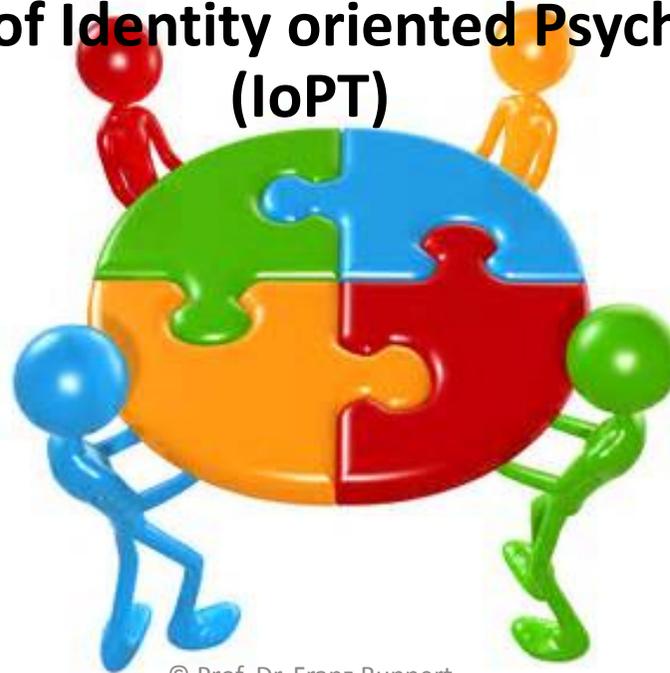


Exiting our Trauma Biography by Identity Constellations

The basic concept of **Identity oriented Psychotraumatheapy**
(IoPT)



Singapore, 17.06.2017

www.franz-ruppert.de

Agenda

- **Suffering and Well being**
- **The Human Psyche**
- **Psychotrauma**
- **The Trauma Biography**
- **The Intention Method**
- **Identity Constellations**



Symptoms of Human suffering like

Panic

Wars

„Depression“

Aggressivness

Heart Disease

Conflicts in partnership relations

Confusion

„Cancer“

loneliness

Numbness

Permanent state of stress

Can be the

Consequences

of

P
S
Y
C
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Y

Speechlessness

Infidelity

Longing for love

Sexual unhappiness

WHAT DOES „BEING ALIVE/VIVID“ MEAN?



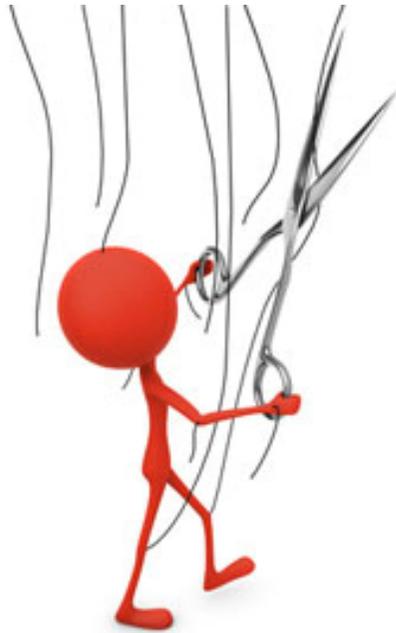
- To grow and to change
- To be in motion and to rest
- To breath, eat, diggest and excrement
- To express myself
- To be able to protect myself
- To recover fully from injuries
- To enjoy daily life
- To enjoy sexuality
- To enjoy having children
- To accept death as part of life
- ...

