Perpetrators & Victims

Psychodynamic of the Perpetrator-Victim-Spliting


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“Perpetrator“ and „Victim“

- Someone becomes perpetrator if he applies harm to someone else (by violence, murder, theft, betrayel, dishonesty).

- Someone becomes victim by receiving harm to his body and his psyche (by natural desasters, by other human beings).
„Harm“ as a traumatic experience

- The victim feels helpless and powerless
- His stress reactions (fight or flight) make the harm even bigger
- Blocking, freezing, dissociating, splitting as psychic emergency reactions in order to survive
Splits in the personality and identity structure after a traumatic experience

Traumatised parts

Survival parts

Healthy parts
Sorts of Trauma

- Trauma of Existential Threat
- Trauma of Loss
- Symbiotic Trauma
- Traumatisation of a whole bonding system
Being a Victim

- Having made a traumatic experience
- Surviving it by splitting
- Being a victim stays present in the psychic structure
- Making trauma-surviving strategies necessary
Attitude as Victim as a Trauma-Surviving-strategy (1)

- Denying being a victim
- Suppressing memories
- Suppressing impulses to fight back or run away
- Feeling guilty
- Feeling punishment justified
- Being angry towards one own’s weakness
Attitude as Victim as a Trauma-Surviving-Strategy (2)

- Seeing perpetrators not as perpetrators
- Clinging emotionally towards the perpetrators
- Protecting perpetrators
- Identifying with the needs of perpetrators
Attitude as Victim as a Trauma-Surviving-Strategy (3)

- Suffering, lamenting, complaining without mentioning the real reasons behind
- Self destructive behavior
- Chronic depression
- Chronic diseases
Being a perpetrator as a traumatic experience

- Bad consciousness, having done a huge and consisting harm towards another person
- Being guilty
- Being accused by the victim
- Being socially despised
Attitude as Perpetrator as a Trauma-Surviving-Strategy (1)

- Not percieving the harm that has been done to another person
- Denying deeds and facts
- Not feeling guilty, feeling right and fair
- Demonstrating a good consciousness in social situations and in the public
Attitude as Perpetrator as a Trauma-Surviving-Strategy (2)

- Blaming victims
- Feeling oneself being the victim
- Insulting victims
- Claiming the ideology to act in favour of a higher and socially justified duty
Victim-Perpetrator-Spliting

- Split off victim experiences create perpetrator attitudes as surviving-strategies
- Numbness towards oneself becomes unempathetic behavior towards others
- Victims become perpetrators that are not aware of their victim and perpetrator attitudes

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Consequences of the Victim-Perpetrator-Spliting (1)

- False atonement
- Revenge against ungulity others
- Penduling between victim- and perpetrator attitudes
- Alternating feelings of powerlessness und rebellious fury
- Aggression and depression as normality in relations
- Illusions of love and that we belong together become the foundament of living together
Consequences of victim-perpetrator-Spliting (2)

- Victim-perpetrator-vicious circle turns on and on sucking in more and more others
- Victim-perpetrator-vicious circle goes on for generations
- Violence, murder, incest and sexuell abuse becomes normality
- Personality disorders, Psychosis, Schizophrenia, Delusion, Self destruction, Dissoziative Identity Disorder, Cancer, Suicide
- Chronic diseases, e.g. autoimmune diseases
How to overcome the victim attitude?

- Acknowledging being a victim, e.g. feeling one’s own trauma
- Perceiving and accepting the harm that has been done
- Feeling compassion for oneself
- Claiming compensation from the perpetrator
- Renouncing revenge
Symbiotic entangled attempts to find solutions

- Blind rebellion against the perpetrator
- Wanting to destroy the perpetrator
- Reconcile with the perpetrator without integrating one's own trauma
How to overcome the perpetrator attitude?

- Acknowledging facts and deeds
- Feeling the own trauma
- Acknowledging the suffering of the victim
- Accepting guilt and responsibility
- Offering Compensation
- Renouncing atonement
Living beyond victim-perpetrator attitudes

- Healthy contact with oneself
- Healthy autonomy
- Leaving systems that are caught up in perpetrator-victim-dynamics
- Creating win-win- instead of win-loose-situations
- Living in constructive symbiotic relations
Books

Franz Ruppert

Trauma, Bonding & Family Constellations
Understanding and Healing Injuries of the Soul
Green Balloon Publishing

Franz Ruppert
Splits in the Soul
Integrating traumatic experiences
Green Balloon Publishing

Franz Ruppert
Symbiosis & Autonomy
Symbiotic Trauma and Love Beyond Entanglements
Green Balloon Publishing

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Literatur

1st International Conference Symbiosis and Trauma

- Constellation work based on Bonding and Trauma
- 26th to 28th of October 2012 in Munich
- www.healthy-autonomy.de