

# INSIDE TRAUMA

## A word from the editor

Technology in this world is growing every day and there are products that are continually being discovered to satisfy the needs of the consumer. Camera mobile phones for example have been an invention that most of us have handy.



Though, technology threatens privacy. Teenagers and young adults of this generation are going crazy about all these new technologies such as Facebook and mobile phones with many features such as text messaging. This phenomenon is not just affecting the younger generation. Many adults use email to communicate with others. Some people however are not aware of the repercussions of these technologies.

There have been many instances in which our right to privacy may have been violated. We've all heard one way or another about the email that we have sent to our colleague that has not been work related, getting us in to trouble with our employer, as our employers are able to view our work emails. Or a future employer looking to social media such as Facebook to make decisions about whether we are employable or not.

Then there is the issue of people going through our mobile phones. When is it ok? Why would someone want to go through other peoples mobile phones in the first place? For some people, it can be violating for people to go through text messages, emails, Skype lists without their permission. When does it stop? This can lead to people feeling quite traumatised that others have looked at their private conversations.

We need to be aware and careful of the way we view technology and privacy. The repercussions of not doing so can cost us a job, missing out on a potential job and feeling violated by others reading our private online conversations. All these things can be traumatic for people.

*Elizabeth Lourenco*  
*Provisional Psychologist*

**Inside trauma**  
**Newsletter**  
Spring 2013 Edition

**Inside Trauma** is published by Trauma Centre Australia:  
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1 Princess St, Kew, VIC,  
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## A Robbery Case

Lorena and her daughters, aged 8 and 6 were at home, asleep. Her husband, Edgar, was doing a night shift and would be back in the morning. It was once everyone was sound asleep, that a burglar entered their home. Lorena had her wedding and engagement rings taken from her night table. Her jewellery box disappeared, as well as her daughters' gold medals. All three of them were asleep while the robbery was taking place; while the burglar was strolling around the house where three unaware people were confidently resting.

When Edgar came home, he noticed his front door unlocked. His laptop was missing, as well as their MP3 player and TV. But before he could register all the things that went amiss, he ran upstairs to his girls' bedroom, yelling and panting. Lorena was awoken by his yelling and panicked without understanding what was happening. And then they all realised they had been robbed during the night.

The impact on the girls was worse than their parents would have expected. For a month, they jumped into their parents' bed late every night. They were always concerned of being alone, anxious and hyper-vigilant about all the different noises in the house, of things which they had never been aware of before the incident.

As for the parents, Lorena and Edgar struggled to accept that there had been someone alien watching their every move prior to the incident and later on inside their home, invading their privacy, walking their rooms. As for the parents, Lorena and Edgar struggled to accept that there had been someone alien to their household, a stranger, watching their every



*“Friends don’t spy; true friendship is about privacy, too.”*

— Stephen King, *Hearts in Atlantis*

*“I remember an era when you could get your nose sliced off for sticking it too far into another man's business. Now you can find out anything about anyone with the click of a button. There is no privacy and no consideration, and everyone is prying into things that aren't their affair. You can probably check on the inter-tube and find out what color underwear I have on today.”*

— Joe Hill





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move prior to the incident and later on inside their home, invading their privacy, walking their rooms completely unnoticed! Feelings of anger and helplessness often got hold of Lorena, who would now struggle to sleep on her own. Edgar, on the other hand, requested to not get anymore night shifts, even if that meant lowering his wages. Both their anxiety levels increased and Lorena even went through a period of very high stress. Nightmares made their way through to their sleep, and a general sense of paranoia took hold of their otherwise peaceful lives. Leaving aside



the material costs of what was taken from the family home, the emotional impact was highly damaging for all four members, whose trust and security was seriously impacted. Robbery victims usually find it difficult to come to terms with what has happened to them, and in some cases, they never feel as safe as they used to. In an article for the Security Newsletter, author Annie Blanco (2010) suggests three important actions should be taken into consideration right after a burglary or theft:

1. When a burglary has been committed, do not touch anything. Inform the police immediately and wait for their assessment, which could lead to getting hold of the criminal(s).
2. Call the insurance loss assessor.
3. It is also worth to get some counselling organised for all the members of the household.

Counselling helps victims to understand their sometimes overwhelming feelings. By having a therapist listen to them, normalising what they are going through and getting some strategies for coping in moments of high stress, they will gradually feel better. Nobody should have to go through one such experience, but knowing there are useful mechanisms for getting back to normality is comforting.

