

The Emergence of Primitive Anxieties in Institutions due to COVID-19

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Since the XIX century it was demonstrated that trauma affects the brain capacity to deal with emotions [1]. When the person confronts traumatic events that are a death threat, feels that it impacts the integrity of the self. These traumas revive primitive massive anxieties, also it revives the fear of the affects associated to pre-verbal early traumas. These experiences unchain a sense of impotence and loss of control.

In repetitive frustrating situations it affects the capacity to maintain interpersonal relations.

Traumatic experiences are powerful excitements that come from the outside and break the subject's protective field [2]. These excessive excitements can't flow in its trajectory, nor integrate [3].

This is where the ego feels incapable of managing the crisis and the states of primitive anxiety is experienced, described by M. Klein [4] as basics in the schizo-paranoid position.

These experiences originate in the failure of maternal early containment and causes a psychic collapse. When the person had these early encounters of self-fragmentation, the original agony remains engraved and the feeling of failure resides in the future [5,6]. These anxieties impact the sense of the real and the capacity to relate to others.

In the situation of many hospital crisis, the health professionals didn't feel a secure holding by the institution, this provoked feelings of insecurity, lack of protection that affected their capacity of thinking.

These anxieties destabilize the person, that in the moment is showing a very immature behavior [7]. The human mind remains active to create methods of protection against whatever is perceived as a threat of annihilation (E. Bick, 1968). The person tries to maintain life and an integrated self.

The individual needs to sustain an object to deal with great anxieties and not to feel that is falling in pieces.

In severe situations the person isolates from the contact with others. If there is not enough understanding to digest the emotional experience, there is an attachment to primitive protections against anxiety and a denial of reality.

There can be a dissociation of the conscious self and the corporal self.

Omnipotence can be utilized to block the mind from feeling terror.

If a person feels contained a space in the mind is opened where thoughts start to have shape. Stress and conflicts are reduced.

They can accomplish changes.

In some organizations the defenses are healthy and they teach the personnel to deal with stresses and they can develop.

In other institutions and in individuals, the organization can obstruct the contact with reality. This harms the team and the organization. Affects the compliance of certain tasks and delays the adaptation to changing circumstances.

The institutions develop defenses to face difficult emotions that are painful, threatening and prefer not to recognize them.

The denial is a central part of the defenses, this include pushing away certain thoughts, feelings and experiences out of consciousness because they provoke too much anxiety.

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