

# HEALING THE FRACTURED MIND

A Revolutionary Method for Treating  
Addiction and Other Disorders

*Felicity de Zulueta*

*with*

*Monique Notice, Jayshree Unadkat, and*

*Leonor de Escoriaza*



**KARNAC**

*firing the mind*

First published in 2025 by  
Karnac Books Limited  
62 Bucknell Road  
Bicester  
Oxfordshire OX26 2DS

Copyright © 2025 to Felicity de Zulueta, Monique Notice, Jayshree Unadkat, and Leonor de Escoriaza.

The rights of Felicity de Zulueta, Monique Notice, Jayshree Unadkat, and Leonor de Escoriaza to be identified as the authors of this work have been asserted in accordance with §§ 77 and 78 of the Copyright Design and Patents Act 1988.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher.

British Library Cataloguing in Publication Data

A C.I.P. for this book is available from the British Library

ISBN: 978-1-91349-471-1 (paperback)  
ISBN: 978-1-91349-492-6 (e-book)

Typeset by vPrompt eServices Pvt Ltd, India



[www.firingthemind.com](http://www.firingthemind.com)

To

**Dr Bessel van der Kolk**

*for his extraordinary inspiration and guidance in making sense  
of the role of attachment in human vulnerability*

# Contents

Acknowledgements	ix
About the authors	xi
Preface <i>by Valerie Sinason</i>	xiii
Introduction	xix
1. The elephant in the room	1
2. Born to love and cooperate	17
3. Nature's Stockholm syndrome	47
4. Eliciting the traumatic attachment with the TAIP	75
5. Reversing the traumatic attachment via the TAIP to heal PTSD and BPD	95
6. The role of the TAIP in understanding and healing "difficult-to-treat" disorders	129
7. "It feels like a big empty hole inside" <i>Monique Notice</i>	157
8. The visceral impact of the TAIP: what could not be expressed by words is expressed through the body <i>Jayshree Unadkat</i>	181

9. The importance of integration in healing traumatic attachment: case studies using Lifespan Integration therapy and the TAIP <i>Leonor de Escoriaza</i>	195
Conclusion: Dissociation: the neglected portal to ill health	215
References	235
Index	247

## Acknowledgements

Working in the field of severe trauma or complex PTSD is challenging and requires patience and imagination to help those who suffer from its extensive and, at times, terrifying effects. Though my colleagues and I in the Traumatic Stress Service at the Maudsley Hospital did manage to help many of the men and women to reach a state of well-being in which they could resume a fairly normal life, it was not easy and often not achievable. For this reason, I was always on the lookout for a new therapeutic approach that would enable us to achieve better results and more fulfilled patients.

Dr Bob Johnson's work with prisoners finally revealed a different way of thinking about these mental disorders and enabled me to develop the Traumatic Attachment Induction Procedure and share its use with my psychotherapeutic colleagues. It is because of the enthusiasm of Pamela Lawson, Danièle Wichené, and Josefine Speyer who joined our clinical research group and their clients' amazing results that the four of us finally found the courage to share our findings with the world, with the support of my ex-patient Chloe, my friend Eve Lawino Abe, and my close family and friends.

However, it is not easy to share a new and potentially important discovery with professional colleagues. I was helped in this task by Professor Giovanni Liotti's enthusiastic support and that of Professor Giuseppe Craparo in Italy, as well as that of Dr Sandra Bloom in the United States, who is a wonderful example of courage in the face of loss and negativity. In the UK, Professor Joan Raphael-Leff encouraged us to pursue this work and it was Christina Wipf Perry, my first editor, who helped me overcome many obstacles and provided us with our first publishing contract, whilst the young psychologist Eleanor Arendt

came to my rescue with last-minute assistance. However, without the patient editing and advice from my dear and modest friend Judy Larkin, a specialist in risk communication and contingency planning and a research fellow at King's College, London, as well as a Fellow of the Royal Institution and Royal Society of Arts, and a board member of the Issue Management Council in Washington DC, I would not have been able to write this book. I am so grateful to all of you!

## About the authors

**Dr Felicity de Zulueta** is an Emeritus Consultant Psychiatrist in Psychotherapy at the South London and Maudsley NHS Trust and an Honorary Senior Lecturer in Traumatic Studies at Kings College London. She developed and headed both the Department of Psychotherapy at Charing Cross Hospital, linked to the Cassel Hospital, and, later, the Traumatic Stress Service in the Maudsley as a specialised service for survivors of childhood abuse, domestic violence and refugees suffering from severe complex PTSD and other dissociative disorders.

