

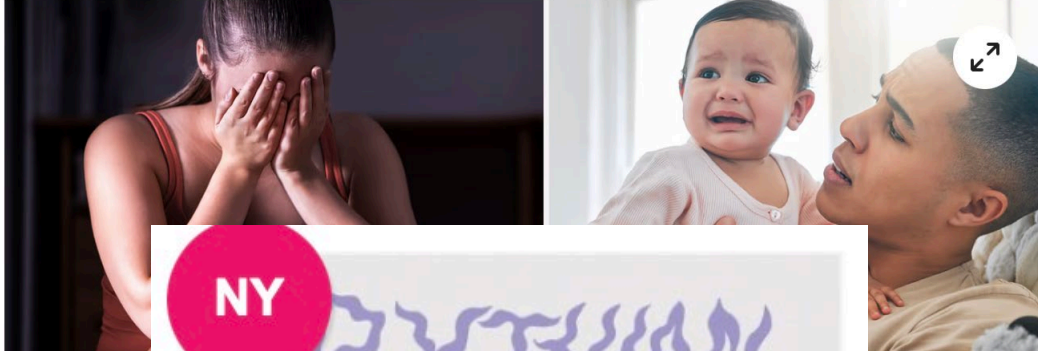
Generation Trauma och den patogena hemlighetens förunderliga historia

Christian Rück, professor, Karolinska Institutet, överläkare, Psykiatri Sydväst

@christianruck



Därför är generation Z så ängsliga unga vuxna

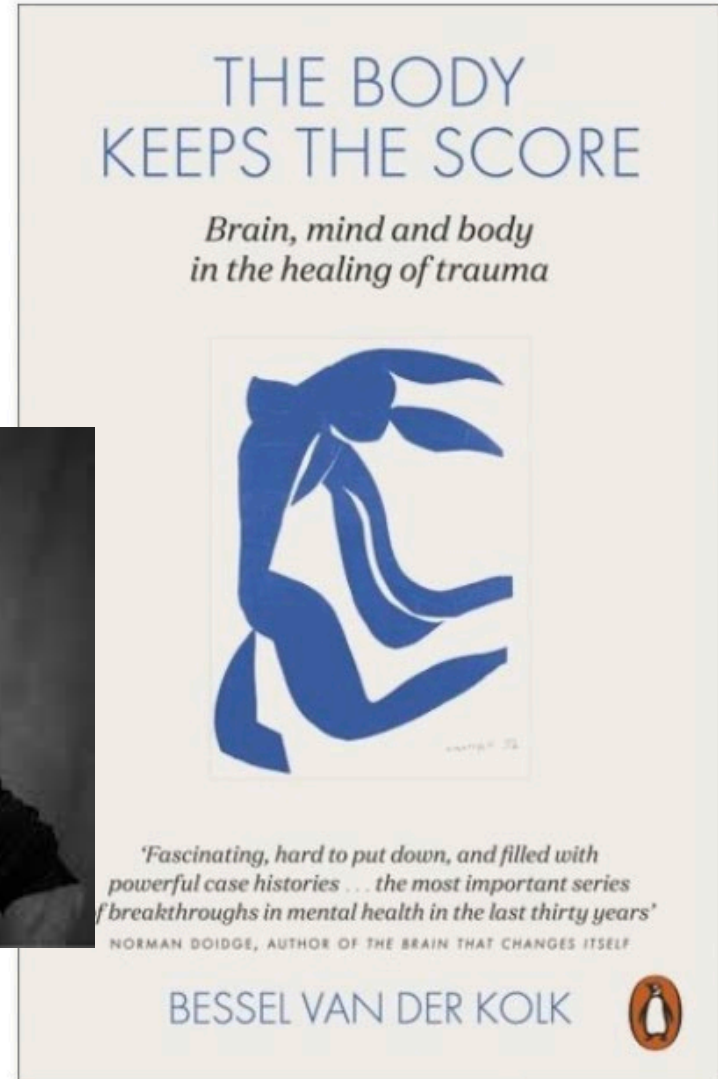


NY

NY
PRATA

De är ängs
mänskligt
amerikansl

Karolinska Institi





KULTUR

Christian Rück: Så kan traumakulturen binda oss vid våra sår



Vi tar det
från
början....







5/12/2026

Fallet Dora

Sonder-Abdruck aus Monatsschr. f. Psychiatrie u. Neurologie. Bd. XVIII. H. 4.
Herausgegeben von C. Wernicke und Th. Ziehen.
Verlag von S. Karger in Berlin NW. 6.

