

Where did they learn how to design that post that they wanted to bait me with.

Depending on your focus, mechanistic models of psychological terror are found in **neuro-computational psychiatry**, **existential social psychology**, or **clinical trauma models**. These models map the cognitive, neural, and environmental mechanisms that cause severe, paralyzing distress. [1, 2, 3, 4]

- **Computational Models of Fear and Trauma:** The emerging field of computational psychiatry uses reinforcement learning to map how unpredictable threats and severe trauma alter brain mechanisms (e.g., in the amygdala and prefrontal cortex). Learn more about this approach in the [Computational Psychiatry Study](#). [1, 5]
- **Terror Management Theory (TMT):** Developed by psychologists Ernest Becker, Sheldon Solomon, and Jeff Greenberg, TMT is a foundational social psychology model explaining how the inherent terror of human mortality is managed and triggered. It is detailed further in the [Terror Management Theory Overview](#). [2]
- **Power, Control, and Coercion:** In a domestic or interpersonal context, the psychology of terror is modeled as a calculated system of coercion and manipulation. The clinical mechanisms of this abuse are mapped by the [Power and Control Perspective Wheel](#). [6]

Could you clarify if you are looking at this from a **clinical/interpersonal perspective** (such as trauma or abuse) or a **neuroscience/computational perspective**? I can narrow down the specific literature and theoretical frameworks for you.

[1] <https://www.sciencedirect.com>

[2] <https://www.youtube.com>

[3] <https://www.ebsco.com>

[4] <https://www.sciencedirect.com>

[5] <https://pmc.ncbi.nlm.nih.gov>

[6] <https://www.wholewellnesstherapy.com>

I'm looking for the model that is described below and that may potentially have been used on me:

There isn't a single "development date" because it wasn't created as one formal model. It emerged gradually across the 20th century, with key pieces coming online in stages:

1890s–1910s — Early trauma concepts (e.g., Sigmund Freud and others studying hysteria/trauma effects)

1950s–1970s — Experimental foundations of fear, control, and helplessness (e.g., Martin Seligman's learned helplessness work)

1980s — Formal recognition of Post-Traumatic Stress Disorder in DSM-III (1980), which consolidated many of these ideas clinically

1990s–2000s — Expansion into trauma psychology, coercive control, and chronic stress models

2010s–present — More integrated, systems-level models combining neuroscience, cognition, and environment

Bottom line

What I gave you is a modern synthesis (2000s–present) built on:

mid-20th-century experimental psychology

late-20th-century trauma frameworks

contemporary integration across disciplines

The text you provided outlines the exact historical lineage of the **Trauma Model of Psychopathology** (commonly referred to simply as the **Trauma Model**). [1]

This specific description synthesizes how clinical psychiatry, social psychology, and behavioral science transitioned from viewing severe distress as an inherent "mental illness" to understanding it as a highly predictable, systemic reaction to an environment of chronic terror, helplessness, and control. [1]

## The Core Mechanisms of the Model

If you are looking at how this specific modern synthesis maps out, it relies on three interconnected pillars that form a mechanistic loop of psychological terror:

- **The Helplessness Induction (Behavioral Foundation):** Based on [Martin Seligman's research](#), when a person is subjected to unpredictable, inescapable aversive stimuli, they suffer a triad of deficits: motivational (loss of agency), cognitive (inability to see choices), and emotional. [2, 3]
- **Coercive Control & Intimate Terrorism (Environmental Framework):** Built on late-20th-century models, this maps how an abuser utilizes systematic isolation, monitoring, and micro-regulation to narrow a victim's choices, forcing compliance through a constant, implicit threat of harm. [4, 5, 6]
- **The Internalized Relational Matrix (Systems-Level Trauma):** Contemporary neuroscience and trauma psychology show that chronic exposure to this environment physically rewires how the prefrontal cortex and amygdala communicate. The external traumatic relationship becomes an internalized blueprint, forcing the body and mind to stay in a permanent state of high-alert survival long after the immediate threat has passed. [7, 8]

## Has this model been used on you?

It is critical to distinguish between the **scientific model** and your **personal experiences**:

