

## Traumer i et mentliseringslys

Første Danske Mentaliserings seminar  
Aalborg 12. januar 2018

### Psykiatrien i Nordjylland

Morten Kjølbye  
Uddannelseskoordinerende overlæge  
Psykiatrien i Region Nordjylland

Klinisk lektor i psykiatri ved Institut for Medicin og Sundhedsteknologi  
Aalborg Universitet  
Postgraduat klinisk lektor i Psykiatri ved Uddannelsesregion Nord, Aarhus  
Universitet



---

---

---

---

---

---

---

---

## Freuds store fejltagelse

- Freud fandt at konversionssymptomer (dissociative symptomer) havde rødder i seksuelle overgreb i barndommen
- Freud kunne ikke tro på hyppigheden af egne fund
- Freud udviklede en teori om at hysteri havde sammenhæng med fantasier om en incestuøs relation



---

---

---

---

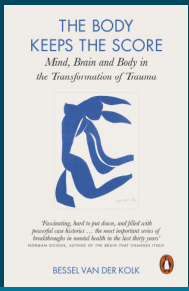
---

---


---

---

## Traumer er hyppigere og mere skadeligt end vi tror



”one in five Americans was sexually molested as a child; one in four was beaten by a parent to the point of a mark left on the body; and one in three couples engages in physical violence”



---

---

---

---

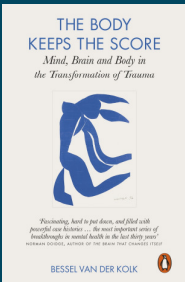
---

---

---

---

### Har vi det forkerte fokus i psykiatrien



· "I was often surprised by the dispassionate way patients' symptoms were discussed and by how much time was spent on trying to manage their suicidal thoughts and self-destructive behaviours, rather than on understanding the possible causes of their despair and helplessness"

