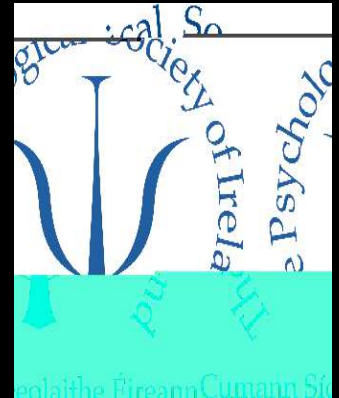


**The relationship between attachment style and physical and psychological well-being in young adults is mediated by the hard-wired defense of depersonalization**



**Transient Depersonalization: 1-year prevalence 24% in random US rural  
adults (A. Horowitz et al., 1994)**

# Acute Stress

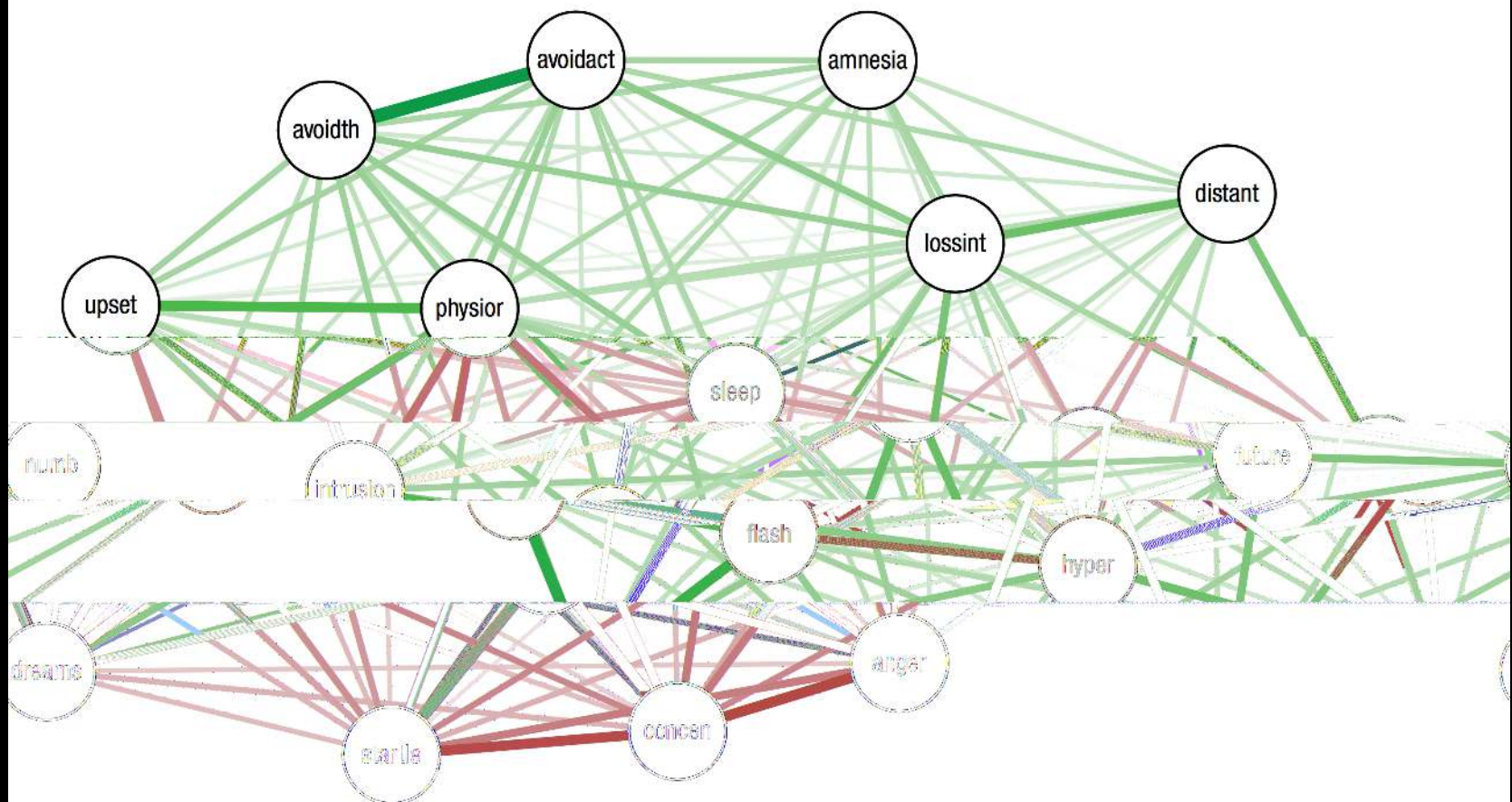


# Mental Disorders as Causal Systems: A Network Approach to Posttraumatic Stress Disorder (2015)

Richard J. McNally, Donald J. Robinaugh, Gwyneth W. Y. Wu, Li Wang, Marie K. Deserno, and Denny Borsboom

