

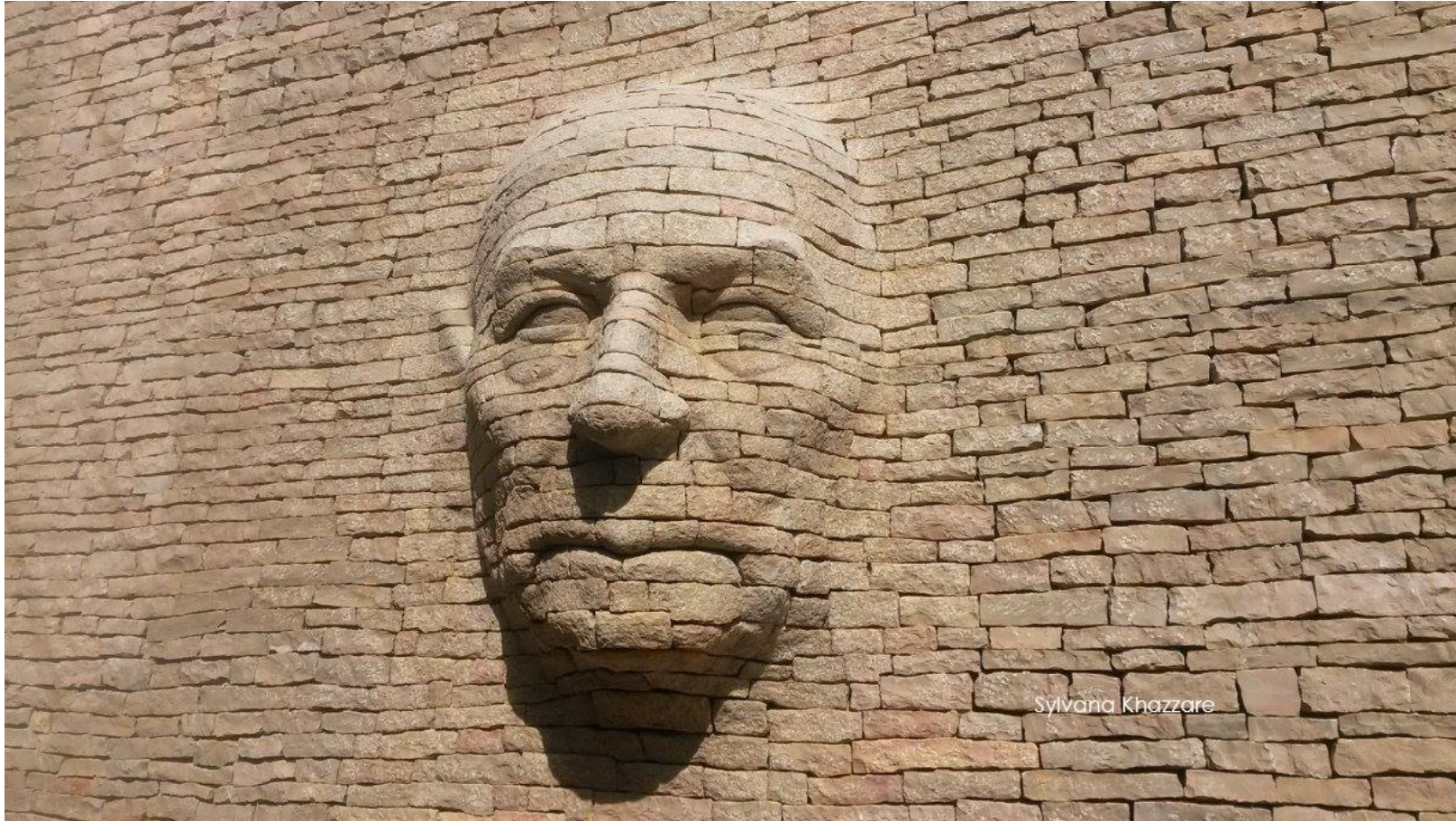
Applying Descriptive Psychology to the Treatment of Trauma

