

Mental illness as a consequence of psychological traumas

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Reactions to adverse events

Solving alloplastic adaptation

Learning autoplasic adaptation

Protecting autoplasic **ALIENATION**

Emotional self-regulation: Autonomic Nervous System function. It regulates type and intensity of emotional reaction.

Emotional dys-regulation: Autonomic Nervous System's inappropriate emotional regulation, involving an excess of activation (*hyper-arousal*) or a deficit of activation (*hypo-arousal*). Caused by the protecting autoplasic ALIENATION

Psychological trauma: autoplasic, natural, adaptive, defensive, protective, but extreme response. A subjective reaction to an adverse, overwhelming event, involving a **Dissociative Protective Double Caution**, which causes the **Post-Traumatic Dys-Regulation**. It is "too much" for the nervous system and it is a collapse of the feeling of safety.

Dissociative Protective Double Caution

First caution: special recording, in order to activate an avoidance and/or alarming reaction. It is sensitising.

Second caution: focused and modulated inhibition (up to block), of emotionally overwhelming nerve circuits, in order to strategically restore emotional homeostasis. It is alienating.

Post-Traumatic Dys-Regulation: Diagnostic etiopathogenetic conceptualization of mental disorders, including all psychopathological syndromes (about 1400 variants, listed in DSM 5), which involves an emotional dysregulation caused by one or more traumatic experiences. It can be solved through appropriate psychotherapeutic experiences which should be linked to the renegotiation of those original Double Cautions (*Dissociations*) having a lifesaving protective function. In the first place, working on the feeling of safety is crucial. Trauma consequences can be treated and solved. Yet, as long as they are active, they absorb psychic energies. **Post-Traumatic Dys-Regulation is reversible!** I want to propose **Reversible Post-Traumatic Dys-Regulation (RPTDR)** as the only one mental illness.

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