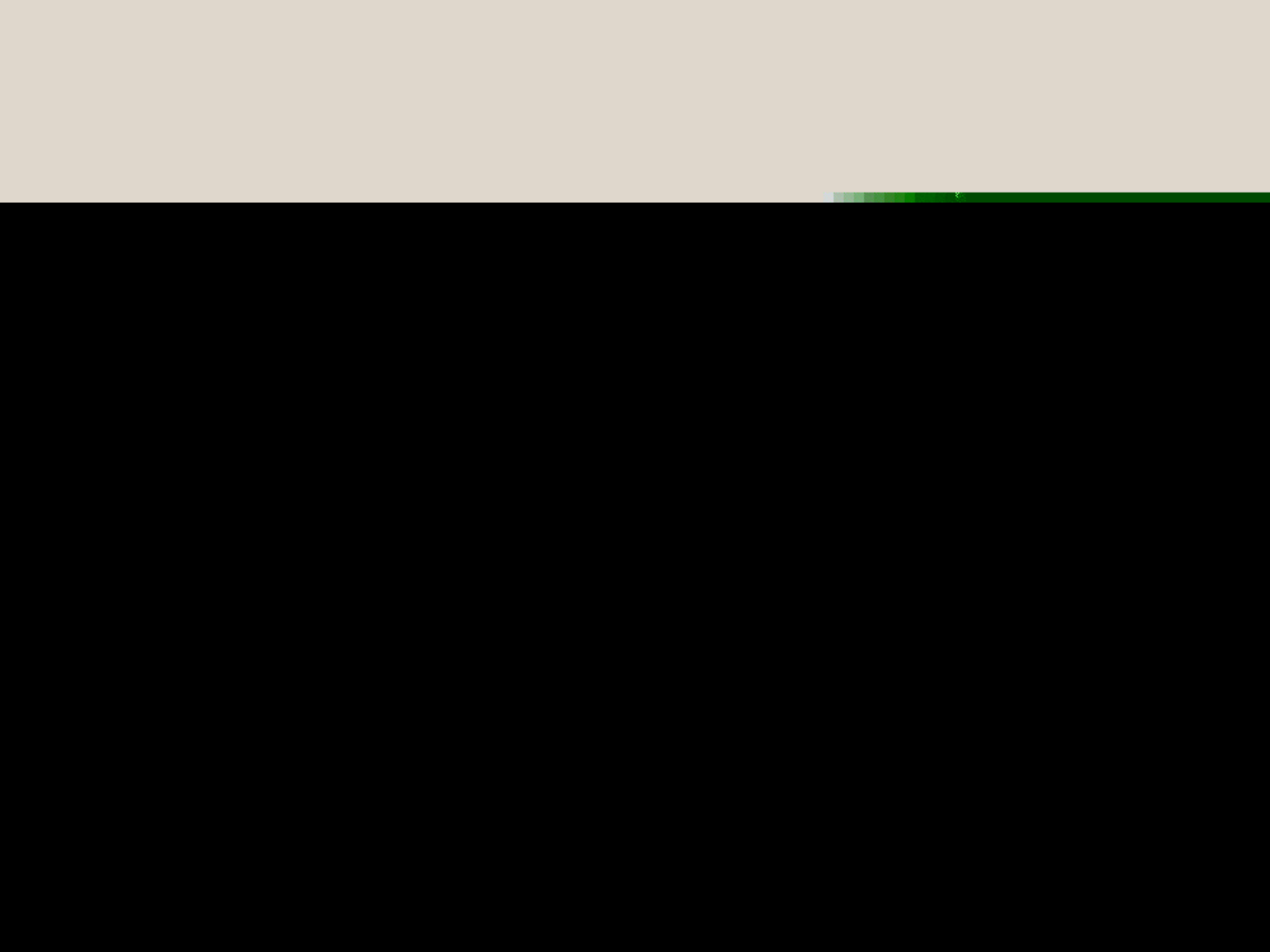
## *Causal Network Analysis*

843



# Defense Mechanism



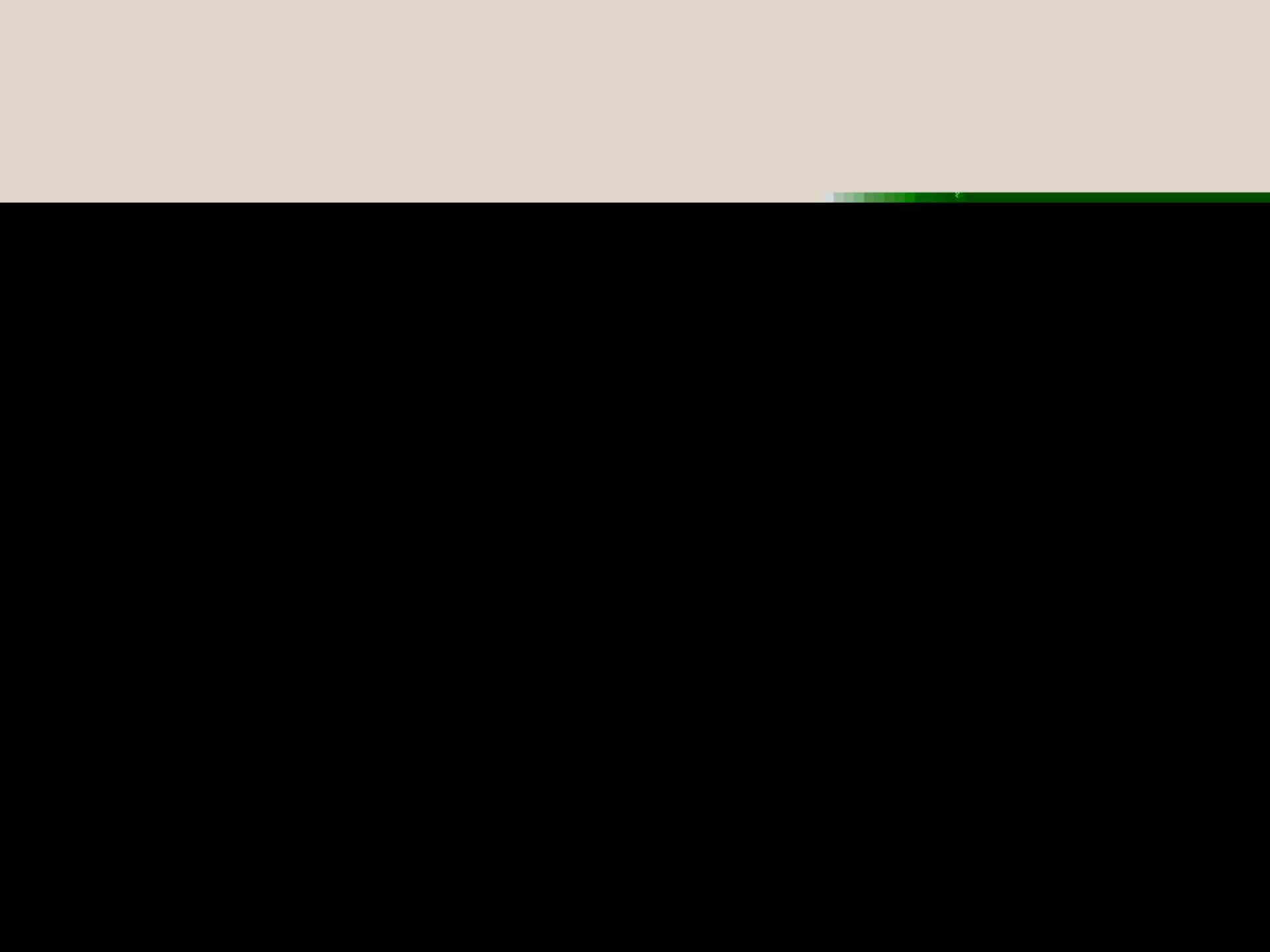


# Traumagenics



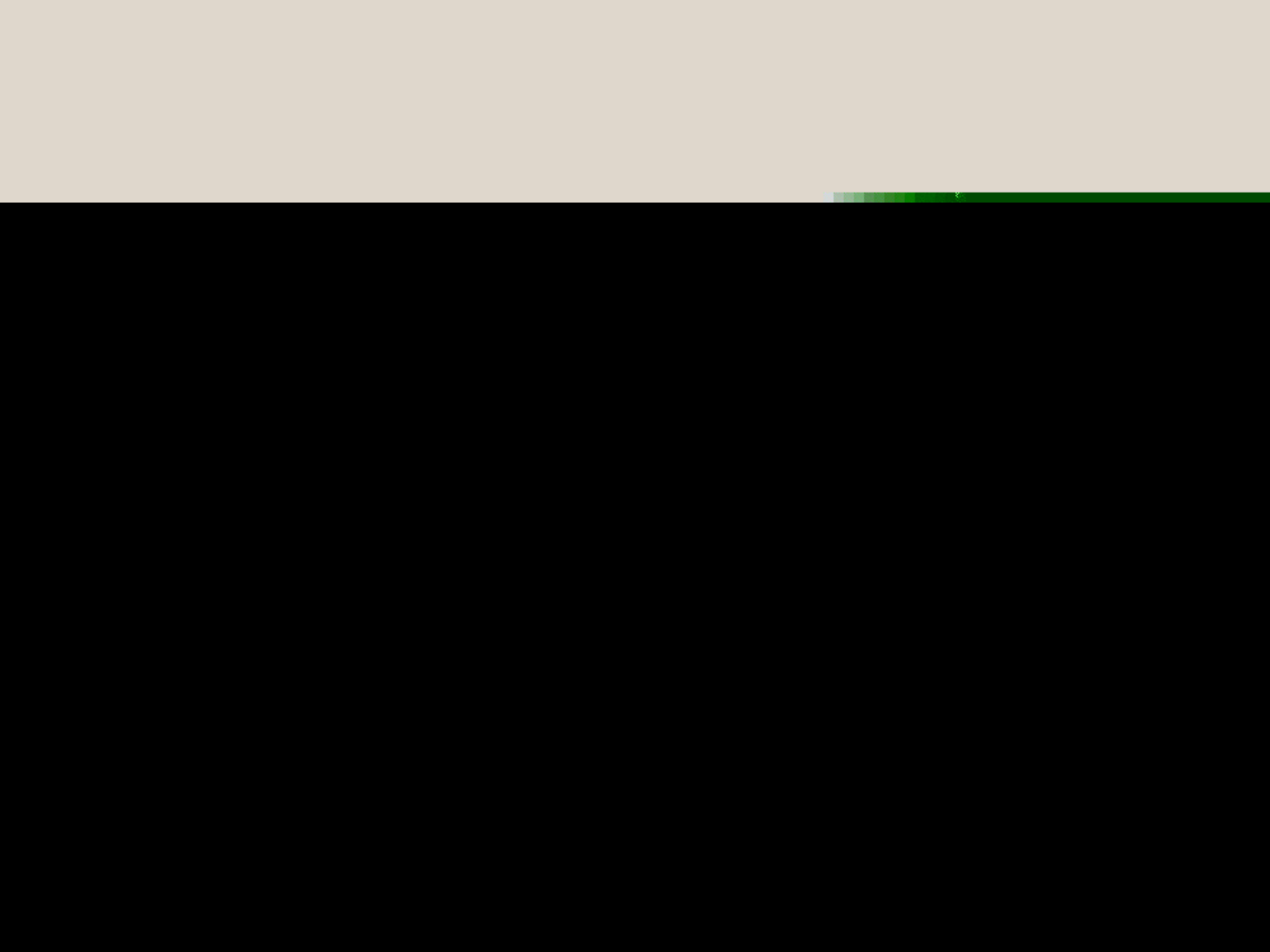
Briefly what do we know





# Fight-flight or Defense Cascade





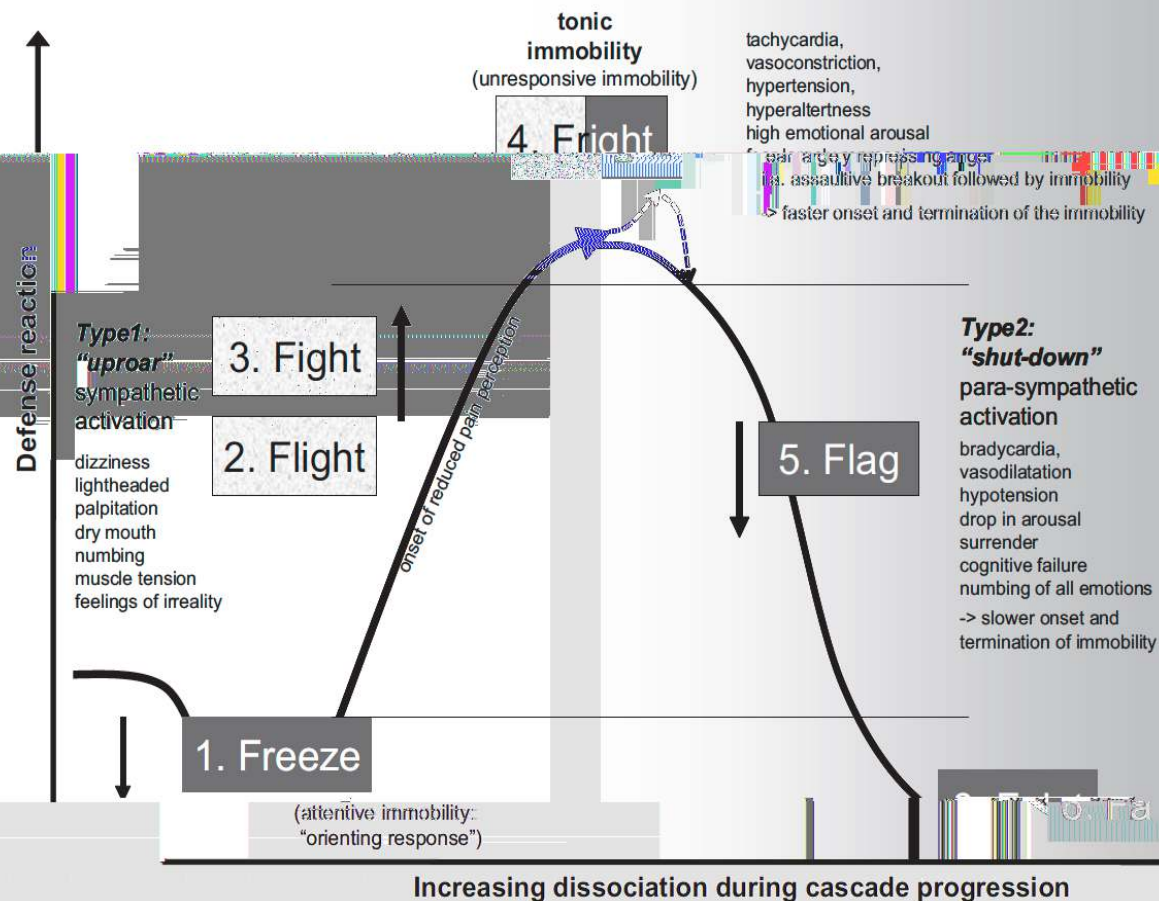


Figure 1. Schematic illustration of the defense cascade as it progresses along the 6-F course of action. The "uproar" sympathetic arousal reaches a maximum at the fright stage, eventually superseded by the onset of dissociative "shut down" (gray area).