SYMBIOTIC NEEDS

- To be nourished
- To be warmed
- To get body contact
- To be held
- To be seen
- To be understood
- To be supported
- To belong together
- To be welcomed



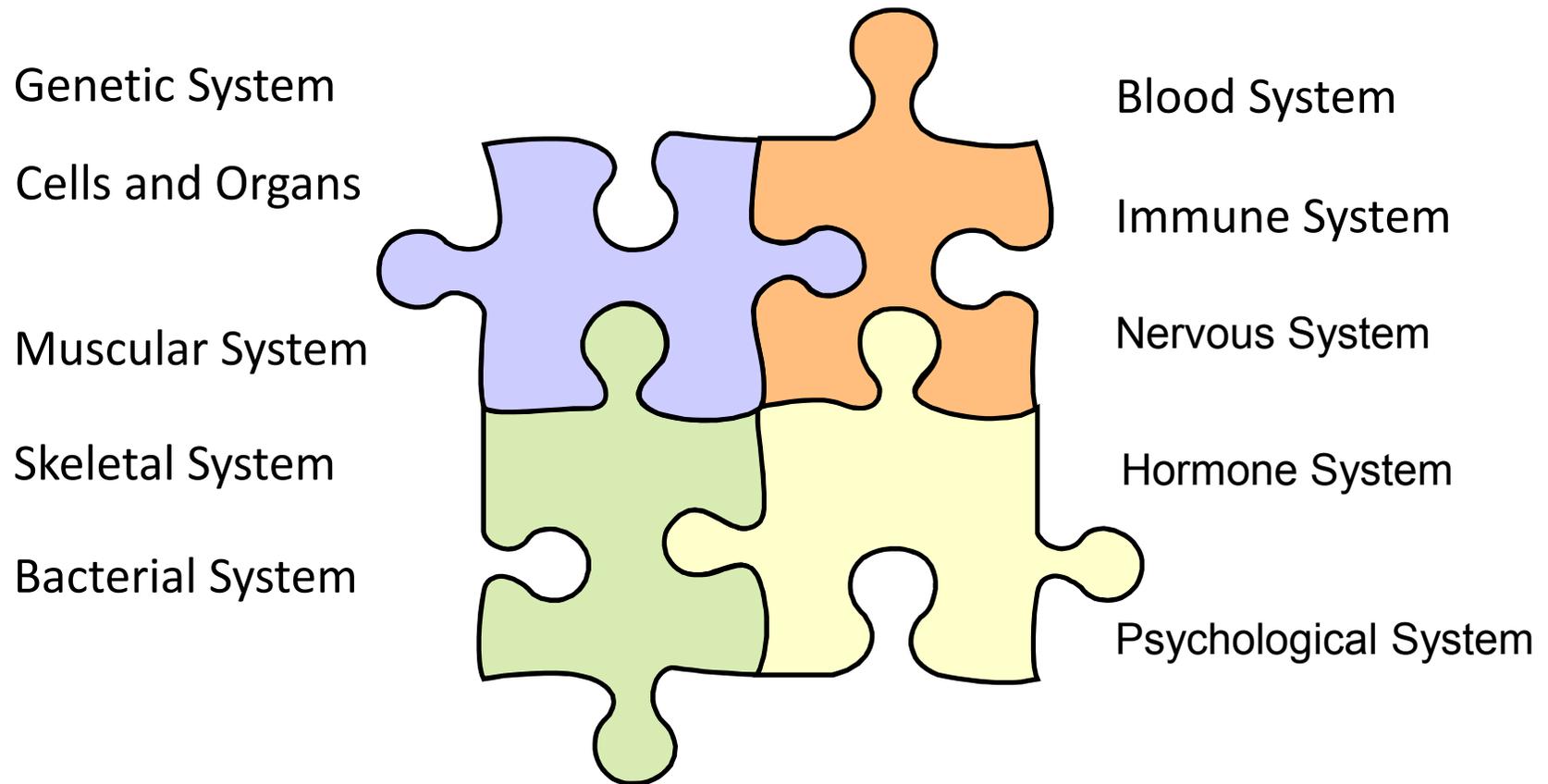
AUTONOMY NEEDS



- To perceive, feel, think by oneself
- To find hold in oneself
- To do things alone
- To be independent
- To be free
- To make own decisions
- ...