*Claudia Devora*  
*Undergraduate Counsellor*

*“If after I die, people want to write my biography, there is nothing simpler. They only need two dates: the date of my birth and the date of my death.*

*Between one and another, every day is mine.”*

*— Fernando Pessoa, Poems of Fernando Pessoa*

*Once you've lost your privacy, you realize you've lost an extremely valuable thing.*

*- Billy Graham*



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# Facebook Intrusion

People who use social networks to spy on their significant others may use these tools as something has prompted them to find some kind of evidence of cheating or lying; whether their search is fruitful is another topic. When an individual realises that there is no reason to be jealous, and people find out that someone they love one was stalking them, it makes them feel guilty even when they haven't done anything wrong. When a person suspects their other of spying on them they begin to become nervous of their actions, even if they have done nothing wrong. Just the mere fact that knowing everything you type may be read and misconstrued by your



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1. Highly seasoned fatty sausage
7. Laziness
10. Male sheep
11. Follow as a result
12. Sweeping story
14. Dagger
15. Large black bird
16. Winglike
18. Regrets
21. Cavalry weapon
23. "\_\_\_ Maria"
24. Prickly
26. Hard glossy coating

1. Break
2. Inspiring approval
3. Behold
4. Beer
5. Fixer
6. Suggest
7. Fury
8. Mongrel
9. Startled cry
13. Lurch
16. Donkey
17. One time around
19. Wicked
20. Second (abbrev.)
22. Ribonucleic acid
25. M

(SOLUTION CAN BE FOUND  
ON THE LAST PAGE)



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of their actions, even if they have done nothing wrong. Just the mere fact that knowing everything you type may be read and misconstrued by your significant other can be a very nerve racking experience and can lead to other psychological issues. The person's level of anxiety can reach a point that they are unable to trust anymore and harms their ability to become close to another human being and fall in love.

*Dominique Herrera*  
*Undergraduate Counsellor*

## Trauma of Personal Space Invasion (PSI)

Take a moment to consider and reflect on your own physical and mental space. Yes we can empirically observe and measure physical space intrusion. It is a mental concept where by an individual perceives a space invasion. This can affect the psychological balance of human beings. Imagine for a moment sitting alone at a cafe while enjoying a Sunday calm solitude



Invasion

This example depicts a social altercation known as (PSIS) Personal

that sends your mind to a comfort zone of happiness and contentment. At that moment another patron enters and sits at your table coughing profusely and un-announced slaps his/her paper down and eye balls you while accidentally bumping you. Within seconds your blood races and a pending explosion is forthcoming. The tension and stress level near uncontrollable rage proportions.

This example depicts a social altercation known as (PSIS) Personal

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Space Invasion Syndrome. There is little doubt that a violation of one's personal space will send us toward hyper stress, leading to stress levels that affect our functioning. The eminent conclusion is 'Anger'; and this does eat away at our good health. Trauma psychologists acknowledge that physiological and biological changes occur when anger levels continually increase. Heart rate, blood pressure, hormones and adrenaline alter.

Recent studies of space were first investigated in the 1960's by E T Hall who was an American anthropologist and cross- cultural researcher. E T Hall observed mans behavioural use of space and is remembered for developing the concept of Proxemics, which describes how people react or behave in various types of culturally defined personal space.



A study by Middelhurst, Knowles and Matter (1976) sought to understand the relationship between the speed of men's urination in a public toilet and personal space. While I hasten to report there were many methodological questions, specifically whether the observer contributed to the results. However the findings support the notion that an invasion of personal space affected arousal this causing a slower flow.

Personal space varies from culture and nation however for westerners E

T Hall viewed personal space as an extension of the human body defining four zones, they are as follows.

1. Intimate Zone- Whispering and embracing (within 18 inches of your body).
1. Personal Zone- Conversing with close friends (18 inches – 4 feet).
2. Social Zone- Conversing with acquaintances (4 feet- 10 feet).
3. Public Zone- interacting with strangers (10 feet – 25 feet).

We all acknowledge that we have a personal space and many have quantified this by distance, but there is also psychological space, the violation

*The virtue of privacy is one that must be protected in matters that are intimate and within one's own family.*

*- Tiger Woods*

*“It seems... that the advance of civilization is nothing but an exercise in the limiting of privacy.”*

*— Isaac Asimov*

*You lose your privacy, and sometimes, people don't see you as human.*

*—Shawn Wayans*





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and intrusion of a burglar after a home robbery. Reported emotional symptoms include anger, fear, resentment, grief which is a similar response to rape, assault and other violent crimes.

The fallout from both personal and psychological invasion appears because many victims are left with long term trauma scars. Robbery and perceived personal space intrusion can leave people experiencing recurrent and intrusive thoughts, dreams and cause hyper – alertness with changes in sleeping and eating habits and palpitations.

Recovery from PSI and psychological pain will follow a validation and emotional journey of accepting these reactions and talking about the experience to a trauma counsellor. Time and talking about the feelings is the step that will help to put the event into perspective, seeking help is what will enable one to address the issues from these kinds of experiences.

*Peter Horton*

*Psychologist—C.E.O of Trauma Centre Australia*



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*Privacy under what circumstance? Privacy at home under what circumstances? You have more privacy if everyone's illiterate, but you wouldn't really call that privacy.*

*That's ignorance.*

*—Bruce Sterling*

