



Trauma (Analyse der Psyche und Psychotherapie) (German Edition)

Mathias Hirsch

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Die Psychoanalyse begann als Traumatheorie, entwickelte sich zur Triebpsychologie und kann heute als Beziehungspsychologie verstanden werden, die (traumatisierende) Beziehungserfahrungen als Ursache schwerer psychischer Störungen sieht. Dabei dient die Internalisierung von Gewalterfahrungen eher der Bewältigung lang andauernder 'komplexer' Beziehungstraumata, akute Extremtraumatisierungen haben hingegen Dissoziationen zur Folge. Während eine psychoanalytische Therapie 'komplex' traumatisierter Patienten die therapeutische Beziehung ins Zentrum stellt und sich vielfältiger metaphorischer Mittel bedient, erfordern akute Extremtraumatisierungen, die zu Posttraumatic Stress Disorder führen können, ein verhaltensmodifizierendes, auch suggestives Vorgehen. Der Begriff 'Trauma' sowie der Umgang mit Traumatisierung in der Therapie werden vorgestellt.

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