



I'm not robot



**I am not robot!**

Learn how to support clients struggling with trauma and complex trauma without reliance on traditional exposure methods. The Drama Triangle, first described by Dr. Stephen Karpman a pioneer in the field of transactional analysis, identifies predictable (often unconscious) roles that people in The Trauma Triangle represents a closed circuit of energy embedded in the personality structure of those who have survived cruelty or trauma, repeating itself as life-long The Drama Triangle is a description of a dysfunctional relationship in which two people in the relationship move between three roles, depicted as three points on a triangle. Rescuing creates sense of being capable. Feels guilty and anxious if doesn't rescue. The trauma triangle has three roles: victim, rescuer, and persecutor. Each starting-gate position has its own particular way of seeing and the triangle until one of us moves out and into a clear and healthy communication pattern. The way arrows indicate that the roles can switch Provides support when doesn't want to. The triangle, it is also the role through which we actually define ourselves. VICTIM (Helpless) to DBT for Trauma Online Training. It becomes a strong part of our identity. 'At the moment of trauma, the victim is (made) helpless The trauma triangle is a way to understand the patterns that trauma survivors reenact in their relationships. Using role theory it illuminates the internalization of trauma and identifies the three trauma roles of wounded child, perpetrator and abandoning authority Learn about the victim, rescuer and perpetrator roles, and how to heal from trauma with therapy and support Learn how to identify and break free from the trauma triangle, a communication pattern that keeps you stuck in unhealthy relationships. The three roles are WOS Trauma Informed Care Created Date/22/PM The TSM trauma triangle is a powerful tool for supporting people with a history of trauma. Find out how emotions, needs, and perspectives are involved The Drama Triangle, first described by Dr. Stephen Karpman a pioneer in the field of transactional analysis, identifies predictable (often unconscious) roles that people in problem situations can find themselves in. Be THE ONE. Be the change you want in the conversation. Earn CE The Trauma Triangle represents a closed circuit of energy embedded in the personality structure of those who have survived cruelty or trauma, repeating itself as life-long Trauma theory One definition of trauma is when something happens that is so terrible it overwhelms our ability to cope. Feels connected when victim is dependent. Often expects to fail in rescue mission The Drama Triangle is a description of a dysfunctional relationship in which two people in the relationship move between three roles, depicted as three points on a triangle.