# Split-off or dissociated emotion (Power, 2010)

# Somatic Symptoms



# Anxious Attachment Style

- D

What is reinforcing about attachment anxiety?



- CURRENT STUDY

- Does an Affect Phobia Model (McCullough et al, 2003) account for Physical and Psychological wellbeing in a

# Measures Used

- ATTACHMENT- The Experiences in Close Relationships- Relationship

# Importance of Emotional Maltreatment



## Abuse type and Depersonalisation

Abuse type and Depersonalisation


# Symptoms reported in last month



## Comparing Young Adults Above the clinical cut-off for Depersonalization



# **Study II- Repeating the same model but adding Self-Compassion**





# Method and Participants

Method and Participants

# Measures




# Results: Correlational analysis



# Multiple Regression Model 1

## Predictors of **Somatic Complaints**

A solid green horizontal bar spanning the width of the slide, positioned below the title text.

# Multiple Regression Model 3

## Predictors of **Depression**



# Clinical vs non-clinical DP – comparison across measures the clinical cut-off level

Measure	Clinical DP (n = 53, 26.2%)	Non-clinical DP (n = 155, 73.8%)	Sig. (2 – tailed)
<b>Somatic complaints</b>	10.34 (4.74)	6.42 (3.75)	p < .001
<b>Depression</b>	11.10 (4.73)	5.84 (4.32)	p < .001
<b>Self-compassion</b>	14.76 (3.11)	17.96 (4.57)	p < .001
<b>Emotional abuse</b>	10.53 (4.25)	7.61 (3.35)	p < .001
Physical neglect	7.19 (2.35)	6.21 (1.86)	p < .01
Emotional neglect	10.38 (3.63)	8.5 (3.92)	p < .01
Physical abuse	6.3 (2.5)	5.57 (1.37)	p < .05
Attachment anxiety	2.72 (1.76)	2.04 (1.32)	p < .05

# Predictors of clinical levels of depersonalisation

Variables	$\beta$	S.E.	Wald	$p$	OR	95% CI. for OR	
						Lower	Upper
Drugs	-.38	.42	.81	.368	.69	.30	1.56
Sleep	.97	.51	3.60	.058	2.65	.97	7.23
SC	-.20	.05	15.10	<.001	.82	.74	.91
ECRAnx	.06	.12	.25	.620	1.06	.84	1.33
EA	.17	.05	12.23	<.001	1.18	1.07	1.30