The Human Psyche is one Part of the living Organism

consisting of Matter, Energy and Information



WHY & WHAT FOR DOES THE „PSYCHE“ EXIST?

By the „psyche“ living human organisms

- get into contact with their environment
- thereby providing various accesses to the external and internal world,
- and thus capturing the realities
- serving for the self- and species-preservation.



Main PSYCHOLOGICAL functions IN HUMANS

- To perceive (to see, to hear, to smell, to taste, to touch)
- to sensate (excitement, boredom, uneasiness, satisfaction)
- To feel (love, joy, anxiety, anger, sadness, shame, guilt, hate)
- To imagine in a wake state and in dreams
- To think (associatively, logically and rationally)
- To remember (short- and longterm memory, pictorially, episodically, semantically, procedurally, implicit and explicit)
- Self-awareness, self-consciousness
- Unconscious drives and conscious will
- Regulation of behaviours and actions

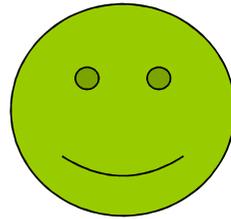
„BODY“ AND „PSYCHE“

- In a living human organism „body“ and „psyche“ are inseparable linked to each other.
- There is neither a „fear itself“ nor a „heart itself“ – unless there is trauma.



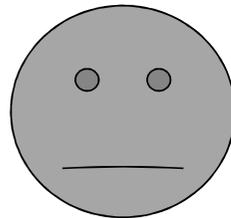
MAIN STATES OF THE HUMAN PSYCHE

- State of well being



- No existential threat
- Open to reality

- State of stress



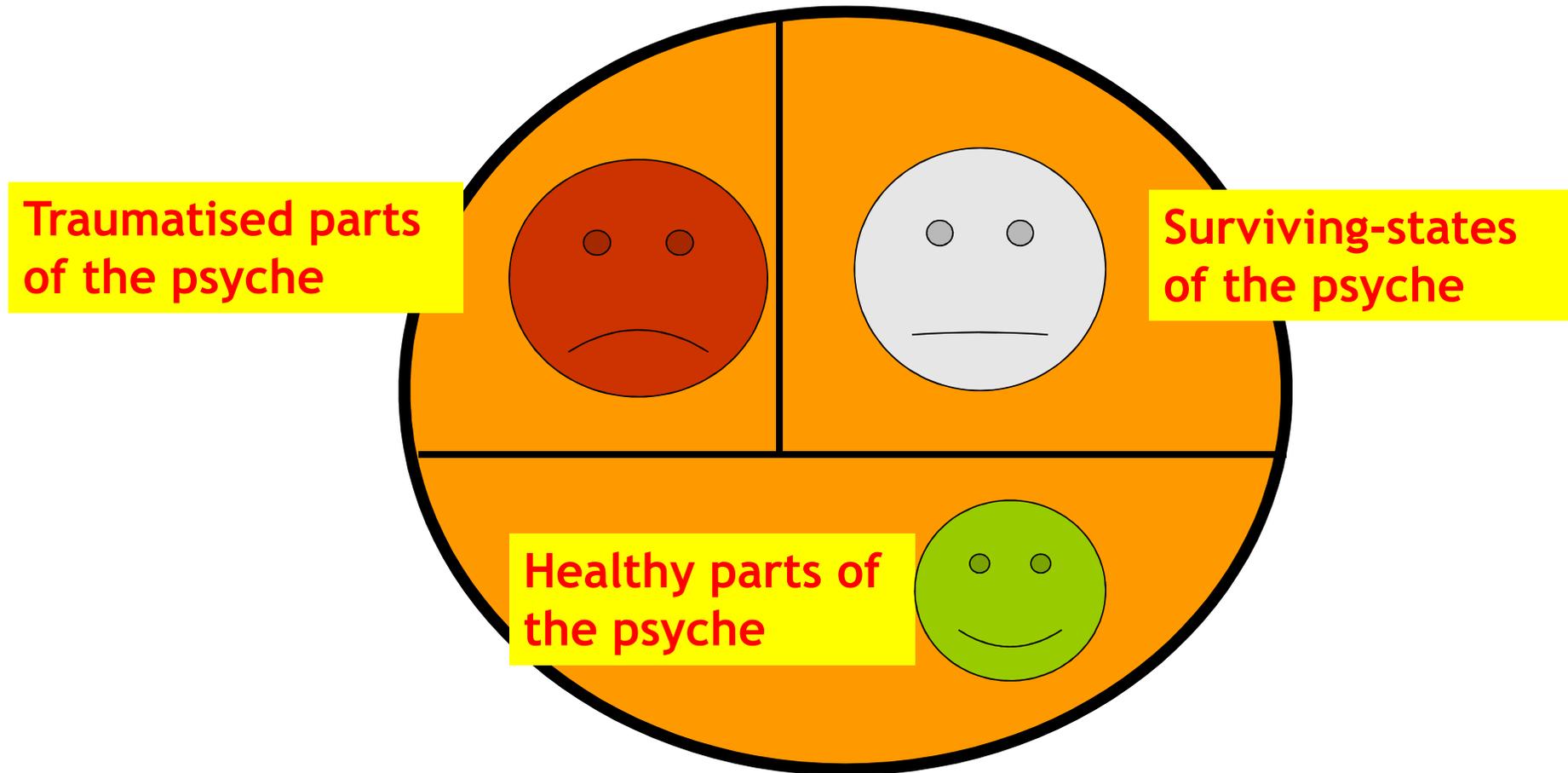
- Existential threat
- Narrowed view of reality

