

Early Trauma

Bucarest
11th of April 2014



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?



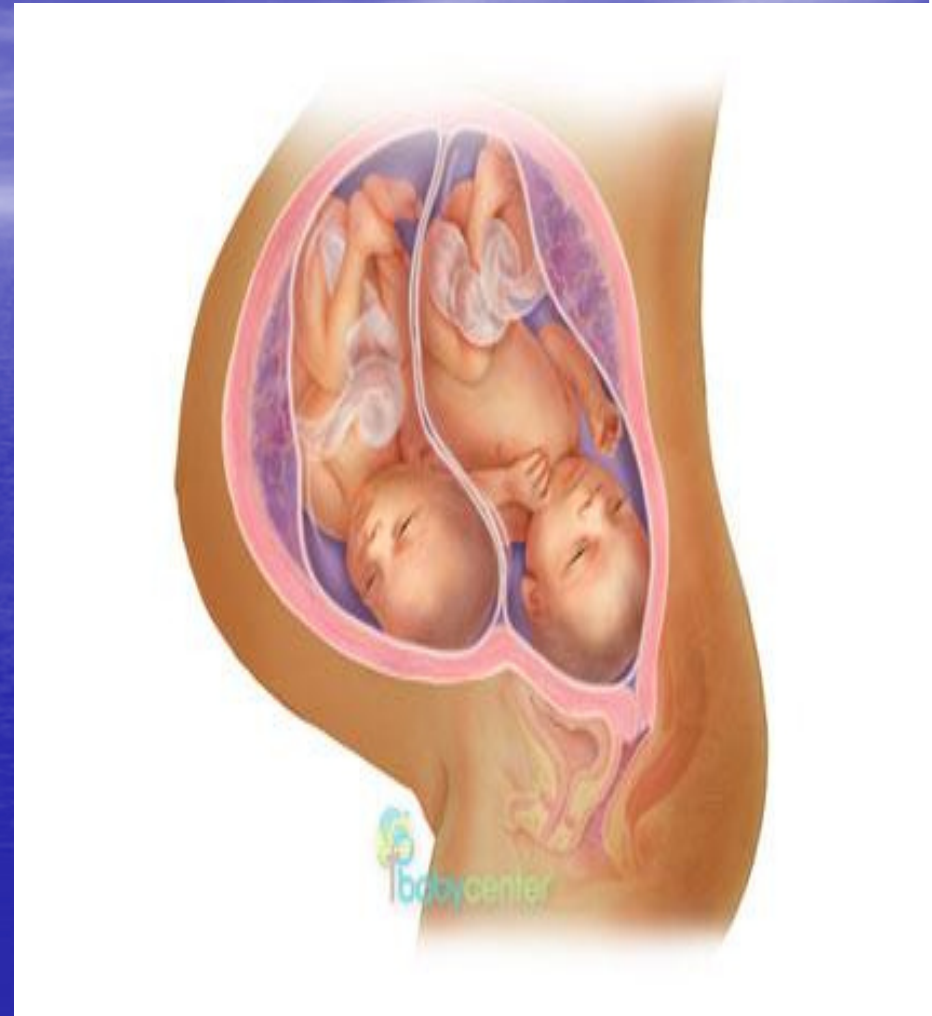
Time of Pregnancy

- 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 may be confronted with a 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 sticks 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



Child given away
for adoption?

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)

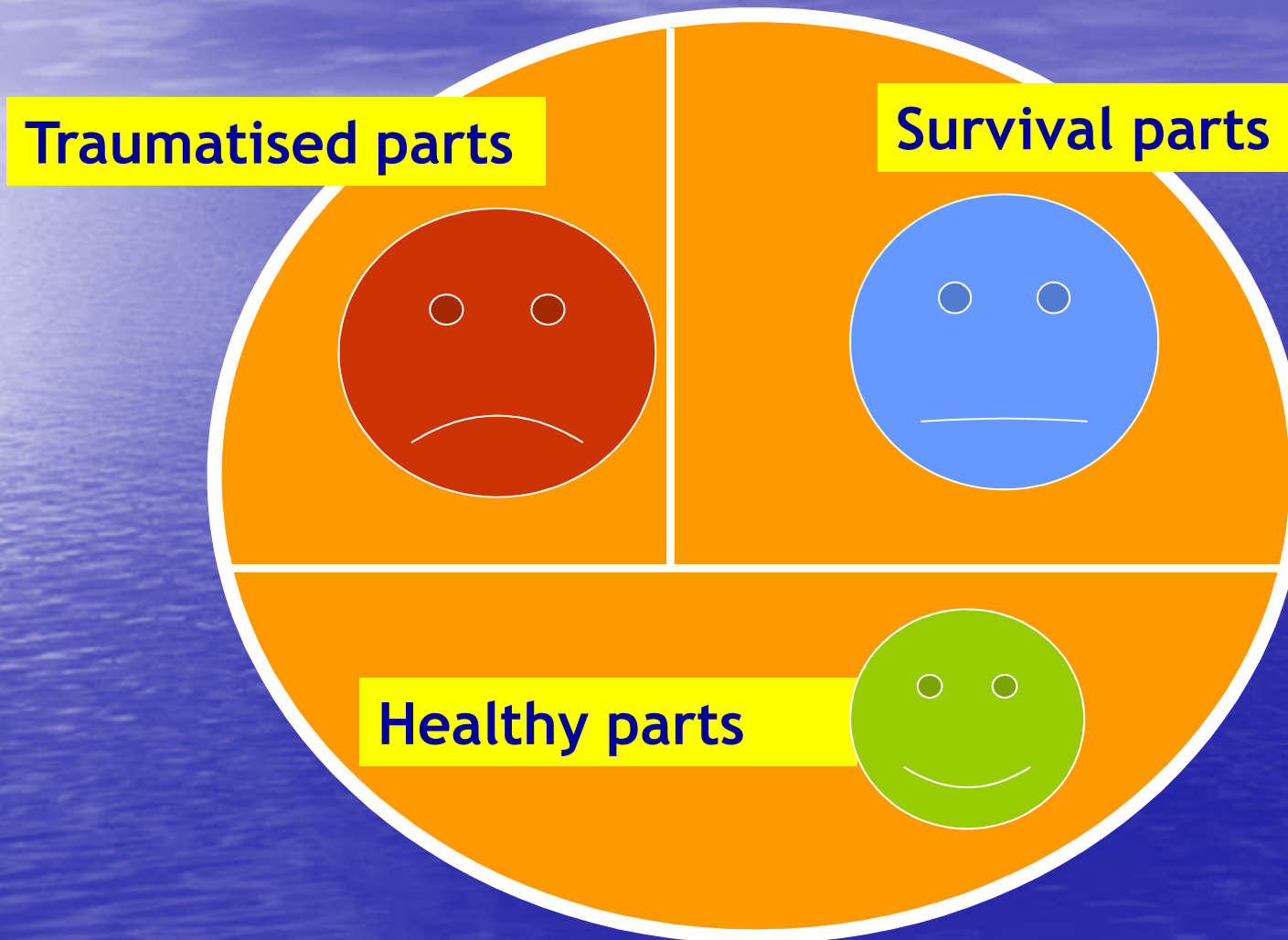
**Traumatization by
Natural Forces**

**Traumatization by
Human Violence**

**Traumatization
of Sexuality**

**Traumatization
of Love**

Splits in the personality and identity structure after a traumatic experience



„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
- Being 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



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

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- Franz Ruppert (Hg.) (2014). Frühe Traumata. Stuttgart: Klett-Cotta Verlag (in preparation)