Bruchstück einer Hysterie-Analyse.

Von

Prof. Dr. SIGM. FREUD

in Wien.

Vorwort.

Wenn ich nach längerer Pause daran gehe, meine in den Jahren 1895 und 1896 aufgestellten Behauptungen über die Pathogenese hysterischer Symptome und die psychischen Vorgänge bei der Hysterie durch ausführliche Mitteilung einer Kranken- und Behandlungsgeschichte zu erhärten, so kann ich mir dieses Vorwort nicht ersparen, welches mein Tun einerseits nach verschiedenen Richtungen rechtfertigen, anderseits die Erwartungen, die es empfangen werden, auf ein billiges Maass zurückführen soll.

Es war sicherlich misslich, dass ich Forschungsergebnisse, und zwar solche von überraschender und wenig einschmeichelnder

Freuds egna ord:

Det "nej" som man hör från patienten, när man först presenterar den förträngda tanken för hennes medvetna uppfattning, bekräftar endast själva förträngningen och dess bestämdhet, och mäter på så sätt dess styrka.

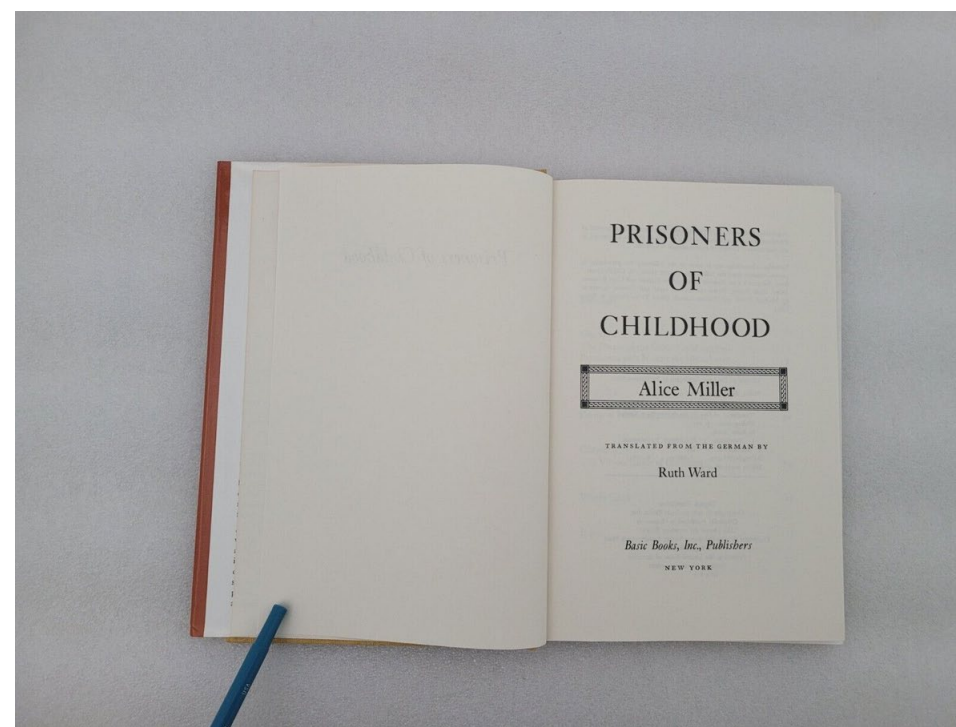
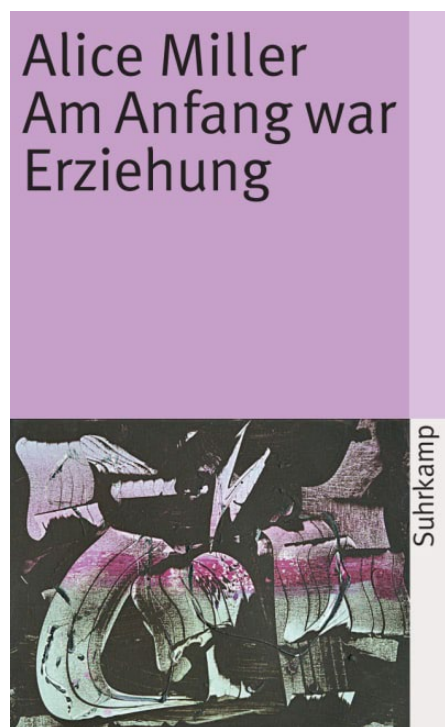
Det sjukdomsalstrande minnet känner man alltså igen, bland annat på att patienten beskriver det som oväsentlig, men ändå bara kan uttala det med motstånd.