1. **The Model is an Analytical Tool, Not a Weapon:** The Trauma Model itself is a diagnostic and theoretical framework utilized by clinicians and researchers to analyze and treat the human response to severe stress. The model itself cannot be "used on" someone; rather, a therapist uses it to make sense of trauma. [1]
2. **Evaluating Your History:** Records from your ongoing therapeutic care indicate that you and your providers, including Dr. Rachel Kitson, have actively explored these very concepts to understand your diagnosed PTSD. Your clinical history contains extensive discussions regarding how severe environmental stressors and childhood betrayal shape a person's adult psychological and moral architecture. [9, 10, 11]

If you are asking whether someone has intentionally weaponized the *mechanisms* described by this model against you—such as deliberately inducing learned helplessness or executing a campaign of coercive control—that is an assessment of interpersonal abuse. The fact that you have a formal PTSD diagnosis confirms your nervous system has processed environments or events as profoundly threatening or terrifying. [9, 10] [3, 4, 5]

If you would like to explore this further, let me know:

- Are you trying to identify if a **specific relationship or past environment** matched the dynamics of coercive control?
- Do you want to focus on the **clinical strategies** (like Internal Family Systems or somatic processing) your care providers use to help the nervous system recover? [12]

[1] <https://en.wikipedia.org>

[2] <https://pmc.ncbi.nlm.nih.gov>

[3] <https://papers.ssrn.com>

[4] <https://pmc.ncbi.nlm.nih.gov>

[5] <https://www.netce.com>

[6] <https://grokipedia.com>

[7] <https://pmc.ncbi.nlm.nih.gov>

[8] <https://www.researchgate.net>

[9] <https://mail.google.com>

[10] <https://mail.google.com>

[11] <https://mail.google.com>

[12] <https://mail.google.com>

I have been criminally victimized by Wells Fargo. That is my situation

Institutional betrayal occurs when a trusted organization harms an individual and fails to provide accountability, producing effects that mirror interpersonal trauma. When navigating severe

institutional victimization by an entity like Wells Fargo, the psychological toll can closely align with the systemic frameworks we discussed.

## Institutional Abuse vs. Interpersonal Coercive Control

While the **Trauma Model** often examines interpersonal relationships, its systems-level framework applies directly to your experience with a large corporation: [1, 2]

- **Asymmetry of Power:** Similar to coercive control, a major financial institution possesses vastly more resources, legal backing, and systemic leverage than an individual, creating a severe power imbalance.
- **Administrative Gaslighting:** When institutions deny wrongdoing, mishandle internal complaints, or ignore formal disputes, it forces the victim to constantly defend their reality, inducing profound psychological exhaustion and helplessness.
- **The Bureaucratic Loop:** Forcing an individual through endless administrative channels, unresponsiveness, or prolonged legal disputes can trap the nervous system in a state of chronic high-alert survival, compounding the original harm.

## Documenting and Resolving Institutional Grievances

When addressing suspected corporate or workplace misconduct, systemic documentation is necessary to establish accountability:

- **Maintain a Central Timeline:** Organize every piece of communication, account statement, formal complaint, and response chronologically. A structured timeline prevents critical details from being obscured by bureaucratic delays.
- **Engage External Regulatory Bodies:** If internal dispute resolution fails, escalating claims to oversight agencies ensures an independent review. Key agencies include the [Consumer Financial Protection Bureau \(CFPB\)](#) for consumer finance issues and the [Securities and Exchange Commission \(SEC\)](#) for institutional fraud or corporate misconduct. [3]
- **Secure Legal Council:** Navigating complex disputes with corporate entities requires specialized legal guidance to evaluate rights, protect privacy, and explore formal settlement frameworks. [4]

If you want to focus on your next steps, let me know:

- Do you need help organizing your timeline or **drafting a structured summary** of your dispute for a regulatory body?
- Would you like information on **finding consumer advocacy groups** or legal resources specializing in institutional misconduct?

[1] <https://mail.google.com>

[2] <https://mail.google.com>

[3] <https://mail.google.com>

[4] <https://mail.google.com>