

OPS SCIENTIFIC PRESENTATION

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Trauma and Survival Memories of Hell, Hell of Memories

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Discussions on trauma are endless. Does it come from outside, instigated by a real, objective traumatic event, or from inside caused by a subjective phantasy? Should the analyst care only about the latter and ignore the first? Now-a-days the large majority of analysts agree about the necessary working on the two fronts at the same time.

For the clinical case I will share with you, the weight of external reality has been unmeasurable, since early childhood: lack of care, ill-treatment, then war, deportation, refugees' camp, sadistic cruelty.

Memories surged, through the sessions, violent and harsh. Even if the facts happened twenty years ago, they were lived in a hallucinatory way, as if they just happened, through horrifying and still traumatising flashbacks. " An unpassed past" as Dominique Scarfone writes. Nightmarish sessions during which it was difficult for me not to be stuck, mesmerised.

These paroxystic, unspeakable experiences caused by the violence of de-humanisation, which I will present to you in a more or less ordered way, were shoveled on to me *pêle-mêle* in an unbearable suffering. To introduce temporality, to allow the past to be past, took us a few years.

Learning objectives

- Be able to recognize the dimension of history and reality and its importance for psychological understanding
- Be able to identify the psychological dynamics and cultural practices at work in the development formation of traumatic memory.
- Discuss how to develop the capacity to contain anxiety and helplessness without precipitously rescuing their patients from these affective states.

References

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