

# 재난의 역사와 의미

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# History of Disaster & Trauma

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Hyatt Regency Incheon  
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## Disaster The American Heritage® Dictionary, 4<sup>th</sup> Edition

**NOUN:** 1a. An occurrence causing widespread destruction and distress; a catastrophe. b. A grave misfortune. 2. *Informal* A total failure. 3. *Obsolete* An evil influence of a star or planet.

**ETYMOLOGY:** *dis-*, pejorative pref. (from Latin *dis-*; apart, asunder)

+ *astro*, star (from Latin *astrum*, from Greek *astron*)

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## Trauma The American Heritage® Dictionary, 4<sup>th</sup> Edition

**NOUN:** Inflected forms: pl. **trau·mas** or **trau·ma·ta** (-m -t)

1. A serious injury or shock to the body, as from violence or an accident. 2. An emotional wound or shock that creates substantial, lasting damage to the psychological development of a person, often leading to neurosis. 3. An event or situation that causes great distress and disruption.

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**Before 20<sup>th</sup> century**

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## Biblical disasters

The Great Deluge: Noah's flood (BC 3000)

Destruction of Sodom & Gomorrah (BC 2000)

Ten plagues (BC 1200)

Job's suffering

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## Homer's Iliad

- 9<sup>th</sup> or 8<sup>th</sup> century BC, Greek epic poems
- Trojan war
- Greek hero Achilles's acting out of his anger after death of his friend

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## Gilgamesh Epic

- A famous king of Uruk, Babylonia
- Written during 669-633 B.C (king of Assyria)
- Tablet VIII, IX
  - traumatic loss of his friend, Enkidu
  - diminished interests
  - sense of foreshortened future

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## **Gilgamesh Epic** *(cont'd)*

"I am going to die!--am I not like Enkidu?!  
Deep sadness penetrates my core, I fear  
death, and now roam the wilderness--"

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## **Mount Vesuvius**

- A huge volcanic eruption in 79 AD
- Pompeii, Herculaneum and other towns were destroyed
- Letter to Tacitus from Pliny the Younger
- Terror, insomnia of people

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## **Herod's Slaughter of the Children**

BC 6 - 4

Matthew 2 : 18

"A voice is heard in Ramah, weeping and  
great mourning, Rachel weeping for her  
children and refusing to be comforted,  
because they are no more."

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## William Shakespeare (1564-1616)

- Macbeth  
description of intrusive  
memory/flashback
- Henry IV  
sleep disorder, loneliness,  
depression, anxiety, sweats and terror

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## Great Fire of London

- the City of London from September 2nd to  
September 5th, 1666
- 13,200 houses and 87 churches
- only 9-16 people are known to have died

Samuel Pepys (1633 - 1703)

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## Great Fire of London (cont'd)

*John Evelyn*

“The conflagration was so universal, and the people so astonished, that from the beginning, I know not by what despondency or fate, but crying out and lamentation, running about like distracted creatures without at all attempting to save even their goods”

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## American civil war (1861-1865)

- Da Costa's Syndrome
- Irritable heart
- Soldier's heart
- Palpitations, cardiac pain, rapid pulse, respiratory problems
- treated with a cocktail of drugs

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## British railroad accidents

- Tunnel disease, railway spine
- Erichsen (1866): English surgeon
- Page (1883): psychological origin

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## Nineteenth Century in Europe

- Oppenheim (1889): "traumatic neurosis"
- Charcot (1887): "hystero-traumatic autosuggestion"
- Sigmund Freud
- Pierre Janet

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## First half of 20<sup>th</sup> century

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## Early disaster studies

Edouard Stierlin (1909)

- a pioneer in disaster psychiatry
- effect of major traumas on normal individuals
- “fright neurosis”
- Messina earthquake (1907): 25% had traumatic sleep disturbances including nightmare

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## Early disaster studies (cont'd)

- Emil Kraepelin (1899): *Psychiatrie* traumatic neurosis in strict sense atypical category
- Hesanrd (1914): posttraumatic reactions in rescuers of explosions on two French ships

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## World War I

- Shell shock (Myers, 1915)
  - Neurocirculatory asthenia
  - Disorderly action of heart
  - Effort syndrome
  - War hysteria
- third leading cause of discharge in the British army

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## World War I (cont'd)

Principles of forward psychiatry

- PIE (Proximity, immediacy, expectancy)
- BICEPS (Brevity, Immediacy, Centrality, Expectancy, Proximity, Simplicity)

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## World War II

- Kardiner (1941): physioneurosis  
*The Traumatic Neuroses of War*
- Dutch and Norwegian concentration camp survivors: long-term follow-up studies
- Air Raid in London
- Adler (1943): post-traumatic mental complication from Boston Coconut night club fire.

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## Second half of 20<sup>th</sup> century

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## Brief history of DSM

DSM-I (1952): Gross stress reaction

DSM-II (1968): Adjustment reaction to adult life

DSM-III (1980): Post-traumatic stress disorder  
→ DSM-III-R (1987) → DSM-IV (1994)

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- Vietnam war
- Henry Kempe: "Battered child syndrome(1962)"
- Battered wife syndrome
- Burgess & Holmstrom: Rape trauma syndrome:
- Murray A Straus: Family violence in American families (1979)
- Dianne Russels' San Francisco survey (1986)

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## Conclusions

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## Conclusions

- As medicine learned much from mass disasters such as wars, psychiatry gained much insights on trauma and its effect through the horrendous historical events
- Just passed through dark ages of trauma in psychiatry
- 'Learning from the event'

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