



**The Link Between Trauma,
Depression, and Borderline
Personality Disorder**

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The 4 pathways to Chronic Mental Illness

- 1. Sensitivity -20% of the population (HSP-
Dr. Elaine Aron)**
- 2. “Emotional Stuffer” (suppression)**
- 3. History of Trauma/Adverse Experiences
(ACE’s)**
- 4. Current Day Stressors**

Integrated Treatment Approach

Question: What problem does this symptom solve?

Answer: All chronic addictive patterns are efforts to escape, suppress, avoid, numb out, medicate or distract from feelings of pain, fear, insecurity etc.

Addictive patterns are seen in most, if not all, chronic mental health symptoms/diagnoses (process addictions) as well as substance addictions.

Universal Treatment Objective –

**“To Feel My Feelings and
Stay Safe.”**



ADDICTION- A pervasive pattern of avoiding feelings.

**(or escape, suppress, numb out, medicate or distract
from feelings of pain, fear, insecurity etc.)**



Forms of suppression/avoidance

- **Drug/Alcohol**
- **Self-Mutilation**
- **Medication/Pills**
- **Sex**
- **Intellectualizing**
- **Shame**
- **Drama**
- **Entitlement**
- **Denial**
- **Eating/Not Eating**
- **Dissociation**
- **Alter Egos**
- **Extreme Collecting**

- **Confusion**
- **Shoplifting**
- **Masturbation**
- **Promiscuity**
- **Flashbacks**
- **Memories/Content**
- **Living in the past**
- **VRP /Drama Triangle**
- **Suicidal Ideation**
- **Somatization**
- **Anxiety**
- **OCD Thinking & Behaving**
- **Hobbies**

Forms of suppression/avoidance

- **Gambling**
- **Gaming**
- **Pornography**
- **Workaholism**
- **Perfectionism**
- **Shopping**
- **Humor**
- **Fantasy**
- **Religion**
- **Exercise**
- **Homicidal Ideation**
- **Narcissism/Arrogance**
- **Depersonalization**

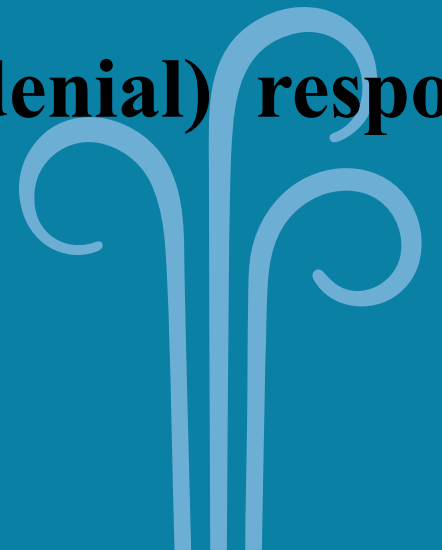
- **Numbness**
- **Rage**
- **Sadness/Depression**
- **Isolation**
- **Black & White Thinking**
- **Idealization/Devaluation**
- **Magical Childlike Thinking**
- **“Terminally Unique”**
- **Sleeping**
- **Discounting**
- **Smoking**
- **Being Controlling**
- **Other _____**

Supression – Conscious avoidance

Dissociation – Subconscious avoidance

Chronic suppression and dissociation breaks down the mind/body feedback loop, which is needed for emotional resolve and release.

This breakdown keeps people in either a head/logic (denial) response or a body/actions (release) response.



Spectrum of Emotions

Medical Diagnoses “Acting In”	Unhealthy Stuck Mind - Logic Dysfunctional Under Responding Unintegrated Black and White	Healthy Fluid Mind/Body Balanced/Functional Grounded –Present Integrated Grey	Unhealthy Stuck Body - Behaviors Dysfunctional Over Responding Unintegrated Black and White	Psychiatric Diagnoses “Acting Out”
Headaches/Migraine	Numb	Anger	Rage	Depression
High Blood Pressure	Numb	Sad	Depression	Eating Disorders
Fibromyalgia	Numb	Hurt/Pain	Despair/Hopeless	Anxiety
Chronic Fatigue	Numb	Vulnerable	Helpless	Substance abuse
Chronic Pain	Numb	Happy	Mania	PTSD
Fertility Issues	Numb	Guilt	Shame	Dissociative Disorders
Irritable Bowel	Numb	Fear	Terror/Panic	Process Addictions
Autoimmune	Numb	Lonely	Abandonment	



