Early Trauma

How the act of procreation, pregnancy and birth can be traumatizing experiences

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Agenda

• The act of procreation
• Time of pregnancy
• The process of birth
• Bonding processes after birth
• Early Trauma and the Trauma of the Mother
• Trauma Therapy based on the Constellation of the Intention
• Prevention of Early Trauma
The Act of Procreation

• Act of love or sexuell impulse or violence?
• The child wanted or not wanted?
• Ambivalence of Mothers and Fathers?
• Preference of male to female children?
Time of Pregnancy

- Child creating his own environment (placenta, amniotic sac, umbilical cord)
- Child manipulating the mother's organism to give him what he needs
- Mother tolerating this or defending that off
- Miscarriage or abortion
- Mother under stress and pressure - child under stress and pressure
Twins

- In many cases two eggs were fertilized, but one child dies early
- If two children develop and survive they start a bonding process already before birth
- If one child dies in a later period of pregnancy the surviving child is confronted with an early trauma of loss
The Process of Birth

• Natural=vaginal childbirth: high amounts of stress- and bonding hormones are produced by the mother and the child

• The child stuck in the birth canal: poor cooperation between mother and child

• The umbilical cord around the neck

• Forceps delivery or extraction by vacuum

• Ceasarian section
The time after birth

- Highly sensitive phase for bonding by body and eye contact, smell and taste immediately after birth
- Importance of immediate breast feeding
- Importance of continuous mother-child-contact
Premature Birth

- Normal time of pregnancy: 40 weeks
- Definition of premature birth: before 37 weeks or less than 2.500 gr
- Meanwhile babies can survive after 24 weeks
- But: Risk of dying or becoming seriously ill and developing serious psychological disorders
- Time only in the incubator or support by the so called Kangaroo method?
Early Trauma and
The Trauma of the Mother

Procreation, pregnancy, birth and bonding processes can become a trauma for the mother and the child, when a woman is already traumatized.
Four types of psychic trauma

- Trauma of existential Threat (being involved in a life threatening event)
- Trauma of existential Loss (losing a person to whom one is bonded)
- Trauma of Bonding (being rejected by the person one needs to bond to)
- Traumatization of a bonding system (perpetrator-victim-dynamics in a bonding system caused by violence, incest or murder)
Traumatization by Natural Forces

Traumatization by Human Violence

Traumatization of Sexuality

Traumatization of Love
Splits in the personality and identity structure after a traumatic experience

- **Traumatised parts**
- **Survival parts**
- **Healthy parts**
“Constellations of the Intention”

- support the development of healthy autonomy
- show symbiotic illusions
- reduce the risk of retraumatisation
- help to integrate psychic processes
- create real love beyond symbiotic entanglements
Methodological Structure of „Constellations of the Intention“

- Client finds and formulates his intention
- Client chooses a representative for his intention
- Therapist watches and interprets the interaction between client and intention
- Therapist supplements the context of the problem by proposing to add further representatives
- Therapist intervenes in order that the client is able to gain more healthy structures in his psyche
Technics for the „Constellation of the Intention“

• Offering the client space for self-exploration
• Beeing aware of trauma in the client’s and his family’s background sometimes four generations back
• Making traumatising realities visible by further representatives
• Minimal interventions during the constellation process
• Helping the client to understand his constellation
Process of Trauma Therapy

Opening the Gates towards trauma

Stabilisation - Taking steps through the Gates of Freedom

Passing the Gates of Illusions

Increasing Healthy Structures
Preventing Early Trauma

- Clear decision for a child
- Contact and communication between child and mother and father already before birth
- More trust of the mother in her own intuition, less intervention by the medical system
- Social and psychological support by midwives instead of medical treatment by gynaecologists
- Birth as a process of delivery and not an operation
- No disturbance of bonding processes
- Women looking at their own trauma before becoming a mother
- Men looking at their own trauma before becoming a father
Early Announcement

• 10.-12. October 2014 in Munich
• 2nd International Conference
• Healthy Relationships and the Constellation of the Intention
• www.healthy-autonomy.de
Literature

- Franz Ruppert (2012). Trauma, Angst und Liebe. (will be published in English in 2013)