I alla dessa fall står jag orubbligt fast.

Den patogena hemligheten är fördold för en själv men kan avtäckas och förklara "allt"



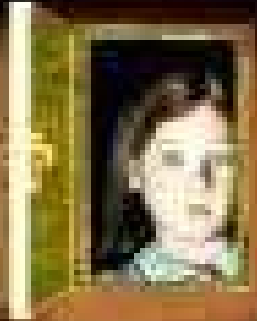
En ny syn på barndomen



En ökad förståelse av hur vanliga övergrepp
var

Michelle Remembers

Michelle Smith and
Lawrence Pazder, M.D.



Satanic panic



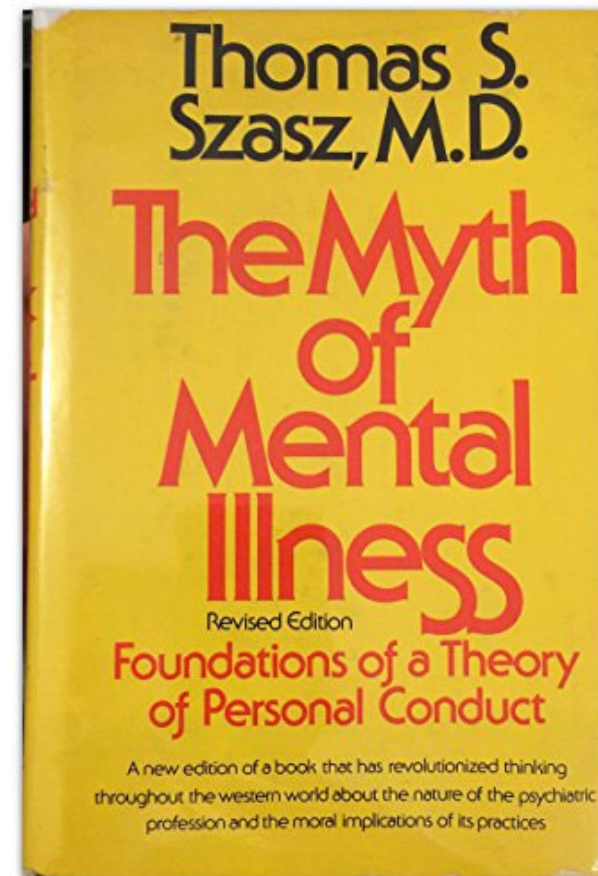
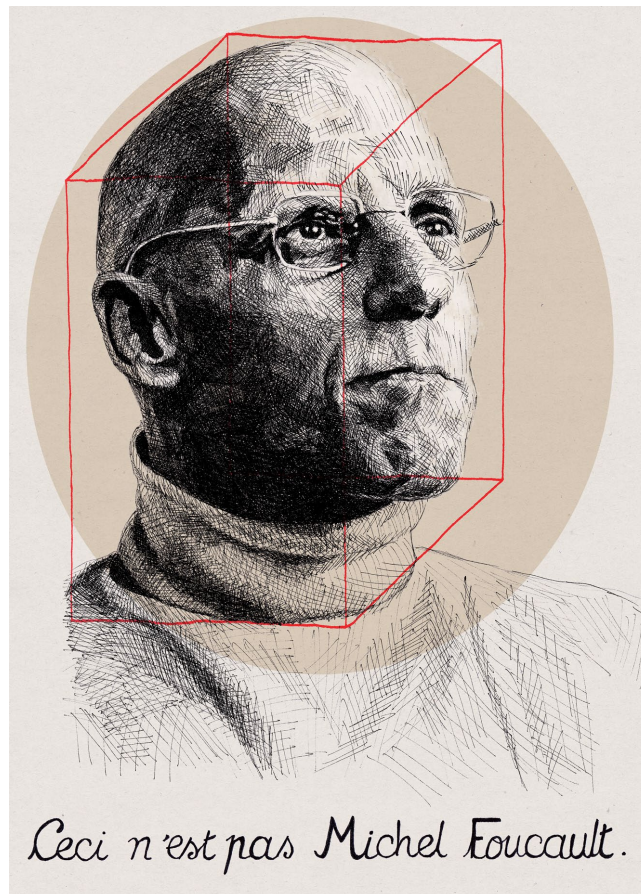
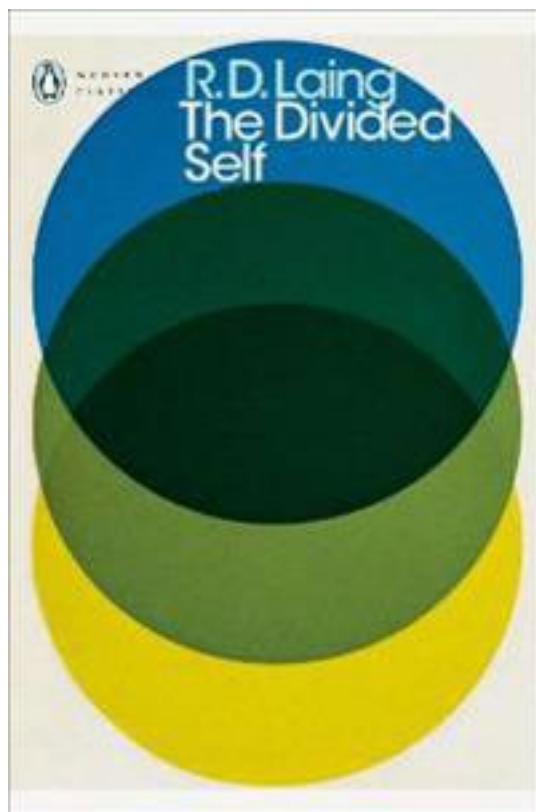


