

## **WHY DOES TRAUMA REMAIN UNRESOLVED?**

- 1) no responsible and caring adult is available to comfort, soothe, regulate, or process with the person their traumatic experience or its consequences;
- 2) in fact, the perpetrator of the trauma may be a significant caregiver, someone who is supposed to be a 'safe island';
- 3) no protective, caregiving adult intervenes in the trauma's repetition;
- 4) the perpetrator is not held accountable nor required to make reparations and may even be more protected than the victim;
- 5) the child or adult is caught in an impossible dilemma: "fright without solution" (Hesse and Main, 2000, p. 1117), facing ongoing triggers and traumatic reactions.

### **UNRESOLVED TRAUMA is made up of various unprocessed terror experiences:**

- a). it disrupts a person's sense of self
- b). it creates specialized self-states to prevent the person from being overwhelmed
- c). it forces the individual to live in an inner minefield anticipating how to manage triggers