---

---

---

---

---

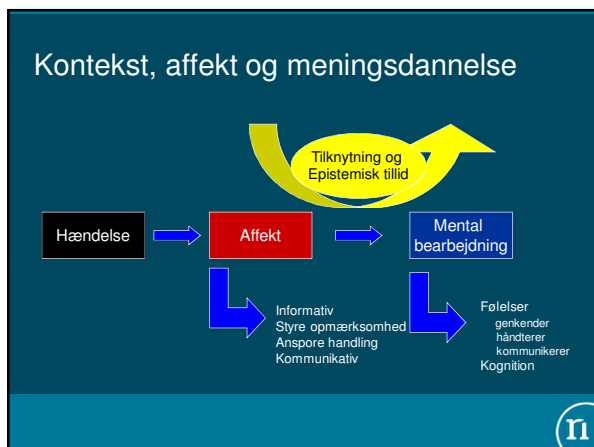
---

---

---

---

---




---

---

---

---

---

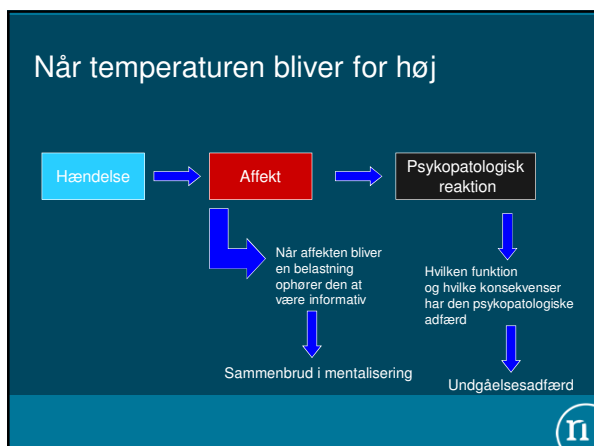
---

---

---

---

---




---

---

---

---

---

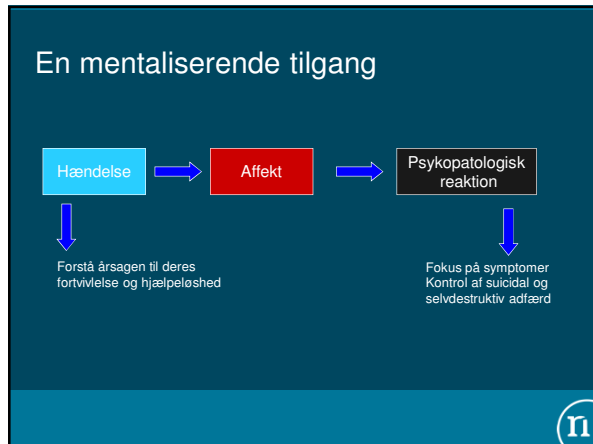
---

---

---

---

---



---

---

---

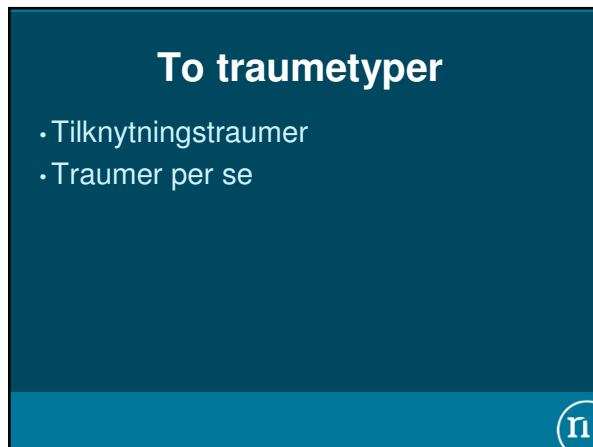
---

---

---

---

---



---

---

---

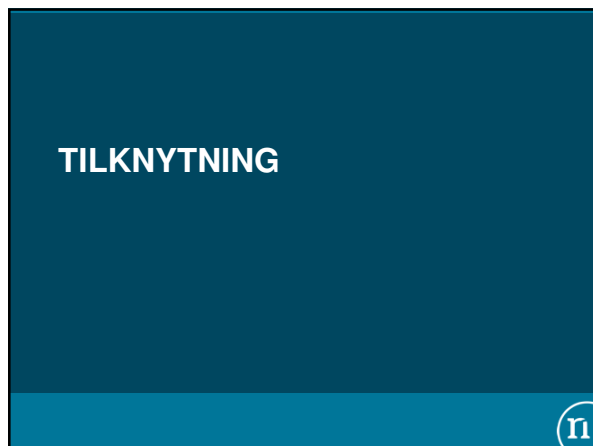
---

---

---

---

---



---

---

---

---

---

---

---

---

### Bowlby's observation

- Protest
- Utrøstelig
- Ligegyldighed
- Tryk tilknytning
- Utryk tilknytning




---

---

---

---

---

---

---

---

---

---

### Hvorfor er tilknytning vigtig i en psykiatrisk kontekst

- Tilknytning ved 11 mdr er den bedste prædikator for tilknytning ved 18 år
- Tilknytning ved 11 mdr er den bedste prædikator for mentaliseringssevne ved 18 år
- God mentalisering og sikker tilknytning beskytter mod psykosociale belastninger




---

---

---

---

---

---

---

---

---

---

### Forskellige tilknytningssystemer

Understanding Attachment Theory  
<http://kidscooperate.com>

Secure	Ambivalent	Avoidant	Disorganized
Uses caregiver as a secure base for exploration. Shows appropriate distress when the caregiver leaves in a conditional manner, seeking re-orientation. May be comforted by the stranger but shows clear preference for the caregiver.	Does not use the caregiver as a secure base for exploration, appearing before the caregiver leaves. Open about the caregiver leaving and does not seem on return. Expresses concern about the caregiver's location, seeking comfort but remaining ambivalent in a distressed but calm manner by stranger. In this relationship, the child plays fairly evenly between the caregiver's availability to seek assistance.	Lacks emotional sharing in play. The signs of emotion when the caregiver leaves or returns. Shows the affect when offered affection. Trusts strangers readily to caregivers. The child may express lack of attachment and low self-esteem by acting out.	Lack of attachment can be expressed in disorganized emotional behavior such as approaching the caregiver but with the back turned.

Attachment: M.D. Bakkar, M. Waters, B. Walsh © 1998. Patterns of Attachment: A Psychological Study of the Strange Situation. Hillsdale, NJ: Lawrence Erlbaum Associates.




---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

### Kliniske konsekvenser af usikker tilknytning

- Usikker tilknytning gør det mindre sandsynligt at personen reviderer viden eller standpunkter, selv om data peger på det
  - Non-mentaliserende standpunkt
- Ved emotionel dysregulering vil patienten søge stabilitet gennem at fastholde gamle oplevelser
  - Den dysregulerede patient er de dømt til symptom-adfærd

A small logo with the letter 'n' is in the bottom right corner of the slide.

---

---

---

---

---

---

---

---

### TRAUMER PER SE

A small logo with the letter 'n' is in the bottom right corner of the slide.

---

---

---

---

---

---

---

---

## Psykisk traume

- Påvirkninger der overskrider personens mentale kapacitet og evnen til at rumme og bearbejde
- Traumets styrke og omfang:
  - Jo tidligere, jo længere og mere intens traumet er, jo større og mere varigt vil traume påvirkningen være
- Omsorgspersoners psykiske tilgængelighed:
  - Bliver traumet anerkendt
  - Bliver traumet negligeret
- Det centrale: at være alene med en ubærlig smertefuld følelse, der ikke kan rummes følelsesmæssigt og ikke kan i talesættes



---

---

---

---

---

---

---

---

## Meget kort om hjernens opbygning og funktion



---

---

---

---

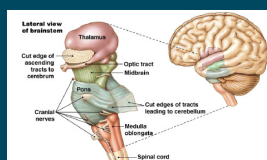
---

---

---

---

## Hjernestammen – krybdyrs hjerne



- Den basale husholdnings funktion
- Er udviklet ved fødslen
- Parasympatikus
- Kontrol af energiniveau
- Søvn/vågen
- Indtag og udtag
- Vejtrækning
- Temperatur
- Sult og smerte



