

SPIRITUAL SELF CARE

- UNDERSTAND AND EMBRACE SPIRITUAL CONNECTIONS TO GIVE YOU PEACE, DIRECTION AND UNDERSTANDING IN THIS JOURNEY
- MINDFULNESS
- MEDITATION



TEMPORAL SELF CARE



- FIND A SPACE OF RETREAT FROM THE WORLD TO BE STILL

Healing....



Trauma creates change
you DON'T choose. Healing
is about creating change
you DO choose.

- Michelle Rosenthal