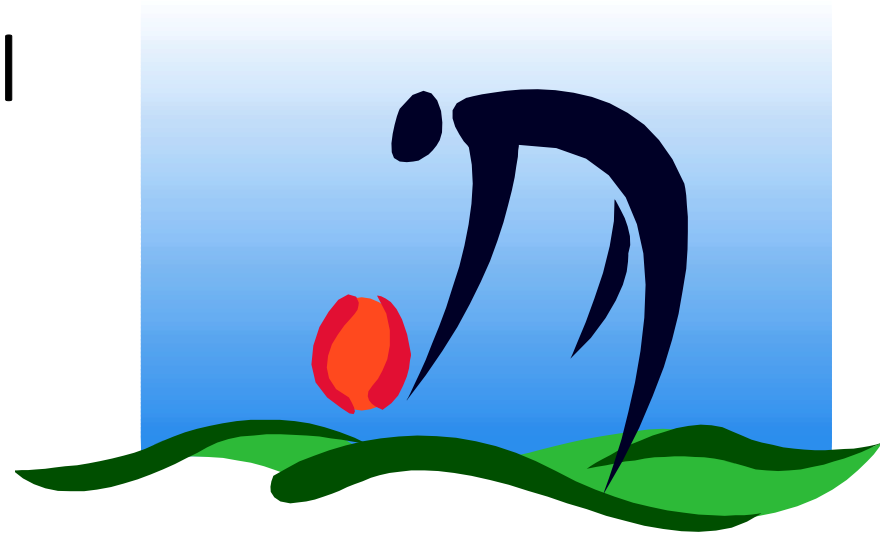


# Love, Sex, Trauma and I

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# “Identity oriented Psychotraumatheory” (IoPT)



**Transgenerational effects of  
trauma in bonding systems**

# The bonding process



- is limited to a small number of persons,
- is including and excluding,
- is based on emotions,
- is meant to last,
- is the basis for identity, identification and attribution

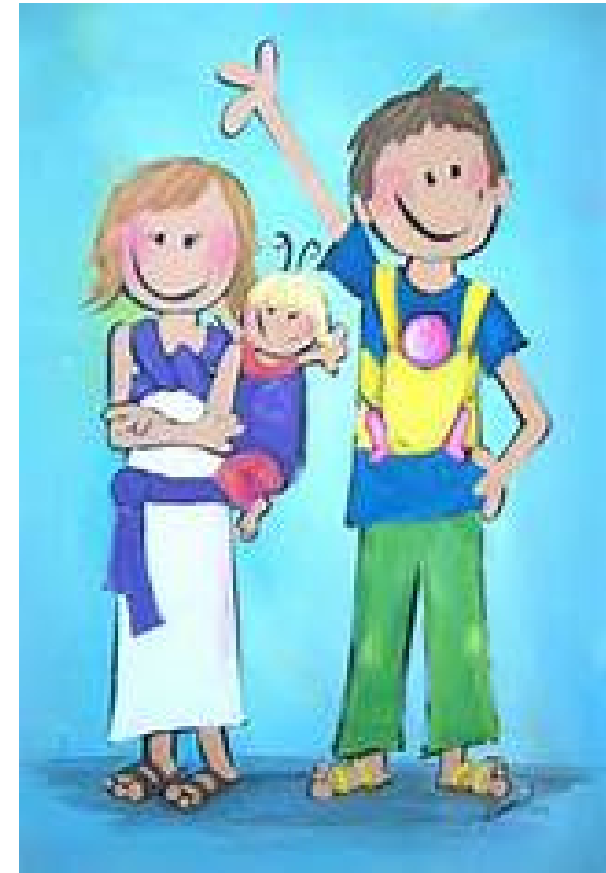
# The bonding process



- **starts at the moment of conception,**
- **develops during pregnancy,**
- **is imprinted by the birth process,**
- **gets its special quality during the first three years of life.**