Memory wars



PTSD diagnosens födelse

En tid av diagnoskritik



Sane or insane?

On Being Sane in Insane Places

D. L. Rosenhan

If sanity and insanity exist, how shall we know them?

The question is neither capricious nor itself insane. However much we may be personally convinced that we can tell the normal from the abnormal, the evidence is simply not compelling. It is commonplace, for example, to read about murder trials wherein eminent psychiatrists for the defense are con-

tradicted by equally eminent psychiatrists for the prosecution on the matter of the defendant's sanity. More generally, there are a great deal of conflicting data on the reliability, utility, and meaning of such terms as "sanity," "insanity," "mental illness," and "schizophrenia" (1). Finally, as early as 1934, Benedict suggested that normality and abnormality are not universal (2).

What is viewed as normal in one culture may be seen as quite aberrant in another. Thus, notions of normality and abnormality may not be quite as accurate as people believe they are.

To raise questions regarding normality and abnormality is in no way to question the fact that some behaviors are deviant or odd. Murder is deviant. So, too, are hallucinations. Nor does raising such questions deny the existence of the personal anguish that is often associated with "mental illness." Anxiety and depression exist. Psychological suffering exists. But normality and abnormality, sanity and insanity, and the diagnoses that flow from them

The author is professor of psychology and law at Stanford University, Stanford, California 94305. Portions of these data were presented to colloquiums of the psychology departments at the University of California at Berkeley and at Santa Barbara; University of Arizona, Tucson; and Harvard University, Cambridge, Massachusetts.

SCIENCE, VOL. 179

250

DIAGNOSTIC AND STATISTICAL
MANUAL

MENTAL
DISORDERS

Prepared by
The Committee on Nomenclature and Statistics of the
American Psychiatric Association

PUBLISHED BY
AMERICAN PSYCHIATRIC ASSOCIATION
MENTAL HOSPITAL SERVICE
1785 MASSACHUSETTS AVE., N. W.
WASHINGTON 6, D. C.
1952

Post-Vietnam Syndrome

By CHAIM F. SHATAN

Steve stiffened, looked around fearfully, and thought, "These people all look alike. How do I know who's friend and who's enemy?" Then he shook himself, remembering: "They are all your friends. This is Times Square, U.S.A." Eighteen months after a nonpsychiatric discharge following four years Marine combat duty in "the Nam," Steve still suffers unpredictable episodes of terror and disorientation.

Coming around a curve in a Washington park path, Mike kept to the inside so that "hostiles" would not see him. He has observed this precaution automatically for five years since his service as a medic in Vietnam.

Vietnam veterans have recounted these and other experiences to me and my colleagues in "group rap" sessions. These meetings were initiated in 1970 by veterans themselves, either because of their distrust of "establishment" psychiatric services, or because their disturbances manifested themselves too late to prove the "service connection" required for Veterans Administration treatment.

In the group raps, certain commonly shared concerns have emerged.

home, veterans have great difficulty mastering these impulses in the face of the ambivalent civilian reception.