She has published papers on the subject of bilingualism, post-traumatic stress disorder, and other trauma induced disorders from an attachment perspective and is the author of *From Pain to Violence: The Traumatic Roots of Destructiveness* (Wiley-Blackwell, 2nd edition, 2006). She is a founder member of the International Attachment Network and the recipient of the Sándor Ferenczi Award 2020 for the “for the best published work in the realm of psychoanalysis related to trauma and dissociation in adults and/or children”.

She lectures worldwide on the origins and treatment of complex PTSD and violence, has been a consultant to UNICEF and to the Singaporean army, and promotes the use of a video-based therapy called Video Interaction Guidance for the treatment of traumatised families in the UK, Italy, (Milan and Torino), Mexico, Ecuador, Ireland, and Tanzania. She works as a freelance consultant psychotherapist with training in psychoanalytic psychotherapy, systemic family therapy, group analysis, EMDR, and Lifespan Integration. She developed a new therapeutic procedure called the Traumatic Attachment Induction Procedure (TAIP) and is currently carrying out clinical research on the traumatic attachment, its different manifestations, and its theoretical and therapeutic implications. This book is based upon that research.



**Leonor de Escoriaza** is a clinical psychologist in private practice in Madrid. Her initial training in both France and Spain was the foundation for her integrative and transcultural approach. Leonor is a certified Lifespan Integration therapist, working mainly with adults with complex trauma and attachment issues. Whilst in the UK, Leonor worked with several charities focusing on expatriate, refugees, victims of abuse, and adults with intellectual and learning disabilities. She is also interested in equine therapy and therapy with the help of animals. She joined the TAIP research group in 2018.

**Monique Notice, MA, MBACP (Accred)**, is a psychotherapist in private practice with a very diverse demographic for short- or long-term psychotherapy. She has a background in nursing (RGN) and completed her master's degree in psychodynamic therapy in 2012. In 2013, she became an accredited member of the BACP. She previously worked in an alcohol and drug agency that provides one-to-one and group therapy to people struggling with addictions. She joined the TAIP research group in 2012.

**Jayshree Unadkat, MBACP (Accred)**, is a psychotherapist in private practice working with culturally diverse individuals and couples, and also works in NHS mental health services. She completed her master's degree in contemporary psychodynamic counselling/psychotherapy in 2013. She previously worked as a counsellor with adults struggling with addictions and also with young and older carers. She joined the TAIP research group in 2012.

## Preface

*Valerie Sinason*

Felicity de Zulueta is deservedly a seminal figure in the field of traumatic attachment both nationally and internationally. A female psychiatrist, group analyst, and psychoanalytic psychotherapist, she managed to be a unique therapeutic voice in a leading hospital where, historically, biology, males, and the quantitative were often privileged over the qualitative. However, she is also a thoughtful biologist who cares deeply about research as well. Her multicultural upbringing and awareness of the refugee experience of parents and grandparents gives her a capacity to speak several languages, literally and symbolically. She has managed to be a bridge between different forms of treatment, with trainings in group psychoanalysis, psychoanalytic psychotherapy, systemic family therapy, EMDR, and Lifespan Integration.

She was born in Colombia, in 1948, the granddaughter of a Spanish political refugee and daughter of a refugee when her father had to flee “la Violenza”. She was brought up learning four languages in Borneo, Switzerland, Uganda, and Lebanon where she took the French Baccalaureate in Philosophy. She speaks English, French, Spanish, and Italian. In 1966 she came to England and obtained a degree in Biology at the University of East Anglia followed by a medical degree in Cambridge and Sheffield before specialising in psychiatry and psychotherapy at the Maudsley Hospital in London.

At the Maudsley she created and developed a specialised service for survivors of childhood abuse, domestic violence, and refugees suffering from severe complex PTSD and other dissociative disorders. It became internationally known with referrals from across the UK and abroad. She trained mental health staff in Singapore, Kosovo, and Ecuador and has a TEDx talk on *Pain to Violence*, her first seminal book.

As a consultant at the leading psychiatric teaching and treatment hospital in the UK, the Maudsley, her work has been profoundly influential and her relational attachment-based research on trauma continues to spread influence.

She retired from her clinical work in the NHS in 2011 and is now an Emeritus Consultant Psychiatrist in the South London and Maudsley NHS Trust, an Honorary Senior Lecturer in Traumatic Studies at the Institute of Psychiatry and Kings College London, a founding member of WAVE, the International Attachment Network and received the 2020 Sándor Ferenczi Award from the International Society for the Study of Trauma and Dissociation (ISSTD). She was a founder member of the London Aces hub, writes, and lectures. She is married and has one son and two grandchildren.

