

Role of Shame in Trauma Studies

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The role of shame in posttraumatic stress disorder: A proposal for a socio-emotional model for DSM-V

Ashwin Budden

Social Science & Medicine 69 (2009) 1032–1039

Abstract

Posttraumatic stress disorder (PTSD) is one of the emblematic psychiatric conditions in contemporary public consciousness, indexing not only disordered minds, but also disordered human relations. With efforts currently mounting to refine criteria for the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V), an important task is to re-examine the emotional foundations of trauma and their elaboration in social context. A body of clinical research on psychological trauma indicates that the emotion shame is central to the development and course of PTSD. However, current diagnostic criteria and bio-behavioral research do not account for these findings. In light of an emerging understanding of PTSD as a disturbance of affect systems (Stone, 1992), this paper proposes a novel theoretical model that describes how shame underlies peri-traumatic and posttraumatic experiences of threats to the social self. It first presents a rationale for investigating traumatic shame that draws on affect theory and current findings in PTSD research. Next, it discusses the foundations of shame in perceptions of status inferiority and failure to conform to normative expectations and their elaboration in PTSD. Then it describes psychological, social, and cultural domains that are critical for contextualizing shame meanings and expressions. Finally, it recommends revisions to the diagnostic criteria for PTSD in DSM-V.

A Place for Shame in Betrayal Trauma Theory?, Melissa Platt, MS.

“Budden proposes that rather than fear, traumatic shame involving acute subjugation and domination orchestrates many aspects of posttraumatic symptom development. Research by investigators including Donald Robinaugh and Richard McNally supports a central role of shame in PTSD. In fact, whereas the current version of the DSM (DSM-IV-TR) defines a traumatic event as one involving actual or threatened death or serious injury, or a threat to the physical integrity of oneself or others, recent work by Marcela Matos and José Pinto-Gouveia has indicated that experiences of being shamed or ridiculed can lead to the same symptoms of PTSD.”

<https://sites.google.com/site/betrayalbook/betrayal-research-news/sha>

Autobiographical memory for shame or guilt provoking events: association with psychological symptoms. Donald J Robinaugh, Richard J McNally. Behaviour research and therapy (Impact Factor: 3). 07/2010; 48(7):646-52.

“...research suggests that events inciting guilt or shame may be associated with PTSD.” Their research suggests, “Shame predicted depression and PTSD symptoms. There was no association between guilt and psychological symptoms after controlling statistically for the effects of shame. Our results suggest shame is capable of eliciting the intrusive and distressing memories characteristic of PTSD.”

http://www.researchgate.net/publication/43200964_Autobiographical_memory_for_shame_or_guilt_provoking_events_association_with_psychological_symptoms

The role of shame and guilt in traumatic events: A clinical model of shame-based and guilt-based PTSD Deborah A. Lee, Peter Scragg and Stuart Turner British Journal of Medical Psychology, Volume 74, Issue 4, pages 451–466, December 2001

“This article highlights the need to address other emotional responses, in particular shame and guilt, when assessing and treating

PTSD. Hence, it presents two clinical models of shame-based PTSD and guilt-based PTSD.”

<http://onlinelibrary.wiley.com/doi/10.1348/000711201161109/abstract>

Can shame memories become a key to identity? The centrality of shame memories predicts psychopathology, José Pinto-Gouveia and Marcela Matos.
Applied Cognitive Psychology, Volume 25, Issue 2, pages 281–290, March/April 2011.

“Results show that early shame experiences do indeed reveal centrality of memory characteristics...our results show that the centrality of shame memories is highly and positively associated with traumatic stress reactions.”

<http://onlinelibrary.wiley.com/doi/10.1002/acp.1689/abstract>

Shame as a traumatic memory

Marcela Matos and José Pinto-Gouveia.

Clinical Psychology & Psychotherapy, Volume 17, Issue 4, pages 299–312, July/August 2010

“This study explores the premise that shame episodes can have the properties of traumatic memories, involving intrusions, flashbacks, strong emotional avoidance, hyper arousal, fragmented states of mind and dissociation. ... Conclusion: Our study presents novel perspectives on the nature of shame and its relation to psychopathology, empirically supporting the proposal that shame memories have traumatic memory characteristics, that not only affect shame in adulthood but also seem to moderate the impact of shame on depression. Therefore, these considerations emphasize the importance of assessing and intervening on shame memories in a therapeutic context.”

<http://onlinelibrary.wiley.com/doi/10.1002/cpp.659/abstract>

Internalizing early memories of shame and lack of safeness and warmth: The mediating role of shame on depression –ERRATUM,

Marcela Matos, José Pinto-Gouveia and Cristiana Duarte.

Behavioural and Cognitive Psychotherapy / Volume 41 / Issue 04 / July 2013, pp 494-494

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8934801&fileId=S1352465813000350>

Behavioural and Cognitive Psychotherapy, 2013, 41, 494
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ERRATUM

Internalizing early memories of shame and lack of safeness and warmth: The mediating role of shame on depression – ERRATUM

Marcela Matos, José Pinto-Gouveia and Cristiana Duarte

doi:10.1017/S1352465812001099, Published by Cambridge University Press. First published online 25 March 2013

Due to a typesetting error we have repeated Figure 2 also as being Figure 1.

The correct Figure 1 is shown below

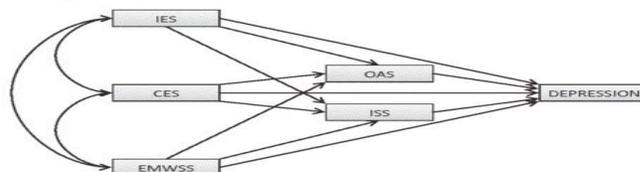


Figure 1. The theoretical model

Key: CES = Centrality of shame memories; IES-R = Shame traumatic memory; EMWSS = Early memories of warmth and safeness; OAS = External shame; ISS = Internal shame; Depression = DASS-42 depression subscale

Reference

Matos, M. et al. (2013). Internalizing early memories of shame and lack of safeness and warmth: The mediating role of shame on depression. *Behavioural and Cognitive Psychotherapy*, 41, 479–493.

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