(4.) Combat brutalization. "You get chewed up in the Vietnam war machine, and get spit out unfeeling. Then you are just the fingers that pull the triggers." Basic combat training—"harassing the troops" in Marine jargon—promotes obedience through humiliation and maltreatment. Only one permissible outlet is presented for the soldier's impotent fury: the dehumanized image of the "enemy." Under guerrilla conditions of universal terror this dehumanization has no clear boundaries. Hatred is then generalized to any Oriental, and eventually to any civilian, the more so when the G. I. learns how expendable they are themselves. Many veterans do not doubt the validity of this hate until the discharge.

(5.) Alienation from their feeling and from other human beings: after systematically numbing their human responses, veterans find it difficult and painful to experience compassion for others.

(6.) The most poignant feature is an agonizing doubt about their continued ability to love others, and to accept



DSM-III: away
with the secrets!

PTSD "located its origins less in the jungles of Vietnam and more in the sociopolitical climate of America."

Vad är trauma?

- En händelse?
- Ett sår?
- En process?

PTSD: de önskar de kunde glömma

Trauma enligt DSM

Table 1 | Changes in the definition of psychological trauma in adults across editions of the *Diagnostic and Statistical Manual of Mental Disorders*

Definition	DSM-III (1980)	DSM-III-R (1987)	DSM-IV (1994)	DMS-5 (2013)
What is a traumatic event?	An event that is a recognizable stressor that would cause distress in almost anyone and is outside of the range of usual human experience (for example, rape, combat, and natural or man-made disaster)	An event that would cause distress in almost anyone and is outside of the range of usual human experience (for example, rape, combat, natural or man-made disaster, and sudden destruction of the house or community of an individual)	An event that involves actual or threatened death, serious injury or a threat to physical integrity (for example, serious illness) The event must be experienced with intense fear, horror or helplessness	An event that involves actual or threatened death, serious injury or sexual violence (no specific reaction required)
Can trauma result from indirect exposure to traumatic events?	No Indirect exposure is not explicitly rejected, but the given examples imply that exposure must be direct	Yes Indirect exposure is not explicitly mentioned, but the given examples imply that trauma can be caused by witnessing a traumatic event in person or learning about a traumatic event that happened to a close other	Yes Trauma can be caused by witnessing a traumatic event in person or being confronted with a traumatic event that happened to another person	Yes Trauma can be caused by witnessing a traumatic event in person, learning about a traumatic event that happened to a close other that was violent or accidental, or repeated or extreme work-related exposure to aversive details of traumatic event(s)
Is anything specifically excluded from causing trauma?	Yes Experiences such as simple bereavement, chronic illness, business loss or marital conflict ('common experiences')	Yes Experiences such as simple bereavement, chronic illness, business loss or marital conflict ('common experiences')	No	No

DSM-III, *Diagnostic and Statistical Manual of Mental Disorders*, third edition; DSM-III-R, *Diagnostic and Statistical Manual of Mental Disorders*, third edition, revised; DSM-IV, *Diagnostic and Statistical Manual of Mental Disorders*, fourth edition; DSM-5, *Diagnostic and Statistical Manual of Mental Disorders*, fifth edition.

THE NUMBER ONE INTERNATIONAL BESTSELLER

HOW TO D

THE WOR

RECOGNISE YOUR PATTERNS

HEAL FROM YOUR PAST,

+ CREATE YOUR SELF

DR NICOLA

LEPERA

THE HOLISTIC PSYCHOLOGIST

Finns det en
"traumakultur"?

THE BODY
KEEPS THE SCORE

*Brain, mind and body
in the healing of trauma*



*'Fascinating, hard to put down, and filled with
powerful case histories . . . the most important series
of breakthroughs in mental health in the last thirty years*

NORMAN DOIDGE, AUTHOR OF THE BRAIN THAT CHANGES ITSELF

BESSEL VAN DER KOLK

You Have The Power To Heal Yourself

Discover practical tools and a supportive community to help you break cycles, heal from trauma, and reconnect with your true self.

- ✓ Heal from the root, not just the symptoms
- ✓ Break generational patterns and create lasting change
- ✓ Learn to reconnect with your true self

[Start Your Journey](#)

[Get Free Resources](#)

Dr. Nicole
LePera



Procrastination is not laziness. It's a **childhood trauma** response.

Procrastination is an emotion regulation problem. If you're interested in discovering your dominant Procrastination type, taking an assessment can be a helpful starting point.