# Bonding relations...

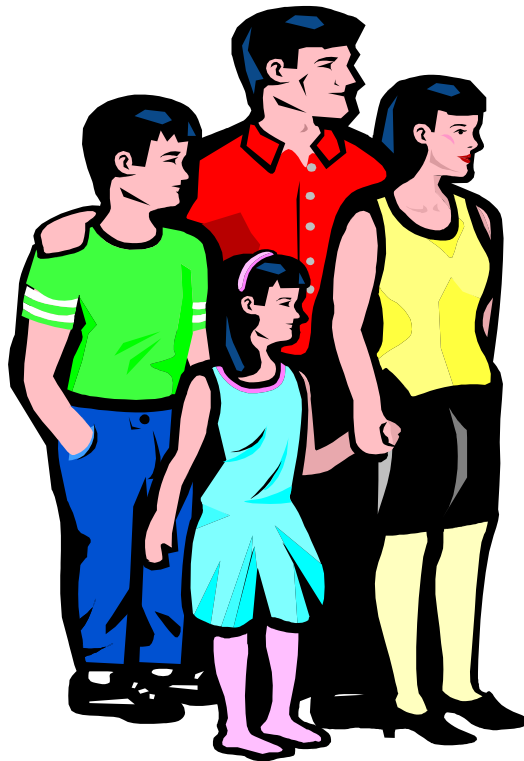
- are essential for personal growth and development
- are the starting point for most of the functions of the human psyche and all essential human feelings: love, hope, fear, rage, despair, sadness, shame, guilt, pride, joy
- are supported by Oxytocin as an essential neurotransmitter to enhance the bonding capacity



“Mirror Neurons” in our brain, first detected by Giacomo Rizzolatti, seem to be the basis of our ability to perceive the psyche of others and to bond with them.

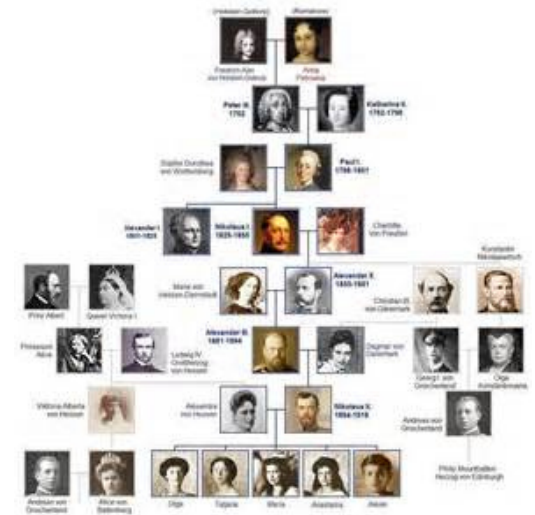


# The most important bonding relations



- mother-child
- father-child
- woman-man
- child-child
- perpetrator-victim

At the level of the psyche every person is embedded in a complex of bonding relationships that could include four generations.





The central bonding process for everybody is the bonding to the mother.



# Types of Bonding

Bowlby, Ainsworth, Main and Hesse



- safe bonding
- unsafe and ambivalent bonding
- unsafe and avoidant bonding
- chaotic bonding

# Reactions to the lack of a bonding figure



- fear and panic
- protest and rage
- grief and resignation
- reacting with physical symptoms

Safe bonding  
is the basis for



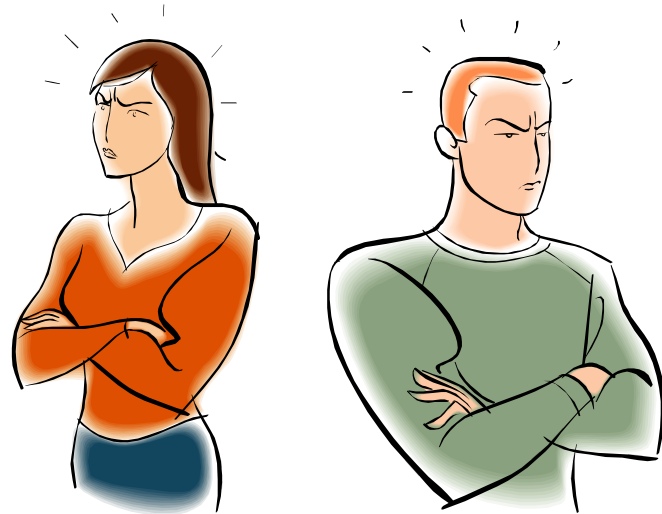
- Autonomy
- confidence in human relations
- physical and mental health

Personal autonomy is the result, when the symbiotic needs for warmth, holding, love and support are fairly satisfied during early childhood.



