

# TRAUMA SURVIVOR'S INTRAPSYCHIC ROLE ATOM

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## PRESCRIPTIVE ROLES

THESE ROLES NEED TO BE IN PLACE BEFORE WORK IS ABLE TO BE SAFELY WITH THE COPING AND FRAGMENTING ROLES.

## RESTORATION

Personal strengths  
Interpersonal strengths  
Spiritual and cultural strengths

## OBSERVATION

Engaged client  
Observing Ego

## CONTAINMENT

Keeper of Defenses  
Containing Double  
Body Double

## TRAUMA-BASED ROLES

HERE WE SEE A GREATER NUMBER OF ROLES, REPRESENTING THE SPLITTING DUE TO THE IMPACT OF TRAUMA

## SURVIVAL

**(Primitive Defenses)**  
Dissociation  
Multiple States of Consciousness  
Denial

## SLEEPING CHILD

## COMPENSATION

**(Maladaptive Higher Level Defenses)**  
Overcompensator  
• Rescuer  
• Enabler, etc.  
Holder of Defenses

**(Communication)**  
Perpetrator  
• Intrapsychic (self harm)  
• Interpersonal (other harm)  
Abandoning Authority  
Victim  
• Powerless Witness

## WOUNDED CHILD

Change Agent  
Manager of Healthy Functioning

## AWAKENING CHILD

Good Enough Parent  
Good Enough Significant Other  
  
Good Enough Spirituality

## TRANSFORMATIONAL ROLES

THESE ROLES EMERGE WHEN PRESCRIPTIVE ROLES ARE FIRMLY IN PLACE AND WORK BEGINS WITH THE TRAUMA-BASED ROLES. THEY REFER TO AUTONOMY, CONNECTION & INTEGRATION.