Dreamer

Verbal fluency
Wordplay
Communication
Poetic expression
Storytelling



Mixed

Critical thinking
Problem solving
Analytical reasoning
Strategizing
Mathematical



Perfectionist

Nature connection
Eco understanding
Nature observer
Pattern identification
Gardening skills



Overdoer

Spatial reasoning
Concept visual
Artistic creativity
Photo memory
Imaginative



Worrier

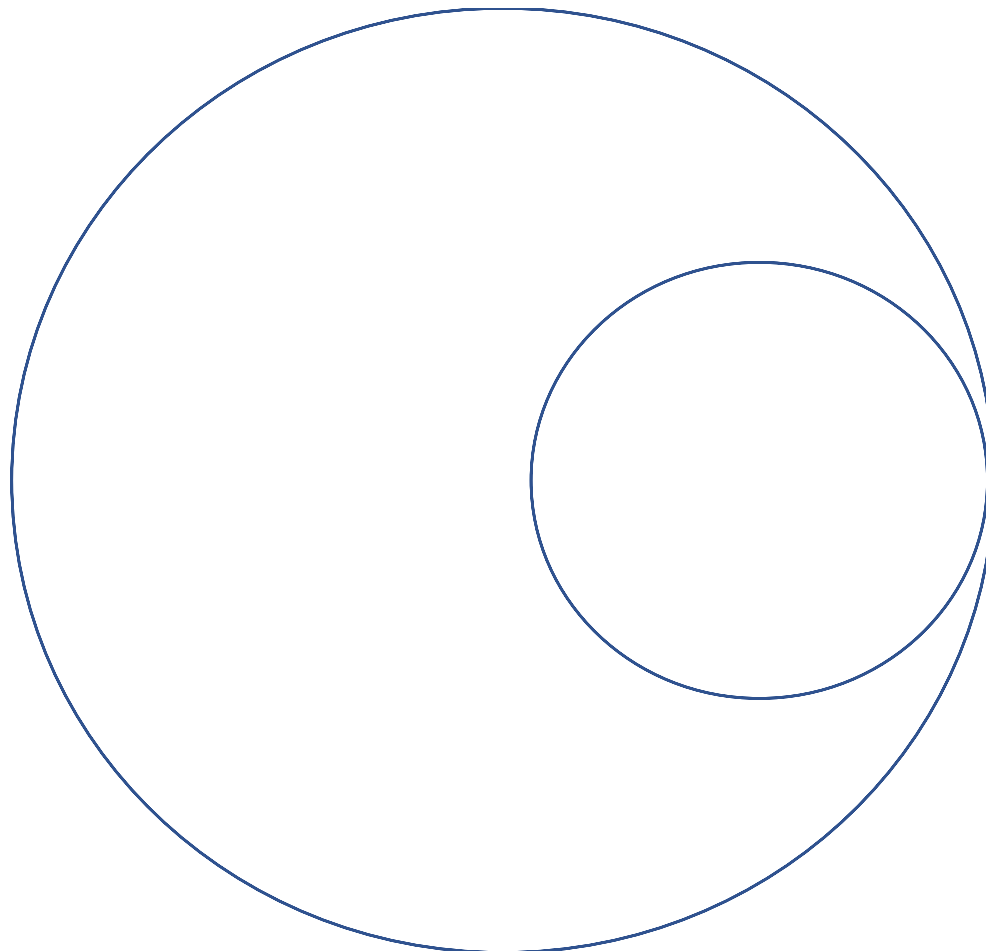
Nature connection
Eco understanding
Nature observer
Pattern identification
Gardening skills

[Take test](#)

Vad är traumatiskt?

- Stunder av att inte vara önskad.
- Att bli separerad från sina föräldrar för tidigt.
- Att få behov ignorerade, skambelagda eller otillfredsställda
- Att växa upp utan tillräckligt stöd för att känna att det är okej att vara jag .