- State of trauma



- Overwhelming existential threat
- Denial of reality

Splitting of the human psyche after a Psychotrauma



General Distinction between three types of trauma



- **caused by unique events (e.g. accidents, rape, natural catastrophies)**
- **caused by long lasting situations (e.g. wars, sexual violence in a partnership, bullying at work)**
- **Caused by a permanent overwhelming situation (“developmental trauma”)**

Trauma by becoming a perpetrator oneself



Trauma of Sexuality



Trauma of Love



Trauma of Identity

Trauma Trias

Not wanted!

Not loved!

Not protected!

Traumabiography

Main Characteristics of a Trauma of Identity

- Not being wanted
- Having the wrong gender
- It is not allowed to be oneself
- No healthy I available
- No own will available
- Disconnection between body and psyche
- Being an object rather than a subject
- Main surviving strategies:
Identifications and attributions



What is Love?

- A pleasant feeling in our body
- An archaic potential („being able to love“)
- A hope for resonance („desire to be loved“)
- The opposite of fear, rage and aggression
- A feeling that forces parents to protect their children
- A feeling, to say yes to your own life
- A feeling that wants our own well being
- A feeling that wants the well being of others

Main Characteristics of a Trauma of Love

Traumatized parents that are unable to love their children

Lifelong struggling of children to gain their parents love

Idealisation of mothers and fathers

Identification with the survival strategies of the parents

Desire to rescue the parents

Merging with the traumatised parts of parents or grandparents

Children denying their own trauma

Stop following me!



But I love you!

Main characteristics of a Trauma of Sexuality

- Sexual violence against children, youth and adults
- Fathers, mothers, siblings, relatives, teachers, „friends“ ... as perpetrators
- No help by relatives or authorities
- Leaving the body during the sexual activities
- Bonding relation with the perpetrator stays
- Self hate and self destruction



Trauma of being a perpetrator

- Traumatazing others by deeds and omission of support
- Often a repetition of own experiences as a victim
- Shame, guilt and fear of being excluded by communities
- Perpetrator attitudes in order to deny and justify
- Perpetrator attitudes lead to more perpetration