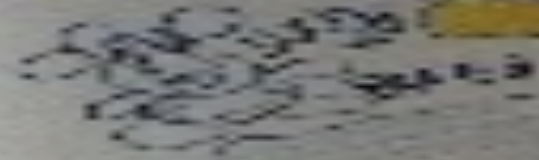
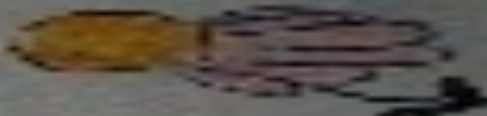
For more information please call:

940-229-5000

SMILES



FLOWERS



SMILES

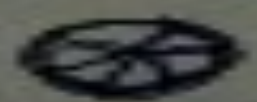
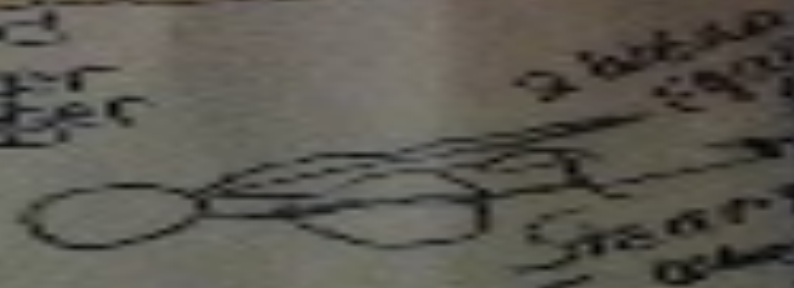
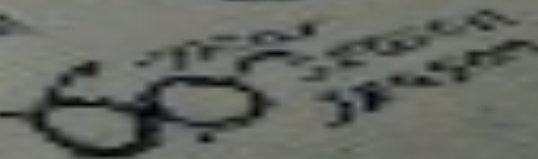
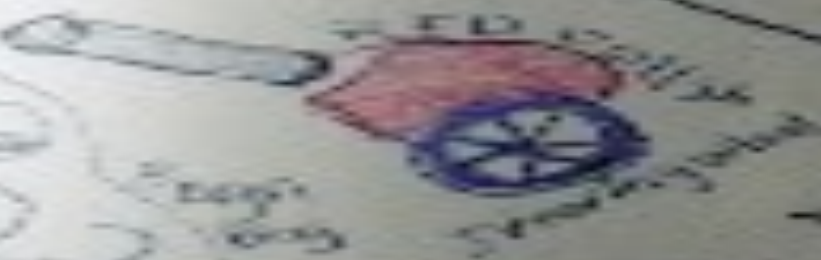
SMILES

NIGHT

SMILES



SMILES



SMILES



FIGHT

WAR

NO EVEN



APR 1

W

W

THANKS

SOFT BOYS

side 1

Handwritten notes and scribbles at the bottom of the page.

Feeling my Feelings



To feel reality
 To accept beauty happens
 To feel what is there
 To feel love me
 To feel shame
 In fact I get so
 Overwhelmed that

I may kill myself
 AND I will
 NEVER WANT
 TO LIVE!!





I picked Assignment #1.
I believe I am in an altered
state when I cut myself (self-harm)



Handwritten notes on the left page of a notebook, including a list of items and a small drawing of a girl.

Handwritten notes on the left page of a notebook, including a list of items and a small drawing of a girl.



Handwritten notes on the right page of a notebook, including a list of items and a small drawing of two figures.