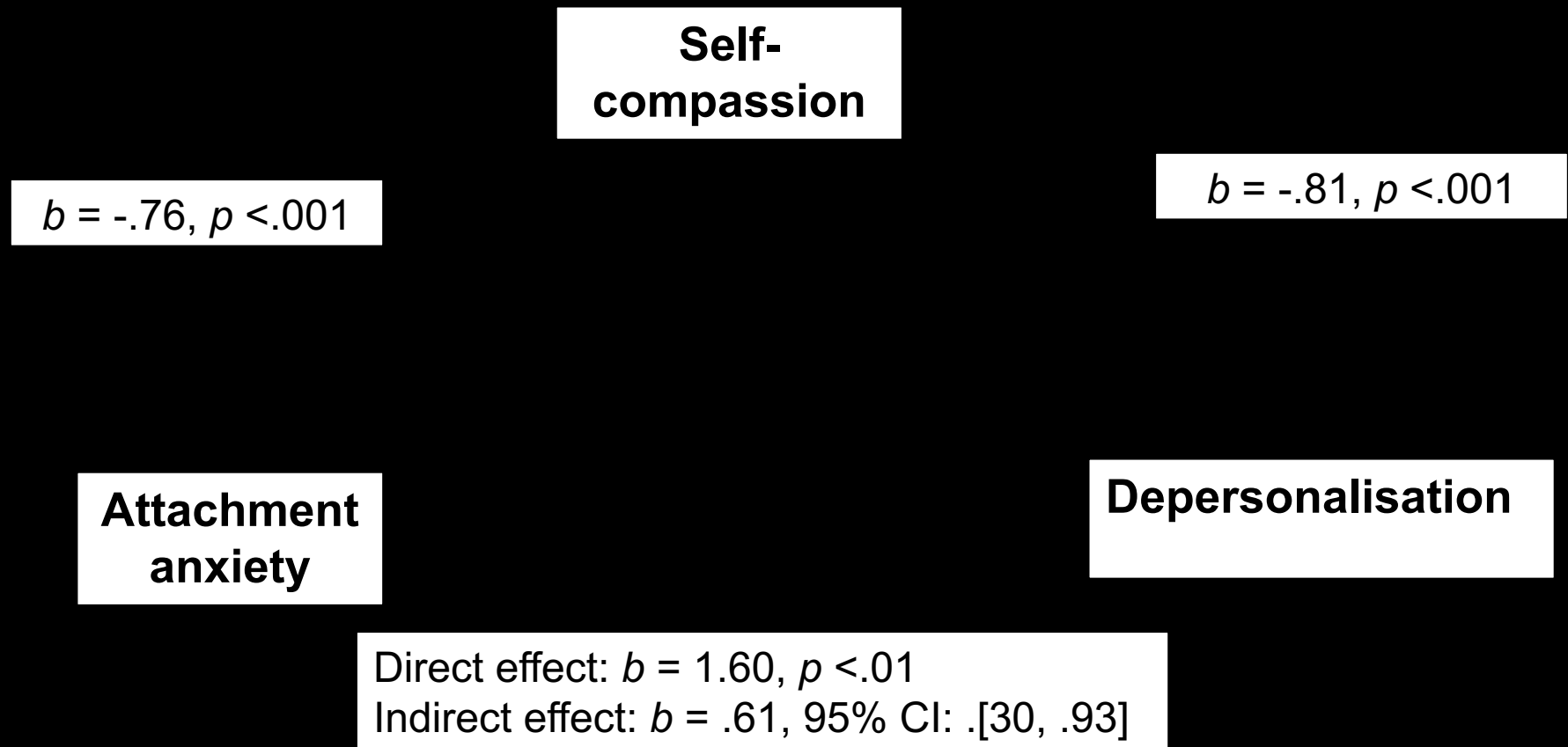
Note: OR = Odds Ratio; SC = Self-compassion; ECRAnx = Attachment Anxiety; EA =

# REGRESSION





# Mediation analysis: Self-compassion as mediator of attachment anxiety and



# Compassion and its' Blocks

CONFLICT

the Triangle of Co

on the Triangle of Co

CONFLICT

too big.