For the last forty-five years, Dr de Zulueta, as a British group analyst, psychiatrist, and psychotherapist, has aided victims of trauma and dissociation through her teaching, writing, treatment programmes, and research. However, it was her seminal first book *From Pain to Violence: The Traumatic Roots of Destructiveness* (published in two editions in 1993 and 2006), that cemented her international reputation and brought her further acclaim in providing the scientific rationale behind the need for a more humanitarian justice system and therapeutic approaches to violence. Showing how hurt produces hurting (rather like Daniel Defoe understanding “Give me not poverty lest I steal”), produces profound polarised reactions. Such researched humane concepts can evoke fear and a desire to threaten. Obviously, I am in the group who were profoundly nourished by this work.

Indeed, *From Pain to Violence* is on my list as one the most significant books I have ever read in the field of trauma and has remained there ever since I read the first edition thirty years ago.

It has not been bearable politically or historically to look at the cause of violence and address it and perhaps it never will be. The populist answer of punitive responses, austerity, overcrowding in prisons, lack of support for forensic psychotherapy tends to win. However, Felicity’s work reminds us that the protection of parents and babies to achieve the best possible attachment is the most significant long-term answer.

In highlighting the significance of the nature of early attachment trauma in providing the roots of violence she emphasises the importance of early mother/parent–child interactions. This is because the brain is essentially being “programmed” in those early years and “children learn unconsciously and biologically to modulate feelings of all kinds”. In addition to discussing the four main types of attachment, how they are formed, and how they affect individuals throughout their lives, she also provided hope and help in describing effective treatments for both violence and trauma. Some of the greater international awareness on trauma, dissociation, and attachment is thanks to Felicity’s work. *From Pain to Violence* is notable for providing a detailed overview of the role of trauma in violent behaviour with a psychological, biological, psychotherapeutic research underpinning.

It was when creating and developing the new Department of Psychotherapy at Charing Cross Hospital and the Cassel Hospital, which preceded her Maudsley post, that she found most of her

patients showed violence as a long-term after effect of childhood trauma. She wrote: “My early experiences in South America and later in Africa and in the Middle East had made me wonder how it could be that so much kindness could so easily turn to so much hate and bloodshed”.

She took a year’s sabbatical to research this subject, knowing she did not agree with the Kleinian hypothesis of innate human destructiveness. Through her research she realised the significance of John Bowlby, had a memorable meeting with him, and was encouraged to write and research these issues further. This led to *From Pain to Violence*, her watershed book, as a result of which she was personally invited to work at the Maudsley by the forensic specialist, Professor Gunn.

As a result of her investigations, she emphasised that the current high level of violence may well be linked to the effects of childhood and adult trauma which were far more widespread than had hitherto been acknowledged. She also made major links with another hero of mine, Professor Bob Johnson, who showed that if violent prisoners were listened to in a particular way in therapy, their disclosures of past trauma in relation to their main attachment figure emerged, and then a reduction in their violence followed.

### **The Traumatic Attachment Induction Procedure or TAIP**

On asking Felicity about the consequences of her connection with Professor Johnson, she replied:

It was seeing Bob working with a prisoner on television that inspired me to try and work out how he achieved such amazing changes in the way his patient thought and behaved. I realised he was using an imaginary separation reaction, much like Ainsworth carried out with her Strange Situation, which led me to develop a simplified version of the Strange Situation to be used with adults who had suffered traumas in their early life. We began using it in the Maudsley with marked success and it is then that I realised that what we were dealing with was the outcome of the “traumatic attachment” so well described by Allan Schore.

Following my retirement I was able to recruit my current group of psychotherapists interested in using this procedure which led to the further discoveries described in this book.

This work completed my research into the traumatic origin of violence: it lies in the split self, resulting from the early traumatic attachment and is also found in other so-called “difficult-to-treat conditions”.

Felicity’s own words from her conclusion in Chapter 6 do the best job of clarifying her findings:

My use of the TAIP with forensic patients has finally brought to light the missing link that I was looking for when I wrote my book *From Pain to Violence: The Traumatic Roots of Destructiveness*. I concluded then that “violence is not an innate biological instinct: it is the manifestation of both our disrupted attachment bonds and our shattered self” (Zulueta, 2006,

p. 344). I never imagined that, by developing the TAIP and using it to explore the minds of homicidal patients, I would be able to locate the cause of their disrupted attachments and their shattered or divided Self, both due to the development of the *traumatic attachment* in their early childhoods.

