

PARTIE 2 : LE TRAUMATISME PSYCHIQUE

Notion d'événement traumatique

90% de la population vivra au moins un événement potentiellement traumatisant dans sa vie. Evénements potentiellement traumatisants : mort inattendue d'un proche 24,6 %, témoin de la mort ou de blessure grave 20,6%, porteur de maladie grave et accident de la route 11,7%.

40% vivront une agression ; 29% assisteront à la mort ou la blessure grave d'un proche ; 28% accident de circulation ; 17% catastrophe naturelle.

Tous les événements traumatisants ne conduisent pas à un état de stress post-traumatique. Victime ne veut pas dire traumatisme psychique. Tous les actes ne conduisent pas à un traumatisme psychique majeur.

I. LE TRAUMATISME PSYCHIQUE OU PSYCHOTRAUMATISME

Selon **BIGOT**, « Le terme de traumatisme est emprunté à la chirurgie ». Le traumatisme psychique est une **métaphore du trauma corporel et dans lequel les défenses psychiques de l'individu sont débordées**. Ce qui nous protège au niveau psychique est choqué par un événement et va venir faire déborder notre enveloppe psychique. Si on n'a pas de menace au niveau de notre propre intégrité, on n'aura pas de traumatisme psychique.

Le traumatisme est l'aboutissement d'un événement soudain qui agresse et/ou menace l'intégrité physique et psychique de sa victime. Il comporte le plus souvent un risque vital pour soi-même ou pour autrui. Il peut être unique ou se répéter dans un climat de danger vital permanent (traumatisme simple >< traumatisme complexe). Il peut ou pas s'accompagner d'un traumatisme physique.

Traumatisme simple : attentats à Maaalbeek et à l'aéroport

Traumatisme complexe : menace répétée (ex : agressions sexuelles à répétition durant l'enfance)

On peut aussi faire plusieurs traumatismes simples (quand il n'y a pas de liens entre les faits).

Inattendu, exceptionnel, violent, risque vital (CRITERES) : ces attributs permettent de **séparer clairement le traumatisme de l'événement de vie pénible** (la perte de son emploi, le divorce ou même l'annonce d'une maladie grave par exemple) et nous le verrons du stress. L'enveloppe de notre psychisme est déchirée et tous nos mécanismes de défense sont débordés (ce qui fait que cela se déchire). La force de l'événement va venir percuter l'enveloppe et tout va exploser (« effraction »). Tous les événements de vie ne sont donc pas des traumatismes.

Selon **CROCC**, le **psycho traumatisme** est un « **phénomène d'effraction du psychisme et de débordement de ses défenses par les excitations violentes afférentes à la survenue d'un événement agressant ou menaçant pour la vie ou pour l'intégrité (physique ou psychique) d'un individu qui y est exposé comme victime, comme témoin ou comme acteur** ».

Idée que le « moi » est complètement transpercé comme un projectile et va détruire notre psychisme. Derrière cela, tous nos mécanismes de défense sont débordés. Dans la vie, on se

Le Traumatisme Du Preacutenom

N Colangelo



Le Traumatisme Du Preacutenom:

Ignite the flame of optimism with is motivational masterpiece, **Le Traumatisme Du Preacutenom** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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