team

DEFENSES

*Self Attack,*

*I am ashamed to feel proud*

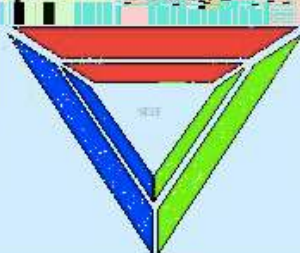
*It is too painful to feel good about myself.*

ANXIETY/

*I am afraid to be t*

*Self-Hate*

*Low Self Es*



ADAPTIVE FEELING

JOY OR INTEREST IN SELF

*Self Compassion, Self Care, Self Esteem, Pride,  
Self Confidence, Self Worth, Self Respect, Trust in Self*



# Implications of this Study



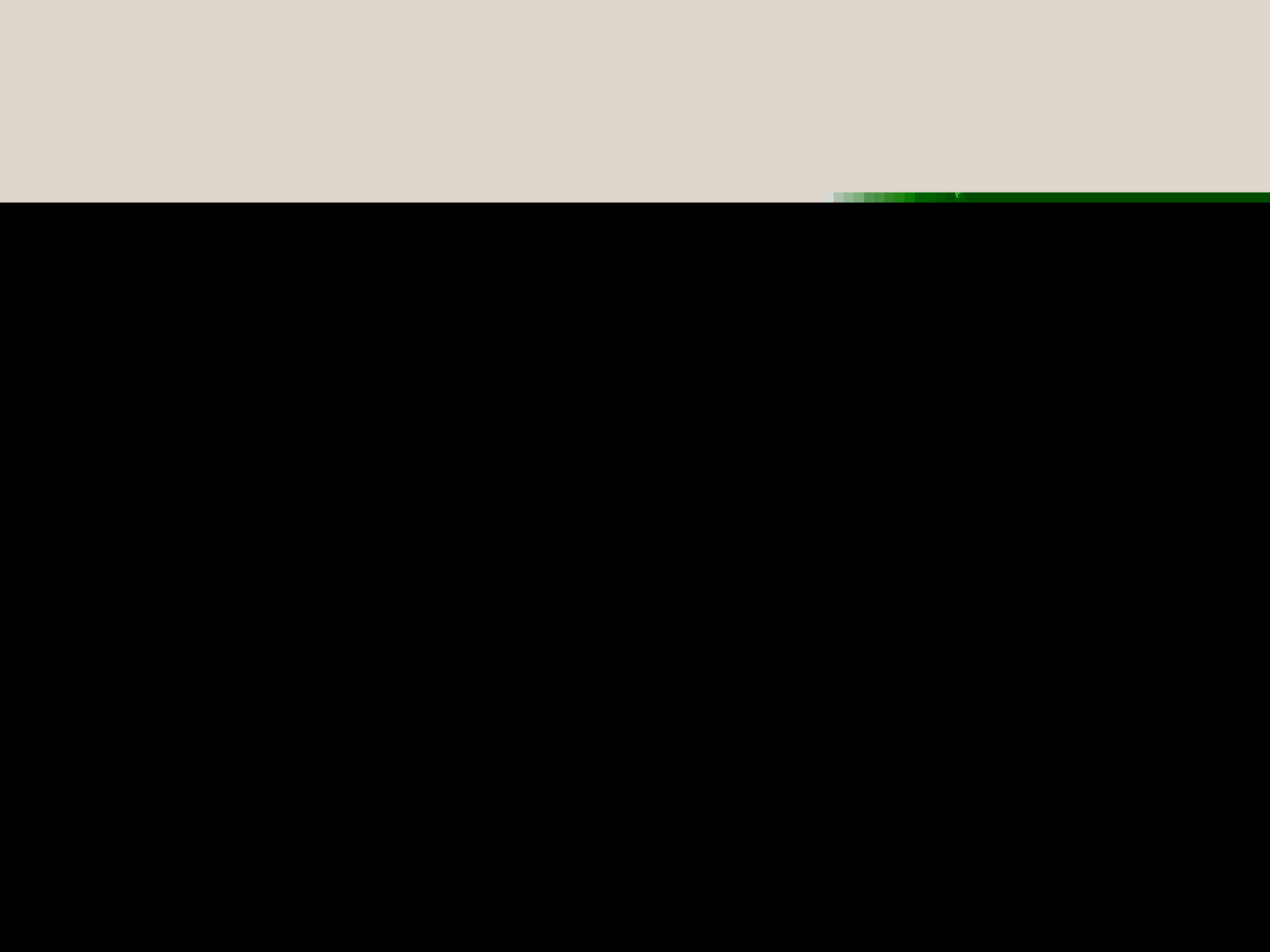
# Study III: A tale of one thousand, one hundred and sixty-five therapists and their self-care