40th Annual Meeting of the Society for Descriptive Psychology

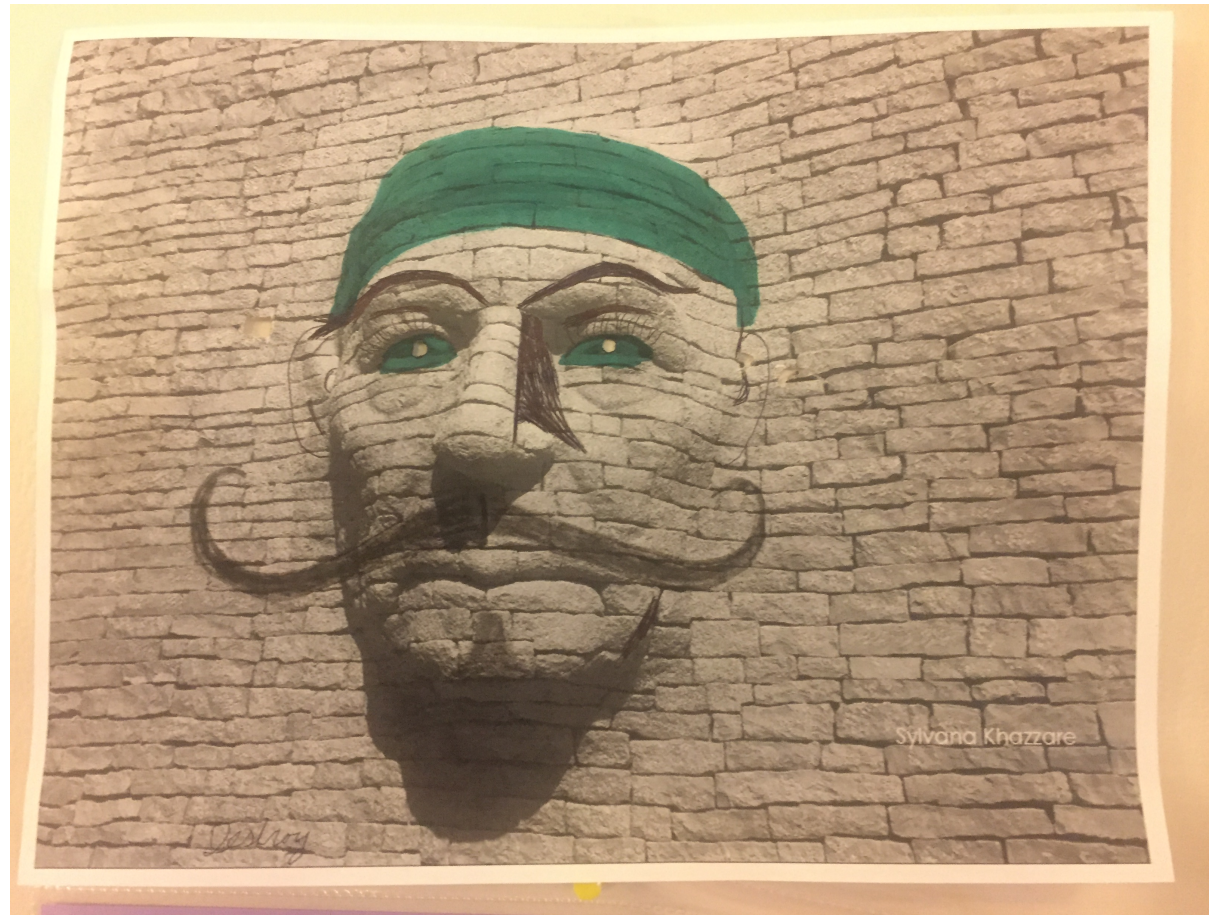
Golden, Colorado

October 11, 2018

Face in the Wall



Dali Face



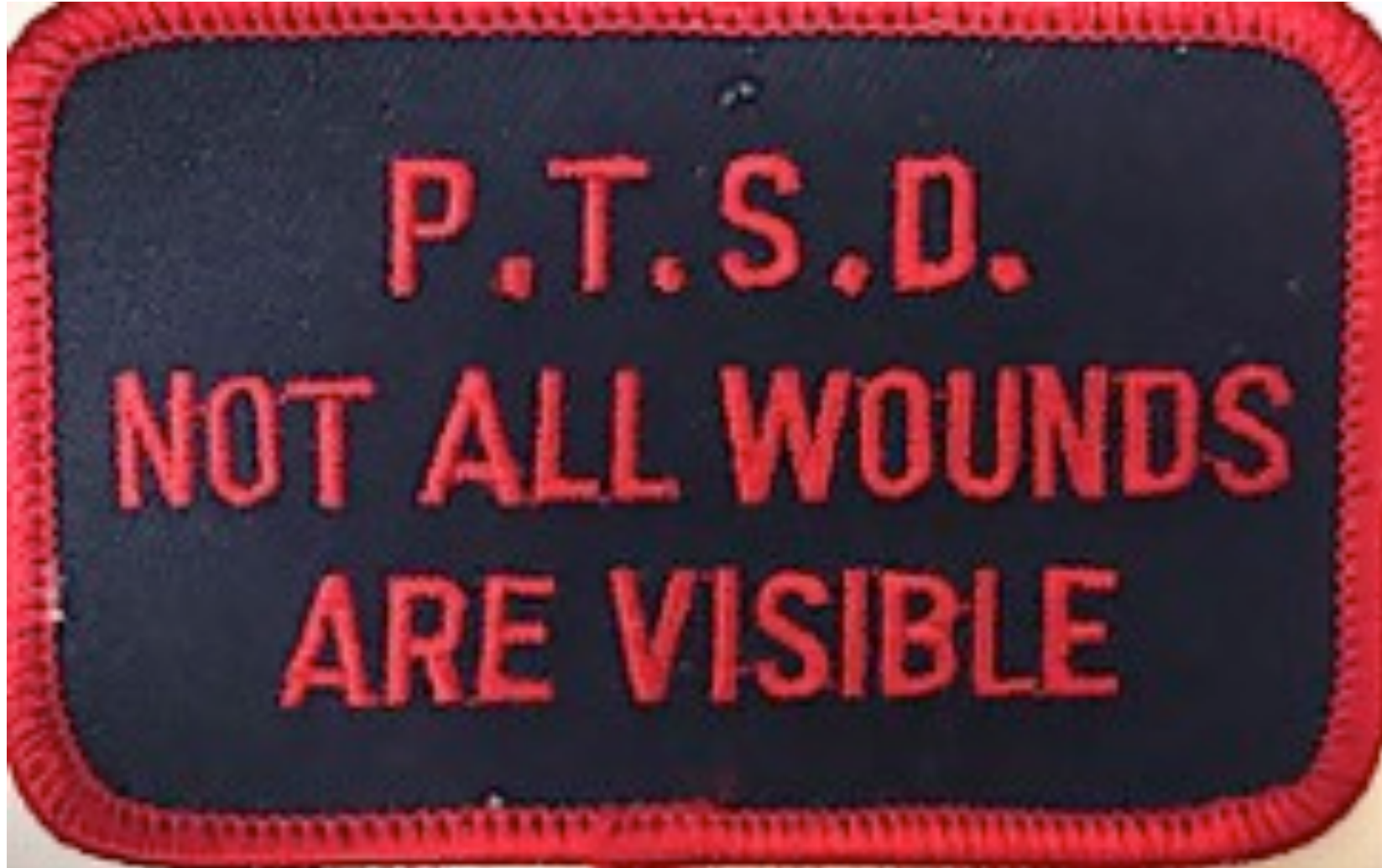
Physical Injury: Paper Cut



Physical Injury: Table Saw



What gets damaged in psychological trauma?



Example One: *The Parking Garage*



Example Two: *The Rooftop Firing Position*



Examples of *Stuck Points*

- Damage to the Self-Concept:

- I am a monster.
- I am not normal.
- I am a failure.
- It's my fault for not stopping them.
- I don't deserve to be happy.

Damage to the World Concept:

- People cannot be trusted.
- I have to be on guard at all times.

CPT: Challenging Beliefs Worksheet

Challenging Beliefs Worksheet

| A. Situation | B. Thought/Stuck Point | D. Challenging Thoughts | E. Problematic Patterns | F. Alternative Thought(s) |
|---|--|--|--|---|
| Describe the event, thought or belief leading to the unpleasant emotion(s). | Write thought/stuck point related to Column A. Rate belief in each thought/stuck point below from 0-100% (How much do you believe this thought?) | Use Challenging Questions to examine your automatic thought from Column B. Consider if the thought is balanced and factual or extreme. | Use the Patterns of Problematic Thinking Worksheet to decide if this is one of your problematic patterns of thinking. | What else can I say instead of Column B? How else can I interpret the event instead of Column B? Rate belief in alternative thought(s) from 0-100% |
| | | Evidence For? Evidence Against? Habit or fact? Not including all information? All or none? Extreme or exaggerated? Focused on just one piece? Source dependable? Confusing possible with likely? Based on feelings or facts? Focused on unrelated parts? | Jumping to conclusions: Exaggerating or minimizing: Ignoring important parts: Oversimplifying: Over-generalizing: Mind reading: Emotional reasoning: | G. Re-rate Old Thought/Stuck Point Re-rate how much you now believe the thought/stuck point in Column B from 0-100% H. Emotion(s) Now what do you feel? 0-100% |

