



Complex Trauma theorists are victim blaming

Trauma theorists like Bessel van der Kolk blame victims by arguing that survivors of child sexual abuse with Complex PTSD have 'poor affect regulation' and 'maladaptive coping mechanisms'. Theorists are mistaking overwhelming pain for faulty coping abilities.

This is a way of denying the pain and damage. It's a claim that the child had a range of coping skills to choose and chose the wrong ones. Instead of congratulating victims for surviving, these phrases blame them for not surviving unaffected.

It is as though they believe there is some imaginary child who can survive child sexual abuse without it affecting them. Presumably theorists think they would have and this allows them to judge survivors.

Adults who are affected by child abuse are not faulty, maladaptive or any of those things. The trauma theorists apply their own limited experiences of life to trauma survivors and judge accordingly.

The chances of a theorist having CPTSD are remote: to have healed since we understood CPTSD, enough to train as a psychologist, then progress in your field and get published- you would be very, very old.

I think it's really important to remember that they do not know what they are talking about. They haven't experienced C-PTSD. They don't understand the experience.

People with C-PTSD are not faulty- we were born perfect like everyone else and we had, and are having, normal, standard responses to being brutalized as children.

If you have C-PTSD then you were abused for a long time, and if you are reading this I want say that whatever shape you are in now, congratulations for surviving, you are wonderful.