# Grief, Trauma And Anger In Psychiatric Conditions

Role of Emotions and the Unconscious

# Grief, Trauma And Anger

In Simple Terms All Psychiatric Histories Have These Three Core Emotional Issues:

- Grief
- Trauma
- Anger

# Grief, Trauma And Anger

Grief Can be for:

- Any deaths including that of pets
- Separation from a close friend
- Break up from a relationship
- Abortions & Miscarriages

# Grief, Trauma And Anger

Trauma is :

‘Sudden, unexpected and emotionally disturbing’

- Road Traffic Accidents
- Assaults including sexual
- Abuse- Emotional, Physical, Sexual
- Bullying or Harassment
- Childbirth
- Psychiatric admissions

# Grief, Trauma And Anger

Anger

‘Any experience that the mind tends to undo or does not want to have’

- Can be irritability to rage
- Almost always with individuals
- Can be in the form of unexpressed fear

# Grief, Trauma And Anger

Importance in A History

- Emotional effects in the body accumulate
- Due to incomplete ‘fight flight’ response
- The mind tends to avoid remembering such events
- The bottled up emotions form ‘layers’ of memory

# Grief, Trauma And Anger

The Unconscious And The Limbic System

Unconscious and the Autonomic Nervous System

Sympathetic Expression Is Lacking

Changes in the Body’s Metabolic Processes

# Grief, Trauma And Anger

Mind Body Medicine

- First Experience is Important
- Conditioning develops from it
- Emotional & Cognitive Interpretation based on first experience
- Successive Experiences Add /reinforce the conditioning

# Grief, Trauma And Anger

Mind Body Medicine

- Stimulation of the Sympathetic System
- Reparative and Growth processes slowed down
- Chronic Stress is the Gift of Industrialized Society
- Body lives in a ‘state of emergency’
- Immune system is suspended -> ‘NO’

# Grief, Trauma Or Anger?

# Grief, Trauma And Anger

Mind Body & Spirit

- Spirit is the ‘Soul’
- Soul is in the body
- Body functions with its mind
- Mind can be the cognition or intelligence and the feelings and emotions
- Breath connects the Mind, Body & Spirit

# Grief, Trauma And Anger

Mind Body & Spirit

‘Imagine you are a passenger on a chariot pulled by five horses and driven by a charioteer. Your journey is your life. Your soul is the traveller. The chariot is your body pulled by five senses. The charioteer is your *buddhi* (mind). Control the horses to control the chariot’.

- *Bhagwat Gita*

# Grief, Trauma And Anger

Mind Body & Spirit

- The Spirit is affected by emotions (eg. Hurt)
- Emotions affect the body's physiology
- Body's physiology is dictated by the Autonomic Nervous System
- Autonomic Nervous System affects and is affected by our breathing
- Breath is 'Spiritas' in Latin