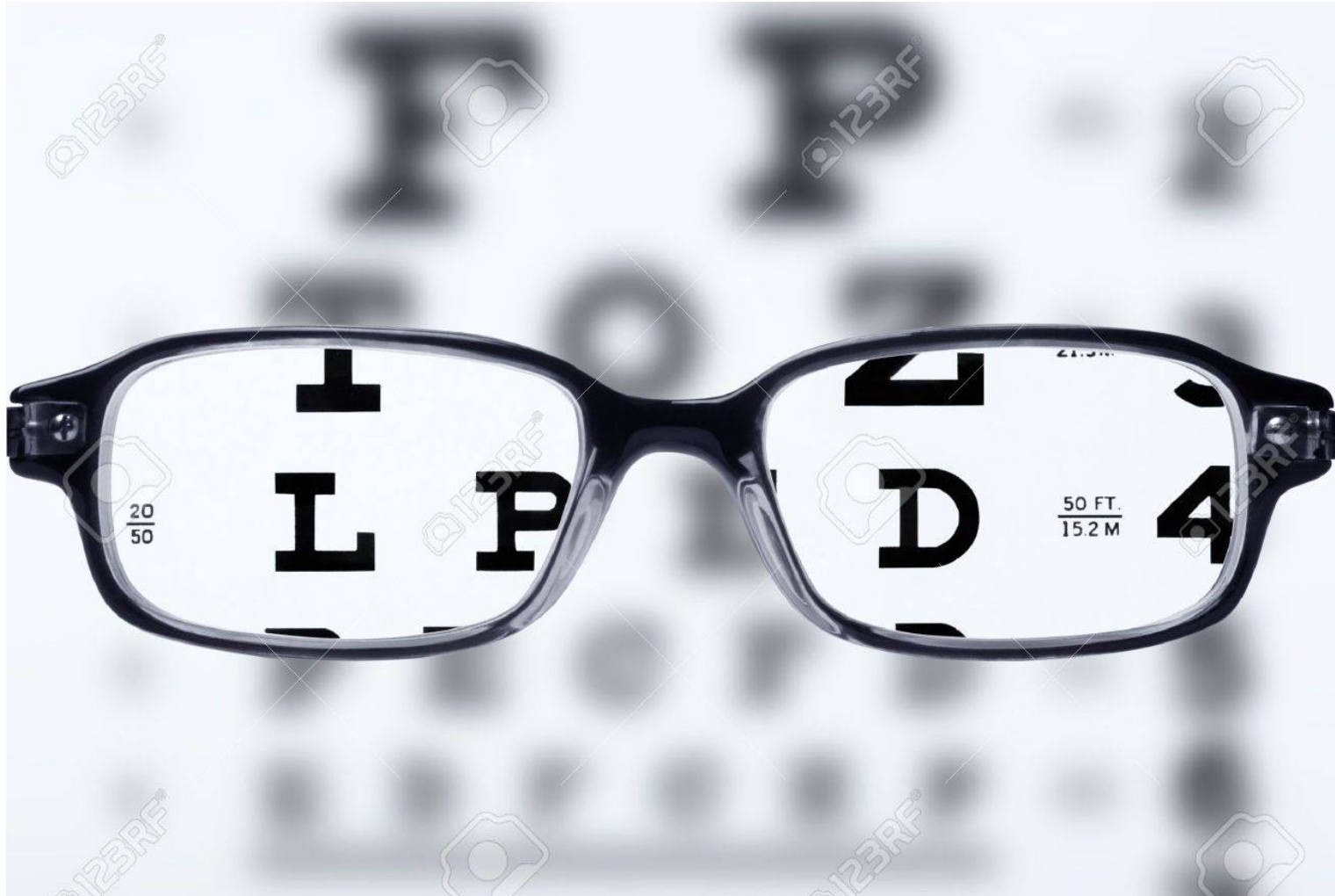
VELCRO®



Whack-A-Mole



Your Eyeglasses



Broken Lenses



The Beach Ball



Courtroom Image



Fourth Bridge Image



Farnsworth: *Morally Injurious Event* (MIE)

“A situation occurring in a high-stakes environment where an individual perceives that an important moral value has been violated by the actions of self or others.”