---

---

---

---

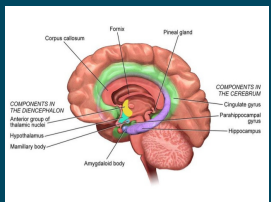
---

---

---

---

### Limbske system – pattedyrs hjernen



- Sæde for emotioner
- Udvikles i de første 6 leveår
- Sympatikus
- Bruger afhængig specialisering
  - Tryk – leg og udforskning
  - Utryk – angst og forladthed
- Kort over relation mellem indre og ydre
- Monitorering af fare
- Vurdering af behag eller ubehag
- Kategorisere
- Perception

---

---

---

---

---

---

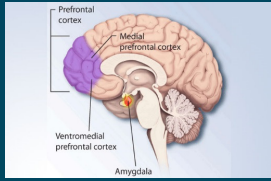
---

---

---

---

### Præfrontal cortex – menneskelige hjerne



- Udvikles hurtigt efter 2 års alder
- Højre: oplever
  - Intuitiv, emotionel, billedlig, rumlig og taktil
- Venstre: taler
  - Sproglig, sekventiel og analytisk
  - Eksekutive funktioner

---

---

---

---

---

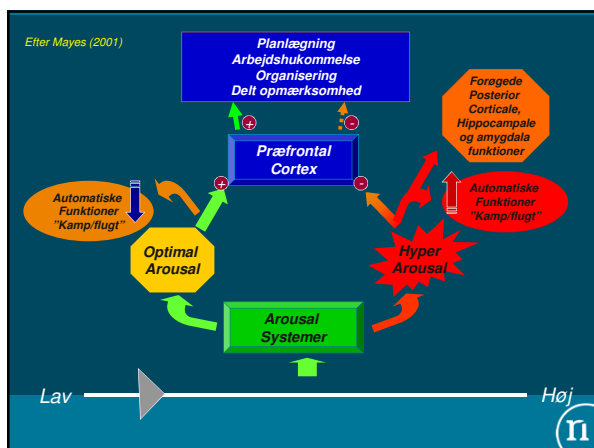
---

---

---

---

---




---

---

---

---

---

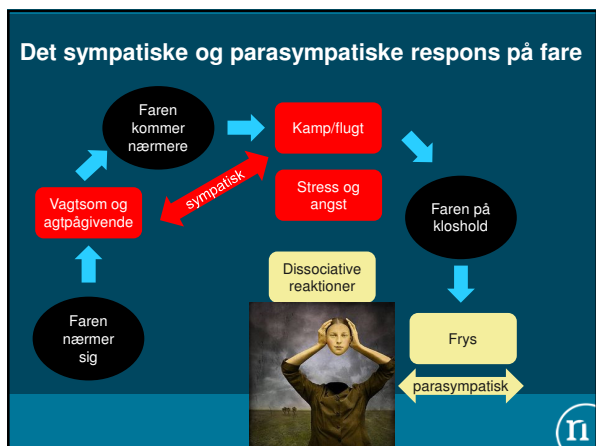
---

---

---

---

---




---

---

---

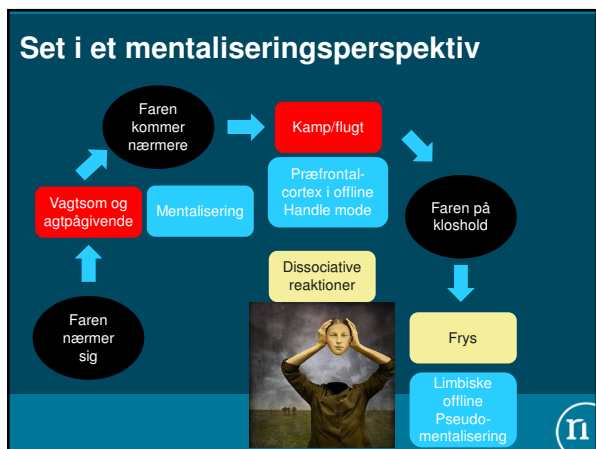
---

---

---

---

---




---

---

---

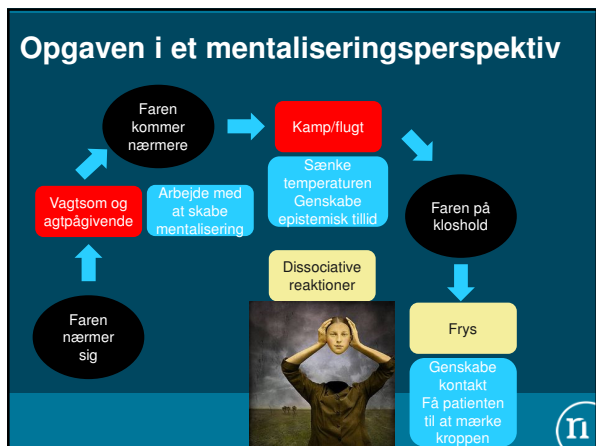
---

---

---

---

---




---

---

---

---

---

---

---

---



### Vigtige konsekvens af traumer

- Forhindre sund tilknytning
- Påvirker evnen til affekt regulering
- Påvirker evnen til mentalisering
- Skaber dissociative processer
  - Forhindre integration og medfører dermed manglende udvikling og læring



---

---

---

---

---

---

---

---