# Grief, Trauma And Anger

Mind Body Spirit

The Two Kinds of Breathing

# Grief, Trauma And Anger

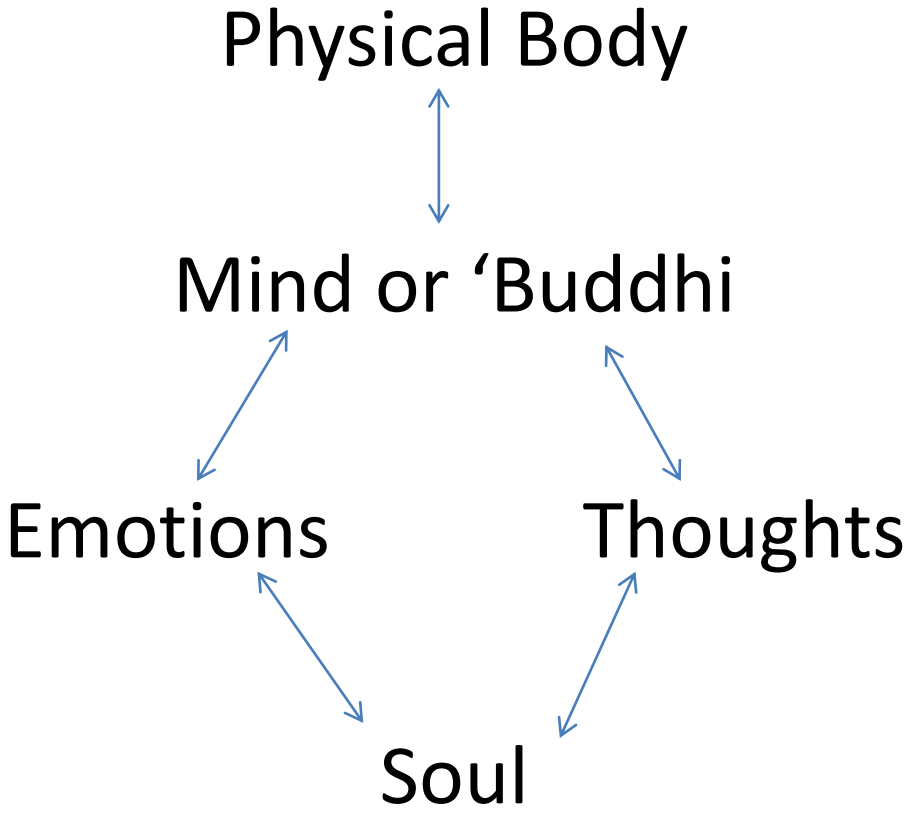
Mind Body Spirit

- Role of Breath:

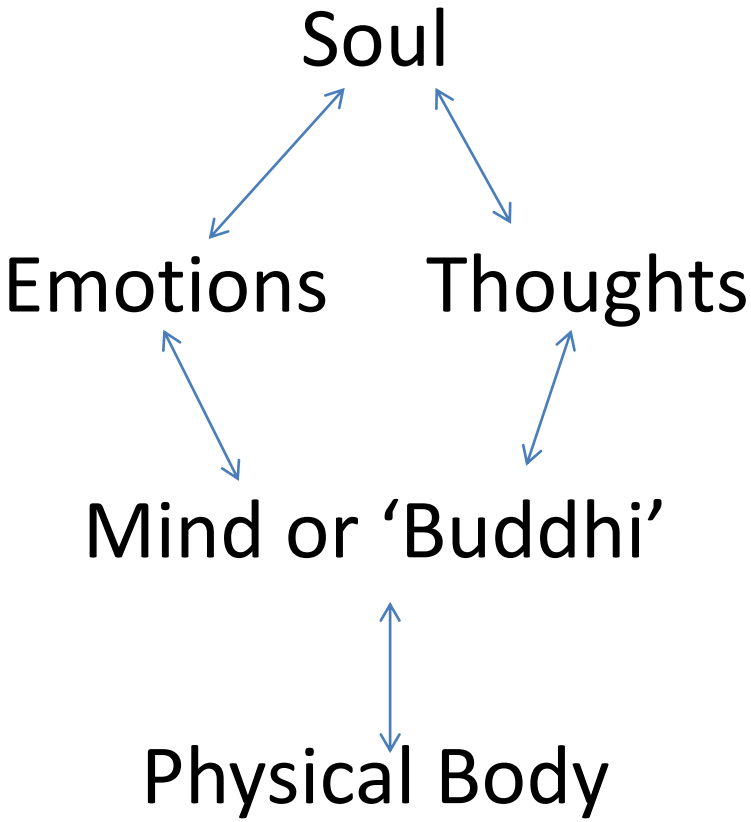
-’Control your breath to control your life’

- ‘Slow your breath to slow your life’
- ‘Breath is medicine’
- ‘Breath affects emotions & their expression’