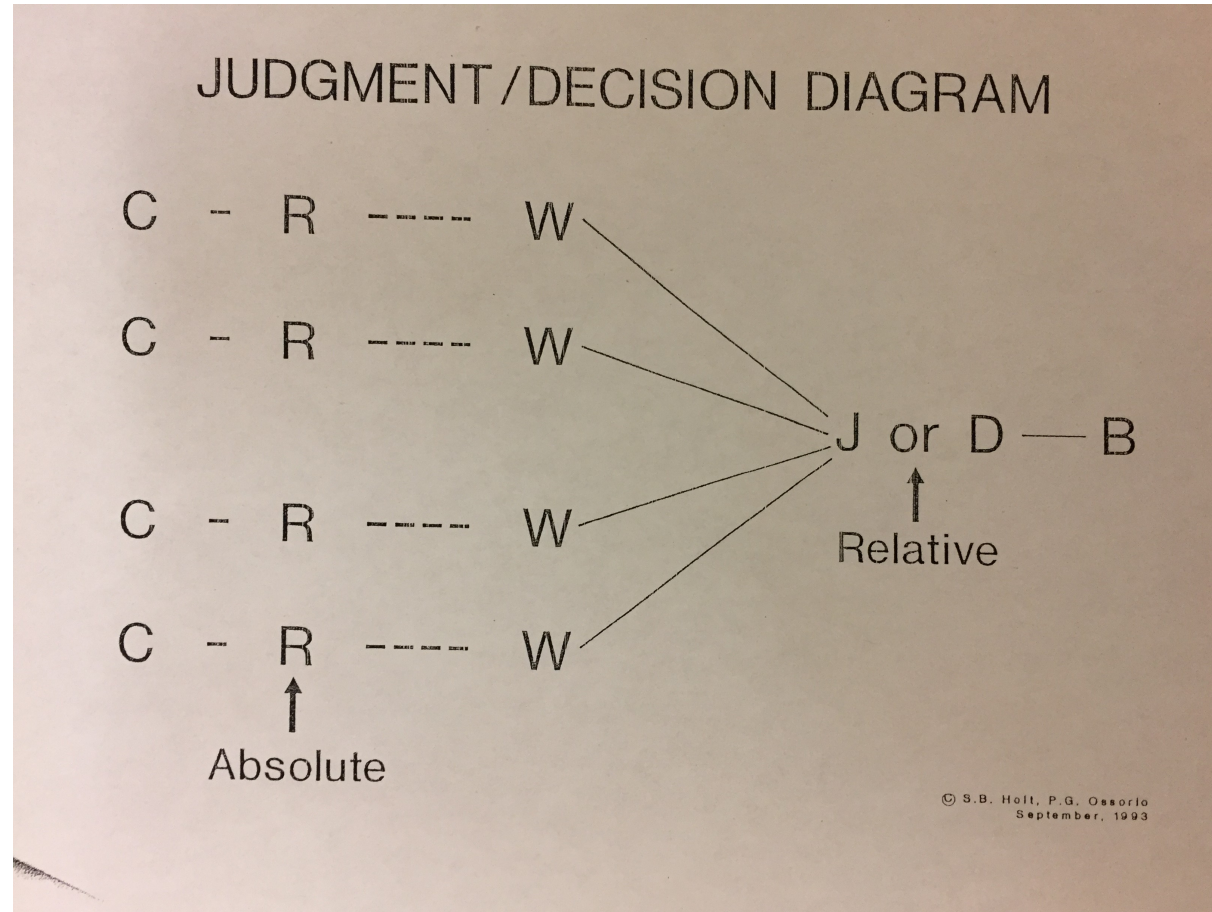
Farnsworth: *Moral Pain*

“**Moral pain** is the experience of dysphoric moral emotions and cognitions (e.g., self-condemnation) in response to a morally injurious event.” The pain manifests in emotions like guilt, shame, and anger, as well as morally-evaluative thoughts/judgments about oneself and one’s standing. Moral pain is not, in and of itself, pathology and, in many instances, reflects fundamental strengths in an individual, such as moral outrage or strong empathy.”

Farnsworth: *Moral Injury*

“Moral injury [is] expanded social, psychological, and spiritual suffering stemming from costly or unworkable attempts to manage, control, or to cope with the experience of moral pain.”

