

# STRUCTURAL DISSOCIATION MODEL

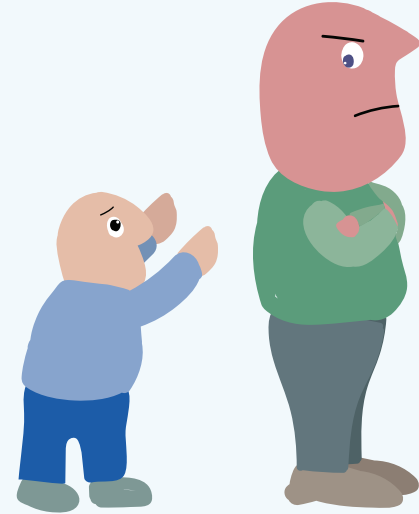
## Defense System

When a child is abused, their defense system will naturally work to shield them from harm, BUT . . .

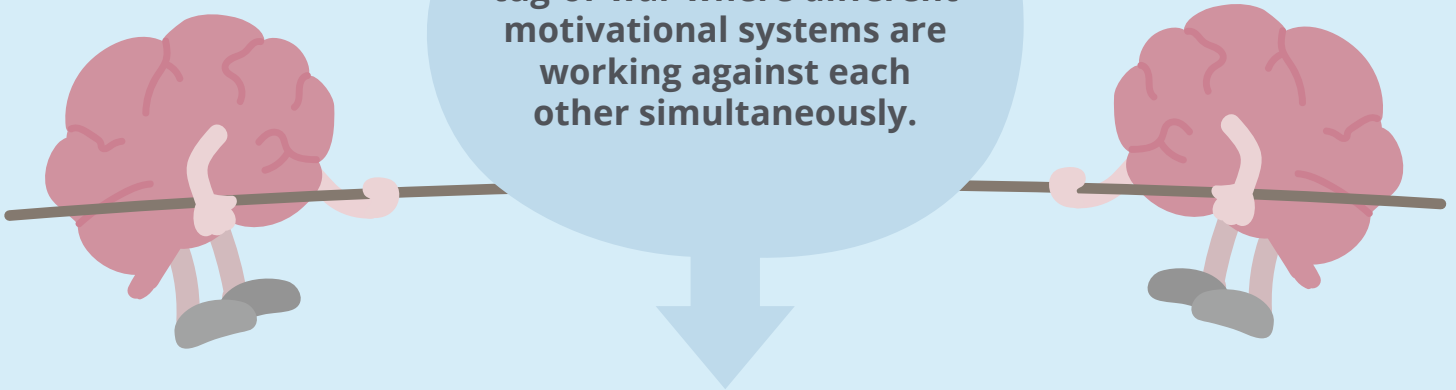


## Attachment System

. . . their attachment system will still want to be loved and cared for by the parent.



This creates an internal tug-of-war where different motivational systems are working against each other simultaneously.

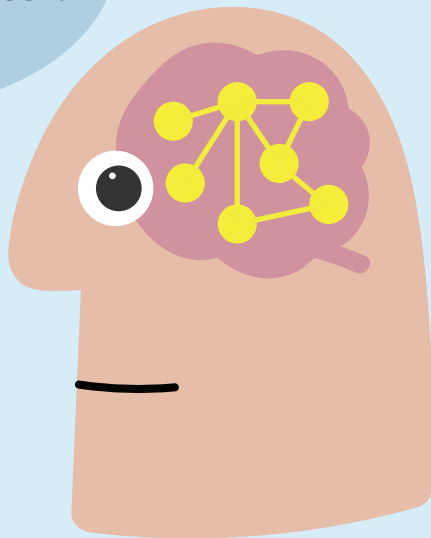


This can cause a patient's conflicting parts to separate. That can lead to a split in their sense of self and a dysregulated nervous system.

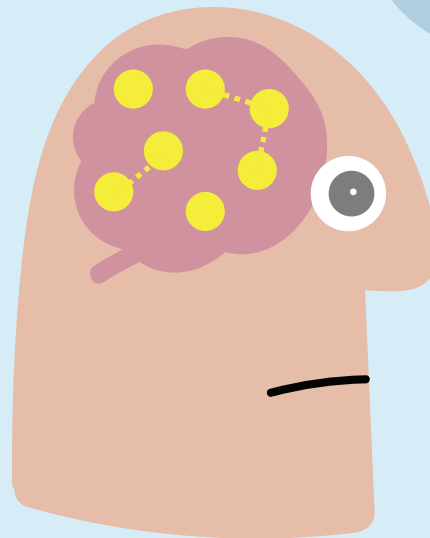
**LEFT BRAIN:**  
The “Going on with  
Normal Life” Part of  
the Self

**RIGHT BRAIN:**  
The “Traumatized  
Child” Part of  
the Self

This is the rational,  
present-oriented,  
and grounded self.



This part  
contains the  
trauma.



This self handles daily life —  
social interaction, attachment,  
work, play, exploration, learning,  
and taking care of physical needs.

This part is often drawn out by  
reminders of the trauma, and it  
may not experience much of  
everyday life.

The survival responses of this self  
may include Attach/Cry for Help,  
Collapse/Submit, Please/Appease,  
Freeze, along with Fight and Flight.

**The key to recovery is helping a patient have full awareness of  
all their parts without feeling overwhelmed.**