

Abstract

Updating Freud's early seduction theory, (appropriately relabeled "trauma" by (Miller,1981/1984), a series of theoretical constructs of neurosis are presented as background for a fully operationally defined psychotherapeutic method discussed in a separate paper. Emotional trauma theory builds upon information, attachment and anaclitic concepts (Sousa-Poza, Eagle, Rohrberg & Steiberg, 1986) to present neuroses as informational injuries; as inheritable as viruses moving from one computer's operating system to another's. Parental disconfirmation of the self's innate sense of unconditional lovability constitutes the core neurotogenic emotional metatrauma, generating anger that has to be suppressed because the parents are perceived as godlike figures. To neutralize the emotional trauma, the child deploys defensive exclusion that fragments the self by splitting the message into 3 main "folders" (mental, emotional and somatic).