Judgement Diagram



Judgement Diagram: 4 Perspectives (HP EE)

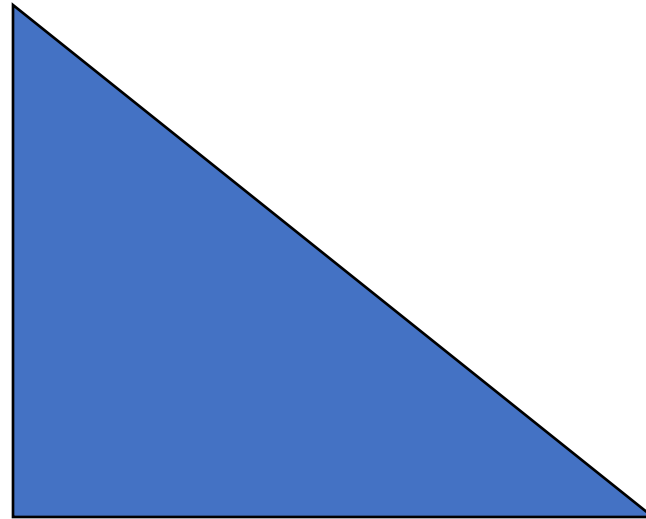
- Hedonic (Pleasurable or Not)
- Prudential (In your best interest or not)
- Ethical (The right thing to do or not)
- Esthetic (Judgments of “Fittingness”, including what “fits” for you as the person you are)
 - 4 Types:
 - Social
 - Intellectual
 - Artistic
 - Spiritual

“Orgasmica” Pizza from Venice, Italy



Observational Assessment: (PC's) + (Behavior) + (Circumstances)