# What are our research questions



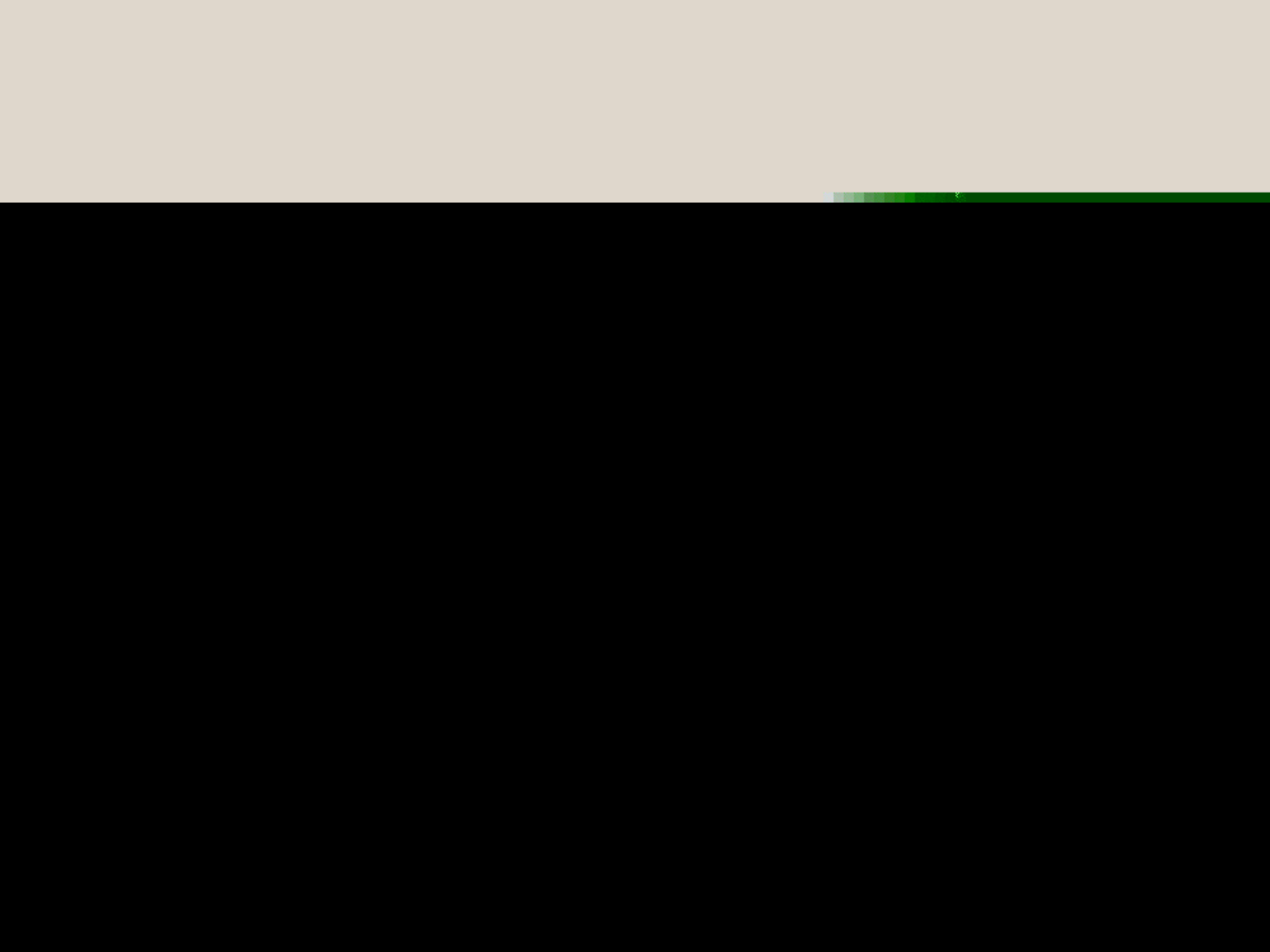
# Unreliable Caregiver (McCluskey, 2015)

# Five styles of Care-seeking behaviours in supervisee therapists (McCluskey, 2005)






# Personal Correspondence with Dr. Una McCluskey (Dublin, Ireland -09/21/19)



Which therapist wrote this poem?


Fear of rejection if true self and feelings are expressed



I am The BEST carer.... (McCluskey, 2015)

# What did the research tell us?

# Personal Factors Model of secondary traumatic stress and burnout



# Attachment style







# What we need to do?

McCluskey (2015) recommends:

**Thank you!**

- Key Recommended readings