

Çocukluk Travmasına Evrimsel Yaklaşımlar

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Özet

İnsanın evrim tarihinde, bebekler ve çocuklar hayatta kalmak için yetişkin bakıcılara bağımlı olmuşlardır. Yetişkinlerin verdiği bakım; gıdanın ulaşılabilirliği ve yetişkinlerin sosyal temasları dahil olmak üzere mevcut koşullardan ve yetişkinlerin kendi bakım deneyimlerinden büyük ölçüde etkilenir. Çocukların ebeveynlerinin elinde travmaya maruz kalabilmelerinin olası nedenlerini tartışmak için evrimsel bir bakış açısı kullanıyoruz ve çocukların üreme çağına ulaşma ve kendi çocuklarını üretme doğrultusunda hayatta kalma şanslarını en üst düzeye çıkarmak için bu tür bir travmaya tepki olarak nasıl uyum sağladıklarını ele alıyoruz. Çocuklara kötü muamelenin anneler, babalar ve üvey ebeveynler tarafından nasıl değişiklik gösterebileceğini inceliyoruz ve çocukluk travmasının karmaşıklığını açıklamaya yardımcı olmak için ebeveyn-çocuk çatışmasını, yaşam öyküsü kuramını, bağlanma kuramını ve farklı duyarlılıkları tartışıyoruz. Klinik uygulamaya yönelik önerilerle bitiriyoruz.

Anahtar kelimeler

İstismar, bağlanma kuramı, çocukluk çağı travması, evrimsel bakış açıları, yaşam öyküsü kuramı, ebeveyn-çocuk çatışması

Anahtar Noktalar

- Olumsuz çocukluk yaşantıları duyarlı bireylerde travmaya yol açar. Olumsuz durumlar ebeveyn stresine, ebeveyn stresi de istismar ve ihmale yol açabilir.
- Mağdur olan çocuklar için zararlı olan davranışlar, bazı durumlarda yetişkinler için adaptif ve kardeşler için avantajlı olabilir.
- Bebekler, ortamları ne olursa olsun, mümkün olduğunca hayatta kalmak için evrimleşmişlerdir. İyi bir ortama güvenli bir şekilde bağlanmak ve güvenmek uyumsaldır. Aksine, reddeden bir anneyi kızdırmaktan kaçınmak ve ikircikli bir anneye yalvarmak uyumsaldır. Bebekler istismarcı bakımverene bağlanabilir ve işe yarayan bir yaklaşım bulmaya çalışmak için, dezorganize olsa bile, çeşitli stratejiler kullanabilirler.
- Bireylerin çevreye karşı farklı duyarlılık düzeyleri vardır. Bazıları karahindiba gibidir ve ne olursa olsun idare ederler. Diğerleri daha çok orkide gi-

bidir ve ideal olmayan bir ortamda çok fazla mücadele ederler, ancak iyi bir ortam sunulursa son derece iyi iş çıkarırlar -dayanıklı türlerden daha iyi performans gösterirler.

- Evrimsel bir bakış açısı, tek bir gelişim yolunu veya bağlanma modelini normal ve diğerlerini anormal olarak görmez – ya da birini işlevsel, diğerlerini işlevsiz olarak kabul etmez. Doğa, farklı koşullarla başa çıkmak için farklı stratejiler gerektirir.
- Yetişkin davranışlarının ve belirleyicilerinin daha incelikli bir şekilde anlaşılması; klinisyenlerin, hastaların ve danışanların benzer şekilde daha az idealist ama daha gerçekçi ve daha şefkatli bir görüş benimsemelerini sağlayabilir.

14.1 Ebeveynlerin Çocuklarına Neden Kötü Muamele Yapabileceğine İlişkin Evrimsel Bir Bakış Açısı

Evrimsel düşüncenin psikiyatrideki klinik çalışmaları nasıl şekillendirebileceğiyle ilgilenen terapistler

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büyük ölçüde farklılık gösterir; bazıları rahat ve dayanıklıdır, bazıları ise zorlu bir mizaç veya altta yatan nörogelişimsel bozukluklar nedeniyle bakımı çok zor olan çocuklardır (bkz. Bölüm 15). Umarız bu ciltteki bölümler ve diğer yazılarımız, anneleri suçlamaktan

çok, evrimci bir görüşün, annelerin genellikle zor koşullarda ellerinden gelenin en iyisini yaptıklarını ortaya koyduğunu gösterir. Çocuklara yardım etmek istiyorsak, kendilerini içinde buldukları duygusal, sosyal ve fiziksel ortamları da ele almalıyız.

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