Personal Characteristics



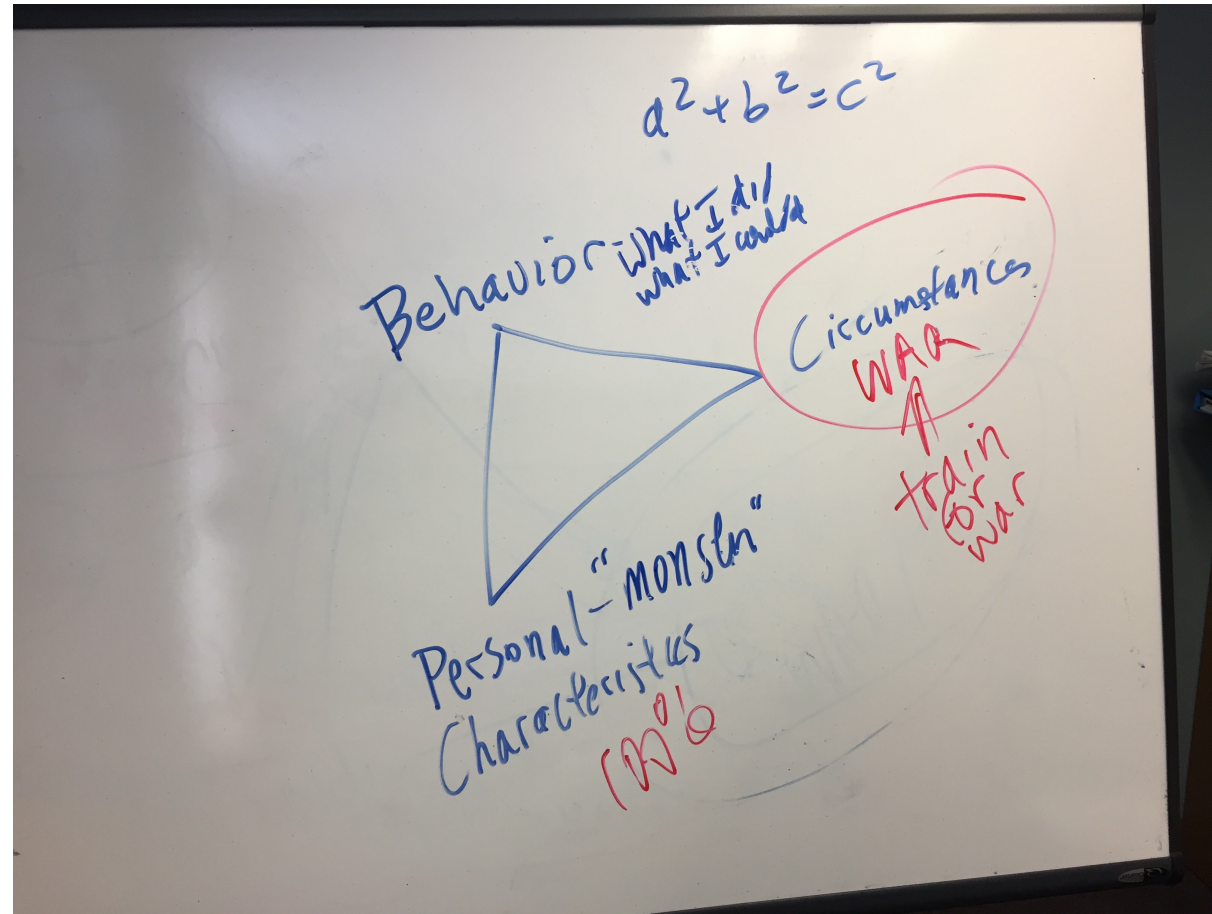
Behavior

Circumstances

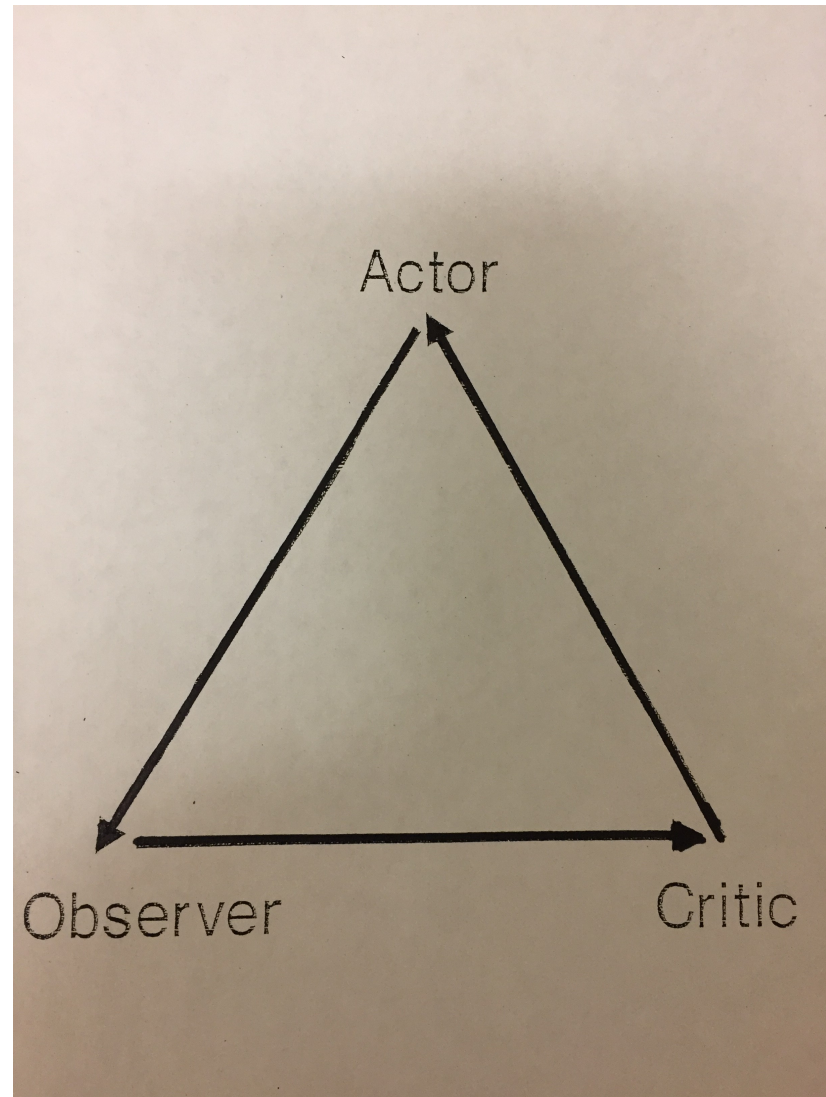
Pythagorean Theorem

- $(a^2 + b^2 = c^2)$
- This equation provides a simple relation among the three sides of a right triangle so that if the lengths of any two sides are known, the length of the third side can be found.

A Real Life Example....



Actor-Observer-Critic Schema



A slogan....

People get PTSD because they give a shit!