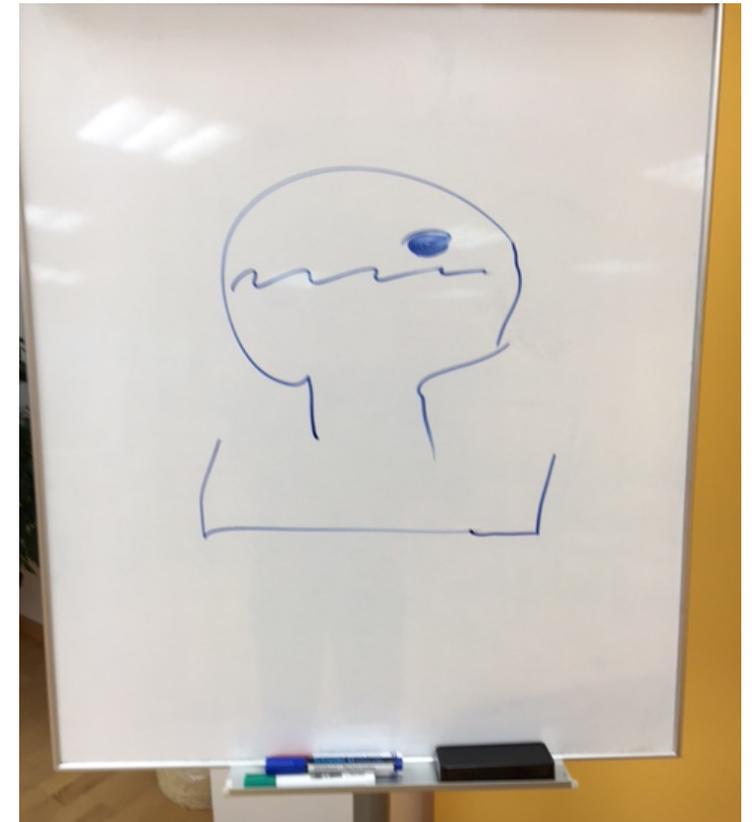
My steps towards the Intention-Method

- **Since 2009: Constellation of the Intention**
- **Since 2015: Self encounter with the sentence of Intention**
- **Since 2016: Identity-oriented Psychotrauma Theory and Intention-Method, Identity Constellations**
- **Since 2017: A new technique for the constellation process**



How can an „Intention“ be expressed?

- **by a sentence or a single word**
- **by a question**
- **by a drawing**
- **by a combination of words and drawings**



Identity-Constellations means

- **To work on my trauma biography**
- **With regard to different traumata (ToI, ToL, ToS, ToP)**
- **Can be done chronologically (time after conception, time in the womb, time before birth, birth, time immediately after birth ...)**
- **Can be done directly to address the Trauma of Identity (e.g. I want to be me.)**



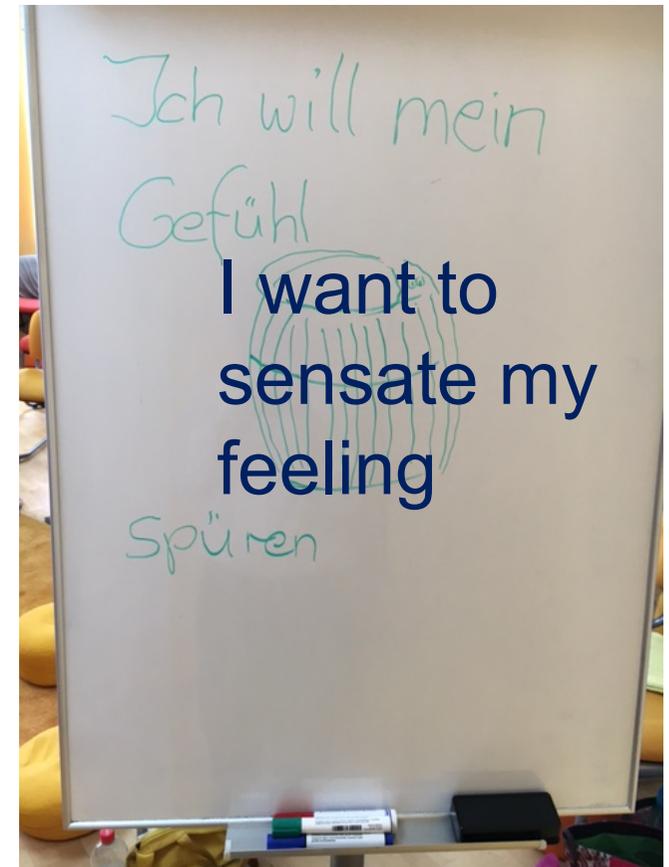
What does my intention show me?