# Unsafe bonding leads to

- clinging
- hating
- lamenting
- distrusting
- drug abuse
- mental illnesses



**The longing for a safe bonding to the mother remains for the whole life.**

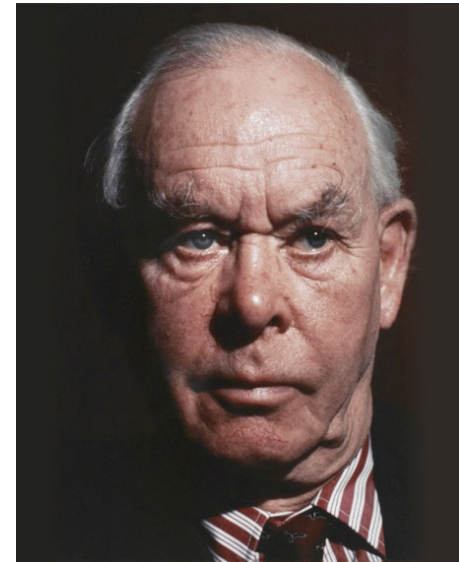
# Severe bonding problems of children are caused by

- parents being in a state of shock
- parents suffering from a loss
- parents who are aggressive and brutal
- parents who are confused and mentally ill
- In general: traumatised parents



The bonding with the mother becomes the role-model for all other relationships that involve strong emotions.

(John Bowlby 1911-1990)





## The unconscious patterns of bonding are repeated

- In couple relationships
- In relationships with one's own children
- In friendships
- In relationships at work
- In the relationship between clients and therapists



“Love is the art of transferring the emotions of love into loving behaviour without the need to give up oneself.”

(Jesper Juul 2013, S. 76)



Love means combining your own benefits with the benefits of others in a meaningful way.

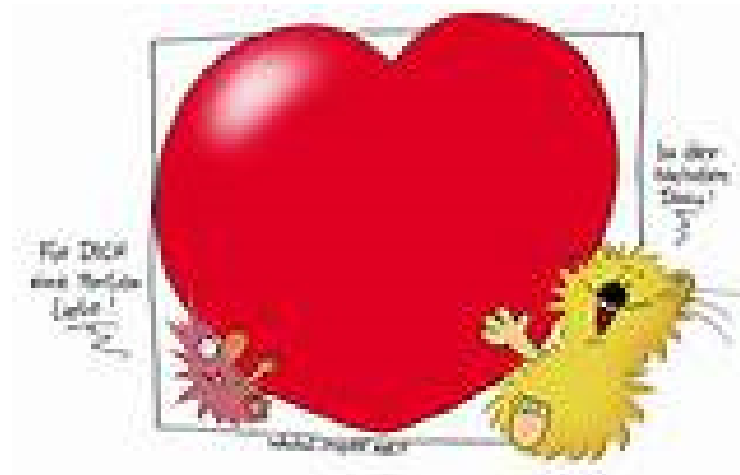
# What “Love” means

- Having the desire to be loved
- Developing the capacity to love



The desire to be loved comes from ...

- Symbiotic desire and
- The desire for autonomy



The capacity to love means ...