# Grief, Trauma And Anger



# Grief, Anger And Trauma



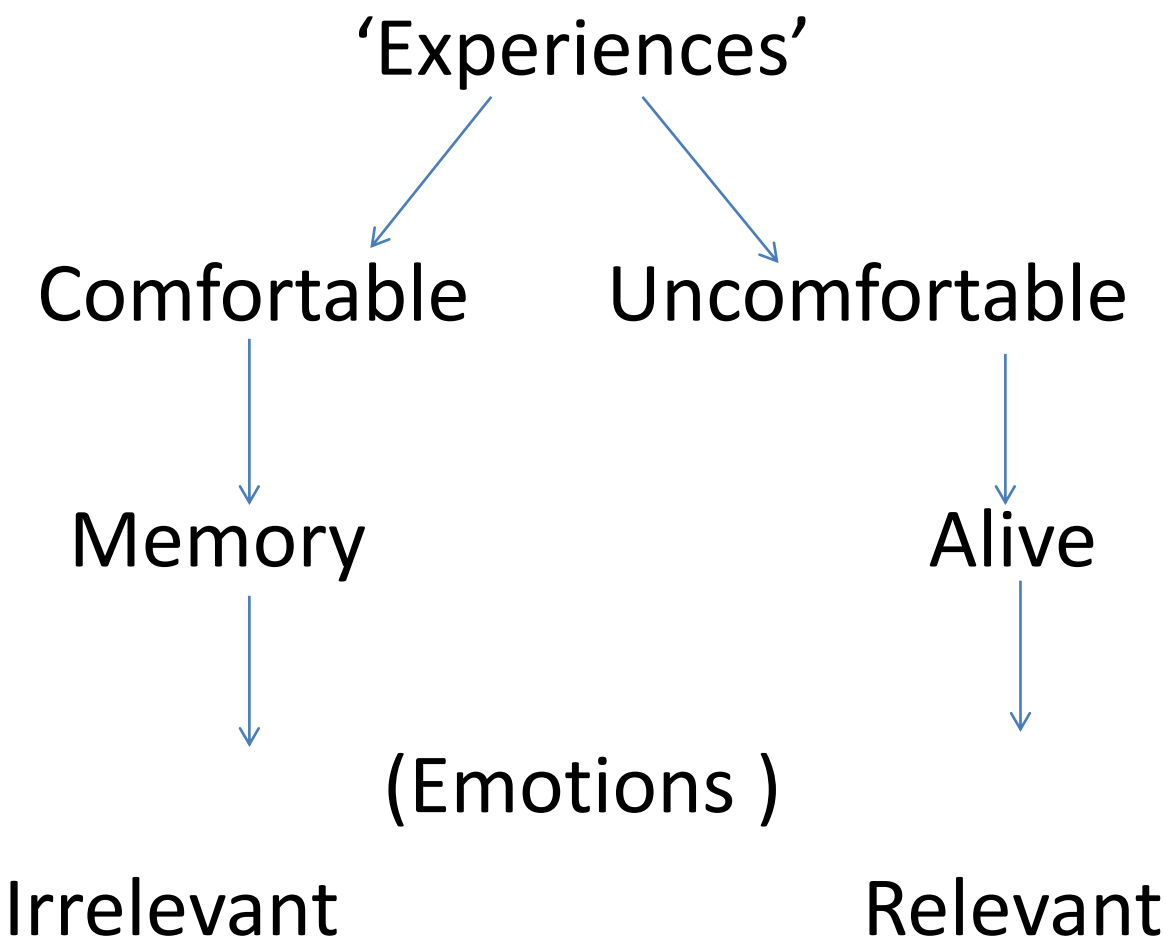
# Grief, Trauma And Anger

KARMA

‘Is the impact of the physical, psychological and emotional experiences on the soul’.

‘ The soul can then take the imprint of its experiences where ever it goes’.

# Grief, Trauma And Anger



# Grief, Trauma, Anger Or Peace?

# Grief, Trauma And Anger

Solutions to the suffering :

- Suppression
- Dilution
- Removal

(Cleaning Out)

# Grief, Trauma And Anger

ALL TREATMENT MODALITIES TEND TO REDUCE SUFFERING BY EITHER ‘SUPPRESSING’ THE SYMPTOMS(eg. MEDICINE) OR BY ‘ASSUAGING’ THE SUFFERING (eg. DRESSING A WOUND) OR BY ‘CLEANING OUT’ THE SUFFERING (eg. RELEASING TENSION)

# Grief, Trauma And Anger

The Law of Sympathetic Expression

‘ The emotions will continue to express themselves in the form of altered behaviour thinking or perception till the Sympathetic tone tires itself out’.

# Grief, Trauma And Anger

The Law of Sympathetic Expression

- Journal writing
- Art therapy
- Sand therapy
- Play therapy
- Psychoanalysis
- Counselling

# Grief, Trauma And Anger

‘Accelerating the Sympathetic Expression’

SUBJECTIVE EMOTIVE BRIEF THERAPY

# Grief, Trauma And Anger

Basis of Subjective Emotive Brief Therapy:

‘Express the emotions and feelings using imagery, allowing yourself to relax and it changes your perception, thinking and behaviour.’

# Grief, Trauma And Anger

Traumatic Experience = Event + Traumatic emotions

With Treatment:

Traumatic Experience – Traumatic emotions

= Event (No details, positive with a lesson)

# Grief, Trauma And Anger

## Express Yourself Fully To Regain Yourself