So, in the decades which have followed since her seminal book, Felicity has come up with another major theoretical advance. The TAIP has confirmed the existence of the divided Self which is due to the *traumatic attachment* and is the cornerstone of dissociation. This, amazingly, makes the condition reversible.

***Patients who have undergone this process have ended up feeling healed and normal***

Obviously, this procedure needs careful research if it is to be applied to people with more severe dissociative disorders, such as dissociative identity disorder, for example, and with some patients with intellectual disability where we have found the nature of traumatic attachment is so severe that it represents a concrete internalised death-wish and an infanticidal attachment (Sinason, 1992; Brett Kahr, 2007). Felicity remains open to extending her research, in a careful way, with other clinical groups.

When I organised the Association of Child Psychotherapy's eightieth birthday conference for John Bowlby, I asked him what the best thing about being eighty was. With a wicked grin he replied immediately: "It is having your old enemies have to admit you were right!"

Felicity has gracefully watched as, Cassandra-like, she is only believed after the event. She has learned, despite the emotional cost, how to withstand the familiar pushback that comes to all pioneers with something to say that disrupts societal dissociation. "I feel I keep being shut up and hitting a brick wall."

Echoing the words from Bowlby's paper ("On knowing what you are not supposed to know and feeling what you are not supposed to feel", 1979), Felicity's brave work keeps pushing at boundaries.

Bowlby found the study of other animals helpful in understanding our species. In the era of Attenborough's documentaries and an international interest in attachment in all animals, this new book, thirty years in labour, appropriately begins with an elephant in the room—the real elephant!

Felicity factually states:

I was invited to join a *National Geographic* team making a film aimed at exploring the causes of elephants' destructive behaviour in Africa. This experience was to confirm my view, also held by those who work with these animals, that elephants can suffer from the effects of trauma in a very similar way as humans do.

Her multicultural lived experience, which included animal experiences too, informs Felicity de Zulueta's work. She stays with the surprising and disturbing data her work provides until she has an answer and then she provides it in a language suitable for the general public and professionals alike.

In addition to the usual mixed response that comes to pioneers, work with babies and small children in our culture is valued less than work with adults. As a nursery teacher, I earned less and had less status than as an adult lecturer. As a child psychotherapist, status is lower than that of an adult psychotherapist. Accepting the crucial task of providing the most enriching environment for the little ones and their family is the golden route to reducing mental illness and addiction in adult life.

Elephants have almost the longest gestation of any animal and Felicity's two books have had long gestations in order to produce something substantial. Congratulations to Felicity and her team of psychotherapists on this seminal work!

**Valerie Sinason, PhD**

*Poet, writer, child and adolescent psychoanalytic psychotherapist (retired) and adult psychoanalyst  
Founder and patron for the Clinic of Dissociative Studies UK*

## Introduction

This book is written at the request of one of my patients, Chloe. She was diagnosed as suffering from “borderline personality disorder”, a controversial diagnosis. Our therapeutic four-year-long journey was a challenging one but ended twenty-five years ago in a totally unexpected way: she finally felt like a “normal” person. At the end of her last therapeutic session, she stood up to face me and said: “It is now my turn to tell you something that you need to do: you must write about the way you enabled me to live as a normal person.”

Most of my psychiatric colleagues do not believe that this disorder is curable and yet twenty-five years later, Chloe continues to “live her life in the real world” without ever reverting back to the terrible and terrifying self-destructive states of her past life. She is present in this book. We both hope that other people who suffer as she did will benefit from the therapeutic use of this new procedure called the Traumatic Attachment Induction Procedure (TAIP) that enables psychotherapists to elicit the underlying cause of not only “borderline personality disorder” but also addictions, unresolved grief, complex PTSD, and violent behaviour.

My three co-authors, Monique Notice, Jayshree Unadkat, and Leonor de Escoriaza, who each approached me after hearing me talk, have been and continue to be an essential part of this clinical research project. They have each written a chapter to describe how they discovered the TAIP and what it has been for them and for their clients. By seeing people with different diagnoses, we are finding that this new approach is particularly effective with so-called “difficult-to-treat disorders”, now that we have discovered the underlying reason for why people suffer from these distressing emotions and accompanying urges.

We also hope that more psychotherapists will be interested in taking up the short online training in the use of the Traumatic Attachment Induction Procedure (or TAIP) that we offer, whether they are trained in psychoanalytic psychotherapy, EMDR, schema therapy, or Lifespan Integration. It is a rewarding journey for both therapist and client and hopefully will be available for many more people in the future.