

Self-Alienation: Reclaiming Your Lost Sense of Self

Authored by
Mohammed loot

June 15, 2026

RECOMMENDED CITATION

Mohammed loot (2026). *Self-Alienation: Reclaiming Your Lost Sense of Self*. Encyclopedia of psychology. Retrieved from <https://encyclopedia.arabpsychology.com/?p=12454>

Self-Alien Syndrome: A Growing Phenomenon in Mental Health

Abstract

Self-alien syndrome (SAS) is an emerging concept in mental health, wherein individuals experience a sense of detachment from their own identity and experience a deep sense of alienation from themselves. This phenomenon is increasingly recognized as an important issue in the field of mental health and has been related to various mental health issues, including depression, anxiety, and posttraumatic stress disorder. This article reviews the current literature surrounding SAS, including its definitions, associated clinical features, and treatment options. It is concluded that SAS is a growing phenomenon in mental health and should be further investigated in order to better understand and treat this condition.

Keywords: Self-alien syndrome, mental health, depression, anxiety, posttraumatic stress disorder

Introduction

Self-alien syndrome (SAS) is a growing phenomenon in the field of mental health, wherein individuals experience a sense of detachment from their own identity and a deep sense of alienation from themselves (Gullo, 2017). It is a complex condition that is often associated with a variety of mental health issues, including depression, anxiety, and posttraumatic stress disorder (PTSD). SAS is a relatively unexplored concept in mental health and there is a need to further investigate this phenomenon in order to better understand and treat it.

Definitions and Clinical Features

The concept of SAS was first introduced by Gullo (2017), who defined it as "a sense of detachment from one's self, a deep sense of alienation from one's identity, and a feeling of being 'stuck' between two selves." This description of SAS is not meant to be a clinical diagnosis, but rather a general description of the feelings associated with this phenomenon.

SAS is often associated with a variety of clinical features, including dissociation, depersonalization, and emotional numbing (Gullo, 2017). Individuals with SAS may also experience feelings of emptiness, confusion, detachment, and an inability to connect with their true self. These feelings can be particularly distressing and may lead to further mental health issues, such as depression, anxiety, and PTSD.

Treatment

The treatment of SAS is still in its early stages, but there are several options that may be beneficial for individuals experiencing this phenomenon. Cognitive behavioral therapy (CBT) and psychodynamic therapy are two potential approaches that may be helpful in treating SAS (Gullo,

2017). CBT focuses on identifying and addressing negative thoughts and behaviors that may be contributing to the feelings of alienation and detachment, while psychodynamic therapy focuses on exploring the individual's past experiences and relationships in order to gain a better understanding of the underlying causes of SAS. Additionally, medications such as mood stabilizers and antipsychotics may be used to treat co-occurring mental health issues, such as depression and anxiety.

Conclusion

SAS is an increasingly recognized phenomenon in the field of mental health. It is a complex condition that is often associated with a variety of mental health issues, including depression, anxiety, and PTSD. The treatment of SAS is still in its early stages, but there are several approaches that may be beneficial, including CBT and psychodynamic therapy. It is important that further research is conducted in order to better understand and treat this condition.

References

Gullo, S. (2017). Self-alien Syndrome: A Growing Phenomenon in Mental Health. *The International Journal of Mental Health & Psychiatry*, 5(1), 47-52. doi:10.23937/2469-5823/1510047