- **How I actually reflect myself**
- **My views on my problems and my ideas of solutions**
- **My psyche relating to the intention**
- **My possible next steps**



Basic structure

- „Client“ finds his intention
- He writes/draws his intention on a flipchart/whiteboard/piece of paper
- He chooses for every word/element of drawing someone to resonate with it
- The resonance process between the „client“ and the representative starts with a silent phase
- After 10 to 15 minutes the client can communicate verbally with the representatives



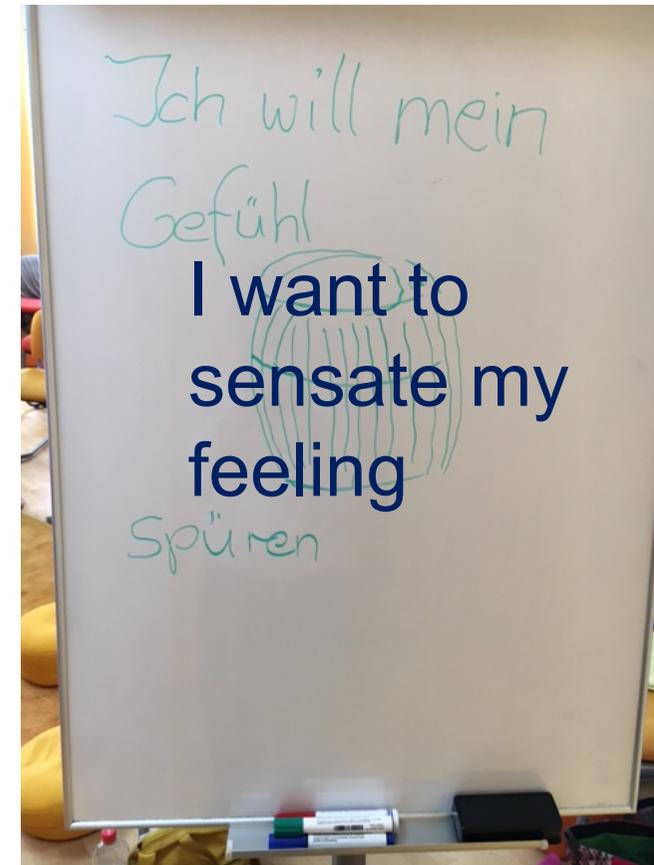
Repetition and Retraumatization

- By our surviving strategies we retraumatise ourselves permanently in our every day life
- Repetitions often produce new traumata
- Intentions can include repetitions of trauma surviving strategies
- They are necessary to understand and experience surviving strategies in more detail
- If we interrupt repetitions too early, the risk of a retraumatization is high
- Even the representatives can stay fixated in their resonance process



Main Purpose of the Therapy

- To come into feelings
- Not to be distracted by surviving strategise
- To connect trauma feelings with trauma situations
- To realize, that the former trauma situation is over



Intention-Method and Individual Work

- **Using floor markers and/or using the therapist as a resonator for words/elements of drawings**
- **The therapists stays as long as necessary in the resonance**
- **He makes the shift back into the therapist position transparent**



The ultimate goal of IoPT

