

# **Constructivist Self Development Theory**

## **Aspects of the Self Impacted by Psychological Trauma**

### **(Saakvitne & Pearlman)**

#### **Frame of Reference**

Framework of beliefs through which the individual interprets experience

- Identity: inner experience of self and self in the world, includes customary feeling states
- World view: life philosophy, general attitudes and beliefs about others and the world; values and moral principles; causality
- Spirituality: meaning, hope faith, connection with something beyond oneself, awareness of all aspects of life including the non-material

#### **Self Capacities**

Abilities that enable the individual to maintain a sense of self as consistent and coherent across time and situations; intrapersonal

- Ability to experience, tolerate, and integrate strong affect
- Ability to maintain a sense of self as viable, benign, and positive, deserving of life and love
- Ability to maintain an inner sense of connection with others

#### **Ego Resources**

Abilities that enable the individual to meet psychological needs and to relate to others; interpersonal

Self-awareness skills

Intelligence

Ability to be introspective

Willpower and initiative

Ability to strive for personal growth

Awareness of psychological needs

Ability to take perspective

Interpersonal and self-protective skills

Ability to foresee consequences

Ability to establish mature relations with others

Ability to establish interpersonal boundaries

Ability to make self-protective judgments

#### **Psychological Needs and Cognitive Schemas**

##### **Safety**

Self: to feel reasonably invulnerable to harm inflicted by oneself or others

Other: to feel that valued others are reasonably invulnerable to harm inflicted by oneself or others

### **Esteem**

Self: to feel valued by oneself and others

Other: to value others

### **Trust/Dependency**

Self: to have confidence in one's own judgment and ability to meet one's needs

Other: to have confidence in others to meet one's needs

### **Control**

Self: to feel able to manage one's feelings and behaviors in interpersonal situations

Other: to feel able to manage or exert control over others in interpersonal situations

### **Intimacy**

Self: to feel connected to oneself

Other: to feel connected to others

## **Memory and Perception**

- Verbal: the narrative of what happened before, during and after the trauma
- Imagery: the mental pictures of the traumatic event
- Affect: the emotions related to the trauma
- Somatic: the bodily experiences that represent the traumatic events
- Interpersonal: the relational patterns and behaviors that reflect the abusive traumatic relationships

\*Understanding which aspects of self are vulnerable to disruption helps one identify and then transform one's particular experiences of secondary trauma. In the face of trauma each person will adapt and cope given his/her current contexts and early experiences: interpersonal, intrapsychic, familial, cultural and social.