Svårighet vs skada (harm/trauma)



ANNALS OF INQUIRY

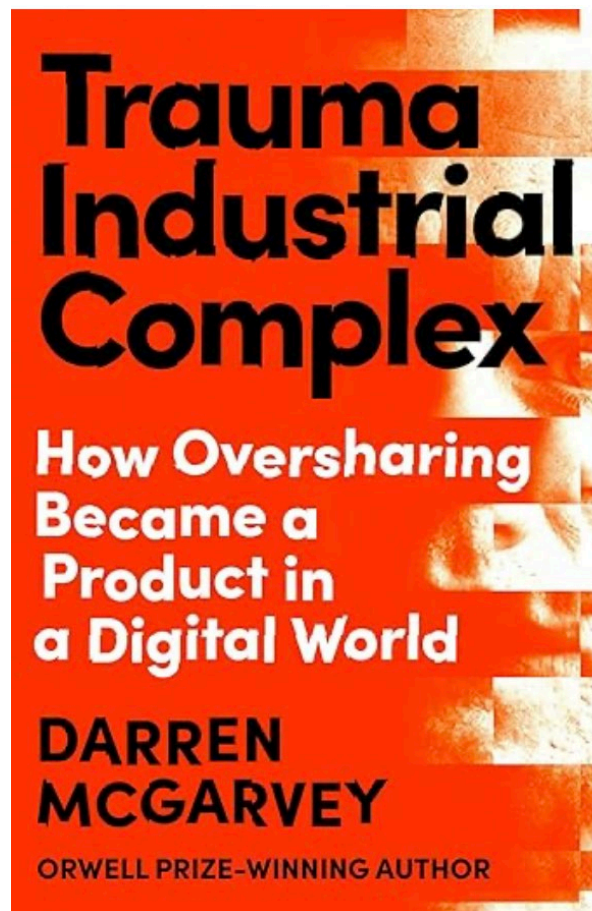
WHY SO MANY PEOPLE ARE GOING “NO CONTACT” WITH THEIR PARENTS

*A growing movement wants to destigmatize severing ties. Is it
a much-needed corrective, or a worrisome change in family
relations?*

By Anna Russell

August 30, 2024

Trauma – en handelsvara i sociala medier?



Identitet

- Att vara autentisk
- Pseudointimitet

Resonans och acceleration

Är trauma politik?

Hur koncept vidgas: Concept creep

- Horisontellt: nya saker inkluderas (ex psykiskt våld)
- Vertikalt: Mindre allvarliga former inkluderas
- Exempel på begrepp som vidgats: mobbing, trauma, beroende
- Beskrivande term
- Rätt in i kulturkriget!

Är vi fast i en fälla?

- Hypotes: när samhällets plågor (**adversity**) minskar, ökar individens känslighet (**vulnerability**)
- Ett säkrare och rikare samhälle kommer få “psykisk ohälsa” som en oavsiktlig bieffekt

The Neurotic Treadmill: Decreasing Adversity, Increasing Vulnerability?

A dissertation presented

by

Payton Jeffrey Jones

to

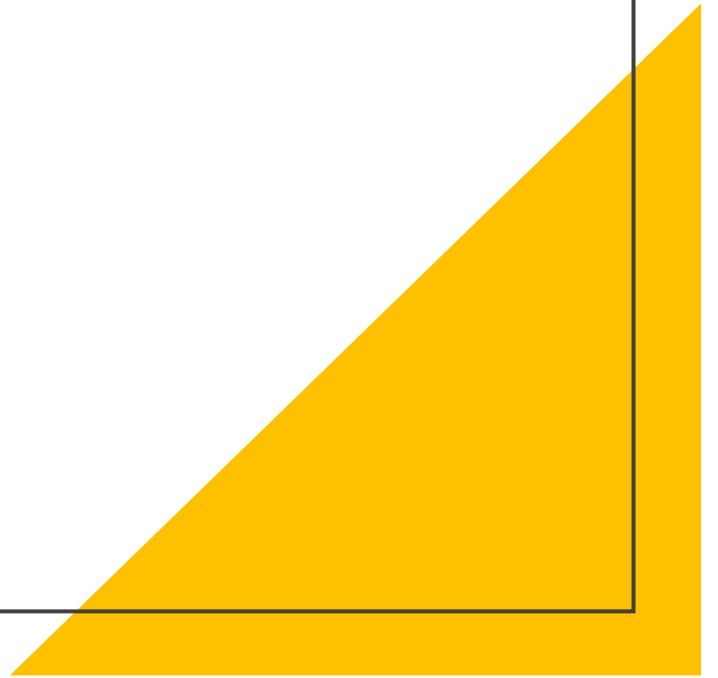
The Department of Psychology

Fragilitet, resiliens, anti-fragilitet

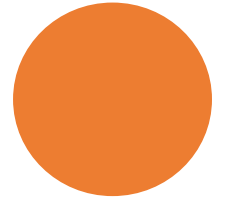


Risksamhället

Motståndskraftens kraft



The moral spine



Andra motståndsnarrativ

- Sisu (Finland)
- Unbreakable (Ukraina)
- Sumud (Palestina)

