The Trinity of Trauma

Ignorance, Fragility, and Control: The Evolving Concept of Trauma
The Concept and Facts of Dissociation in Trauma

by Ellert Nijenhuis

DESCRIPTION:
The Trinity of Trauma: Ignorance, Fragility, and Control is structured as a trilogy. This book includes
the first two parts: Volume I, The Evolving Concept of Trauma, and Volume II, The Concept and
Facts of Dissociation in Trauma, which are predominantly conceptual, theoretical, and empirical in
nature.

Volume I aims to overcome conceptual flaws that have plagued the trauma field to date. It proposes
new definitions of trauma and derivative concepts as well as a dimension of trauma-related
disorders. It suggests that individuals and their environment constitute, depend on, and are relative
to each other. Volume I unites two groups of trauma-related disorders that were previously
contrasted in psychiatric history under various names such as "melancholia" versus "hysteria",
"traumatic neurosis" versus "traumatic hysteria", and "posttraumatic stress disorder" versus
"dissociative disorders". It also mends the "dissociation" of dissociative and conversion disorders.

Volume II analyzes and defines the concepts of "personality", "self", "dissociation in trauma", and
"dissociative parts". It explores and documents the biopsychosocial features of different prototypical
dissociative parts in traumatized individuals. Important features of these parts also characterize other
players in traumatization, stretching from perpetrators to society at large.

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