

doesn't matter." We want to be on the lookout for these moments of dorsal disappearing.

Dr. Ogden: With Holocaust survivors, there was this robotic movement. They just robotically obeyed the perpetrators because nothing else was a viable option. Children will also do that in severe abusive environments. There will be this automatic, mechanical obedience.

Dr. Lanius: [2. Learned Helplessness] The client has learned that the stress is inescapable, which has gotten them into a state of learned helplessness. This is often associated with chronic symptoms of depression. Often, these individuals would be diagnosed with treatment-resistant depression, which we have to be careful of. If we recognize it as a state of learned helplessness and collapse/submit, then we can help the individual get out of this state.

[3. Relationship Patterns] When clients are in collapse/submit chronically, they have tremendous difficulties in interpersonal relationships. I can think of clients that had difficulties dealing with their teenage kids. When their kids got out of control, the client's state of collapse/submit prevented them from engaging and setting appropriate boundaries. And because it got so out of control, they felt even more collapsed and helpless because they weren't able to deal with the situation. Patients can also present with difficulties at work because they can't stand up for themselves, and very often they get taken advantage of.

[4. Desire to Isolate] We also need to think about activities of daily living. When somebody is in a severe collapse/submit state, it's difficult to engage in anything; personal hygiene, cleaning your house, clearing snow, mowing your lawn, and engaging socially. It can lead to a