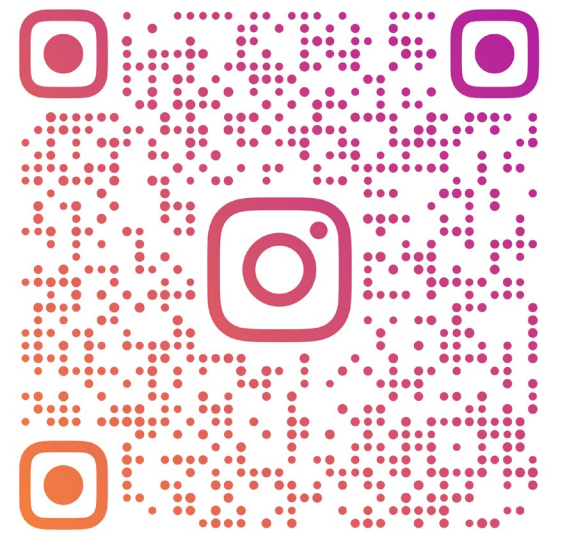
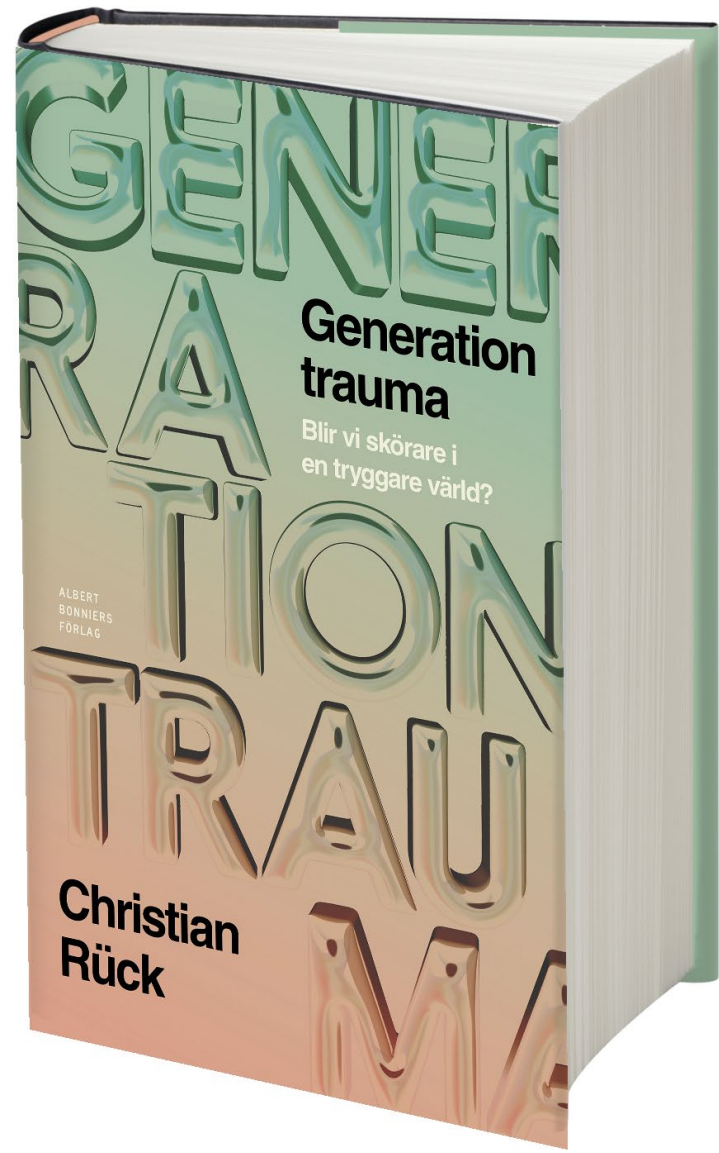
Resiliens

- Allt vanligare begrepp
- Typiskt definerat som: processen och utfallet av att framgångsrikt anpassat sig till påfrestning
- Fokus: individens välmående

Victorian “Moral Spine”	Resilience
Rooted in moral duty and virtue	Rooted in psychological adaptability
Strength through conviction	Strength through recovery
Ethical uprightness	Emotional endurance
Anchored in religious and civic ideals	Anchored in self-awareness and wellbeing
Risk: rigidity, repression	Risk: moral emptiness, self-blame

Vart tar detta
vägen?





CHRISTIANRUCK