

# Inside Trauma

Winter 2019 Edition

## Managing relationship failure

Inside Trauma is  
published by Trauma  
Centre Australia



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Older editions of Inside Trauma are  
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### A Word from the Editor

Trauma is often seen as an intrusion into a person's normal functioning, it can be characterized by various symptoms such as flashback, anxiety and depression.

Relationship breakdown can be traumatic and be a real infection causing psychological pain.

While signs may not manifest initially, overtime they can accumulate and pose debilitating consequences.

There are various types of relationships which have multi layers of issues contributing to the relationship breakdown. These include a mirrored, amount of long-term pain on someone's emotional state. Cheating, financial abuse, emotional abuse, lying, threats, sexual assault and violence all can contribute to emotional wreckage.

*By Peter Horton*

### In this Edition

**Coping with  
the break-up**

*By Peter Horton  
(Psychologist)*

**Page 2**

**Relationships  
breakdown**

*By Giulia Ferrari  
(placement student)*

**Page 3**

## COPING WITH THE BREAK-UP

The following are 14 points about what may happen when someone suffers from relationship breakdown.

1. **Flashbacks** can occur after relationship distress.  
Reliving past visual and auditory snapshots bring the pain of the past back to the re-lived.
2. **Nightmares** about cheating, leaving, yelling and neglect are also a sign.
3. **Obsessing**, thinking and over thinking; having self - doubt and blame.
4. **Crying** confusion and constant crying which appears to go on for a longtime suggest that there is a manifesting problem.
5. **Health issues**. Especially fluctuation in weight, both up and down. Feeling sick.
6. **Self-Doubt**. Many blame themselves for the partners abuse and ask themselves how I could have done this better.
7. **Being Negative**. We sometime attack the things that we loved in relationship, eg; thai food no longer is sort and yet previously it was fantastic.
8. **Playing the field**. Often as a response to a breakup sexual app can explode as a desire to seek love and affection.
9. **Emotional Outburst**. Meltdowns are signs of pent-up distress.
10. **Lethargic**. Sleeping long periods. Needing medication to get to sleep at night.
11. **Isolation**. Moping and avoiding people and invitations with friends.
12. **Rage**. Can become all-consuming patriarchy targeted toward the ex.
13. **Numbing**. Drugs, drinking excessively and continuously; will have a sedation affect.  
Avoiding the grieving process will only extend the pain.
14. **Healing**. Can be self- tailored, but also treatable through therapy, self-help groups and support groups. Exercise, long bath, fresh air and walks, can help the healing process. Most important learn to forgive yourself.

The Trauma Centre Australia can be a venue of help when persisting symptoms continue to de-regulate emotional balance.

Reaching out is a step towards recovery.

*By Peter Horton*



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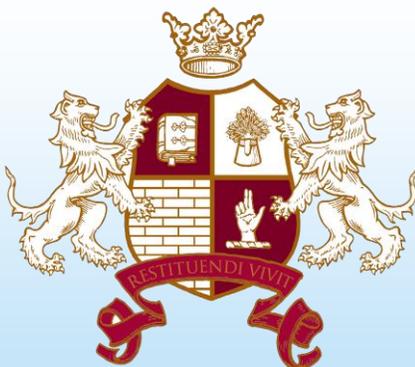
## RELATIONSHIPS BREAKDOWN



There are many reasons that a relationship breaks down. Couples who were once in love and truly intimate may find themselves feeling like strangers. According to the Social Readjustment Rating Scale (SRRS), which measures the relationship between life events, stress and susceptibility to illness, the end of a relationship is considered to be one of the most severe life stressors. Whatever the reason for the split, this lost connection can turn your whole world upside down and trigger all sorts of painful and unsettling emotions. Everything is disrupted: your routine and responsibilities, your home, your relationships with extended

family and friends, and even your identity. The failure in a relationship can also bring up practical problems, such as where you will live, how you will support yourself (and any children), and how you will share parenting. When a relationship fails, we experience profound disappointment, stress, grief and trauma. Remember to look after yourself, eat healthy, keep your sleeping and exercise routines, and plan for treats and the things you enjoy. Avoid rushing into a new relationship. Avoid using alcohol or other drugs to ease any pain. If you have any concern about your health and wellbeing talk to your GP, family or friends, who can help you get through this hard time. Isolation and sadness experienced from a relationship breakdown may be intense, which may lead to depression. Depression is a serious illness that affects mental and physical health. Don't be afraid to get outside help if you need it.

*By Giulia Ferrari*



## Looking for Training in Trauma Counselling?

We have developed the Advanced Certificate of Trauma Counselling. If you would like more information please visit our website

[www.traumainstitute.com.au](http://www.traumainstitute.com.au)

Or contact our office of (03) 9852 7797

# Trauma and Psychology Interest Group presents:

## Upcoming Seminar: 'Handling The Fallout: Picking Up The Pieces When Someone Chooses Death'

The Australian Psychological Society Trauma and Psychology Interest Group is a non-profit organisation which exists to promote best practice in trauma management across Australia by providing professional support, supervision and advocacy for practitioners and the community. TAPIG also helps further the development of policy and its practical application.

The topic for our Melbourne event is - Suicide. We will be discussing the research on suicide prevalence and trends, risk assessment, the fallout, response management, the traumatic impacts of suicide on family and friends and referral.

Speakers will impart their particular knowledge on the evidence-based research and up-to-date management techniques.

5.45pm: Registration  
 6.00pm: Introduction  
 6.05pm: Guest Speaker (Ann Hamden)  
 7.10pm: Tea Break  
 7.30pm: Guest Speaker (Ann Hamden)  
 8.30pm: Networking and Close

The Seminar will include 'Supper and Drinks'  
 Student: \$15 (Special Discount Rate)  
 APS Member \$25  
 Non APS Member \$30



To register for this event please follow the link:  
[www.psychology.org.au/Event/20891](http://www.psychology.org.au/Event/20891)

**When:** Monday October 14<sup>th</sup> 6pm to 8:30pm

**Where:** Melbourne Multicultural Hub – 506 Elizabeth Street, Melbourne VIC 3000

**CPD Points:** 2

*"I had someone once who made every day mean something. And now.... I am lost.... And nothing means anything anymore."  
 — Ranata Suzuki*

*"Relationships end, but they don't end your life. But people do often spend more time finding out about failed relationships than finding successful ones."*



*Steve Martin*