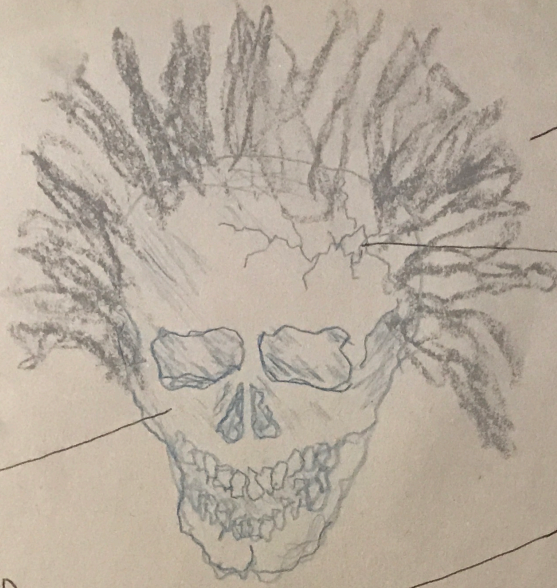
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Overall- This is me,
I am old and tired of
addiction, Below is how ~~I~~
feel or at least used to.
I know if I don't change
these thoughts & habits, I
will die. But I also know
that with hardwork, strength
I can flip the page,

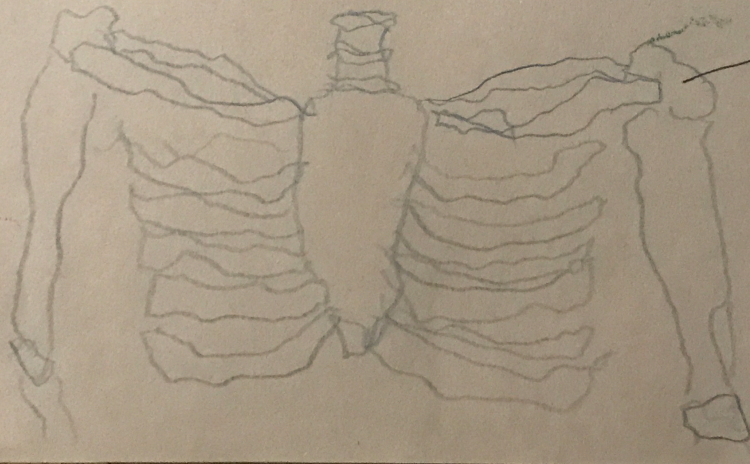


Hair - grey and pulling it
out because of stress of
work and personal life.

Bullet hole - Because there
are just them days when
your overwhelmed to the
point of no return

no skin - Because
there are times when because
of my addiction I am not even
comfortable in my own skin

Head Detached - Because of
my addiction and problems
I feel as if my Brain is
Detached from my soul



Skeleton - Because of
my addiction I feel
weak and empty inside

Addicted

Hyper
vigilant

time to self

Profound

Calor

Content



Pre covered

Busy

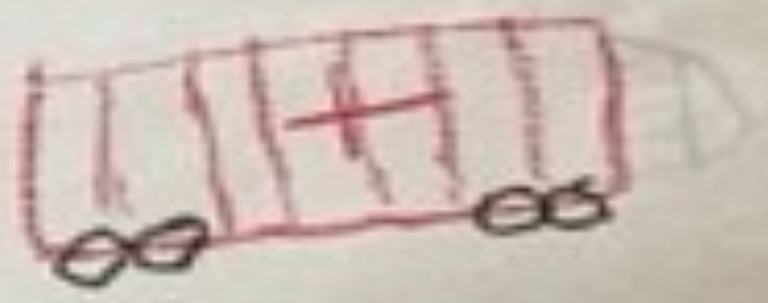
excuses!

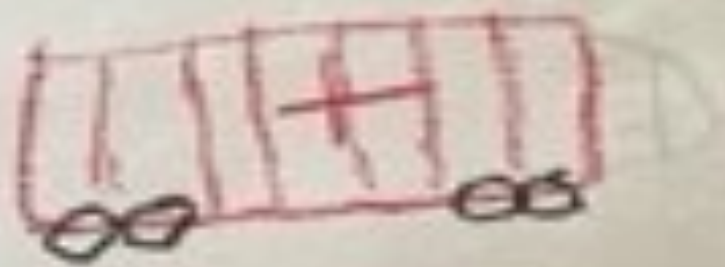
critical!

up tight!

Pressure!

Self-Aware/critical







FIGHT

WAR

NO EVEN



ARMY

ARMY

ARMY

THANKS

SOALIT BOTS

side 1

Handwritten notes and scribbles at the bottom of the page.