- fulfilling the symbiotic needs of the other person depending on his age
- Supporting her autonomy with respect to her age



# Love

- Love originally is an emotion directed towards the mother and the father
- Can be developed into an adult form of emotional attitude towards others
- Healthy love involves empathy and supportive actions towards others without losing oneself
- Healthy love is different from falling in love

# Falling in Love

- Intense feelings of affection, intense longing for these feelings to be answered, butterflies in the belly, strong heart beat, soft knees
- Obsessive thinking about the beloved person, permanent fear of being rejected, depressiveness, bad dreams, low self-esteem, bad moods
- Narrowed consciousness, perceiving the loved person much more positively than he/she really is
- Still lacking trust in the other person, no openness and sincerity, no readiness to take responsibility for the other person
- Increases the willingness to have sexual intercourse
- Increases the willingness for monogamy
- lasts between seven month and some years



# Illusions of Love

- I can love whom- and whatever I want
- If your love is strong enough, the beloved person will also love you
- All parents love their children
- All children love their parents
- Being loved can be achieved by pressure, aggression or money
- One can save another person by loving him/her
- Love heals all wounds
- Love is forever
- ...





# What is “sexuality”?

- Specific form of reproduction (other than cell division, cloning, sprouting, hermaphroditism)
- Based on “females” and “males” within one genus
- Division of labour for procreation and rearing of offspring
- Creates specific forms of perception, feeling, thinking, acting and self awareness in both sexes



# Development of Human Sexuality

- Until the 8<sup>th</sup> week of prenatal development there is no difference between male (XY) and female (XX) embryos
- Y-Chromosomes produce amounts of testosterone to make the developing child a male with penis and testicles and from the 17<sup>th</sup> week of pregnancy one can identify the sex of a child
- The ovaries with the eggs are already formed when a female child is born
- Puberty starts for females at the earliest at 10 years, for males at 12 years



# Hormones

- Testosterone produces muscle mass, bigger size of skeleton, hair growth on the face and on the chest, and specific patterns of neuronal interconnections in the brain
- Oestrogen influences female preparedness for fertilisation, pregnancy, sensitisation for listening



# Relativity of Sexuality

- Characteristics of “female” and “male” depend on each other
- “Female” and “male” tends towards extremes
- There are all possible variations in between the extremes (“female-female”, “female-male”, “male-female”, “male-male”)
- “Sex” and “gender” vary from culture to culture



# Sexuality and Fertility

- Since 1960 the separation of the sexual act from the natural consequences (pregnancy), made possible by the contraceptive pill, is a worldwide phenomenon.
- The other worldwide practice that is routine is abortion (WHO: about 46 million abortions per year)



# Advantages and Disadvantages of sexual reproduction

- More variation within one genus to adapt to changing environments
- More protection against natural enemies, especially parasites
- Conflicts of interests between reproduction and self-support
- Different and opposite needs and interests between females and males
- ... between children and parents

# Sexuality and connected feelings

- Pleasure, passion, desire
- Euphoria, love
- Relaxation
- Pride
- Fear of failure
- Shame
- Guilt
- Rage, frustration
- Jealousy



# Sexuality as a Trauma Surviving Strategy

- Using sexuality as a substitute to compensate for loneliness, lack of love
- Mixing aggression, pain and excitement
- splitting I and body
- practising forms of prostitution



# Healthy Sexuality

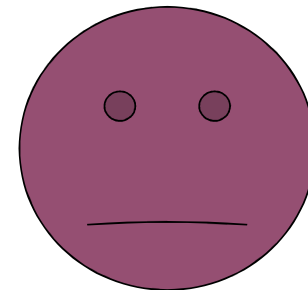
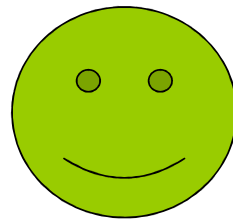
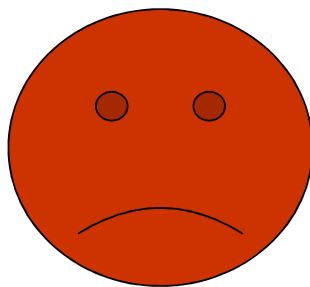
- The decision with whom to have sex is an autonomous and conscious one
- Sex is based on mutual agreement
- Sexuality is an integrated part of one's identity
- Includes a clear understanding of what sexuality is and what it is not
- Is protecting children so that they do not become sexually traumatised

# Sexuality and Love

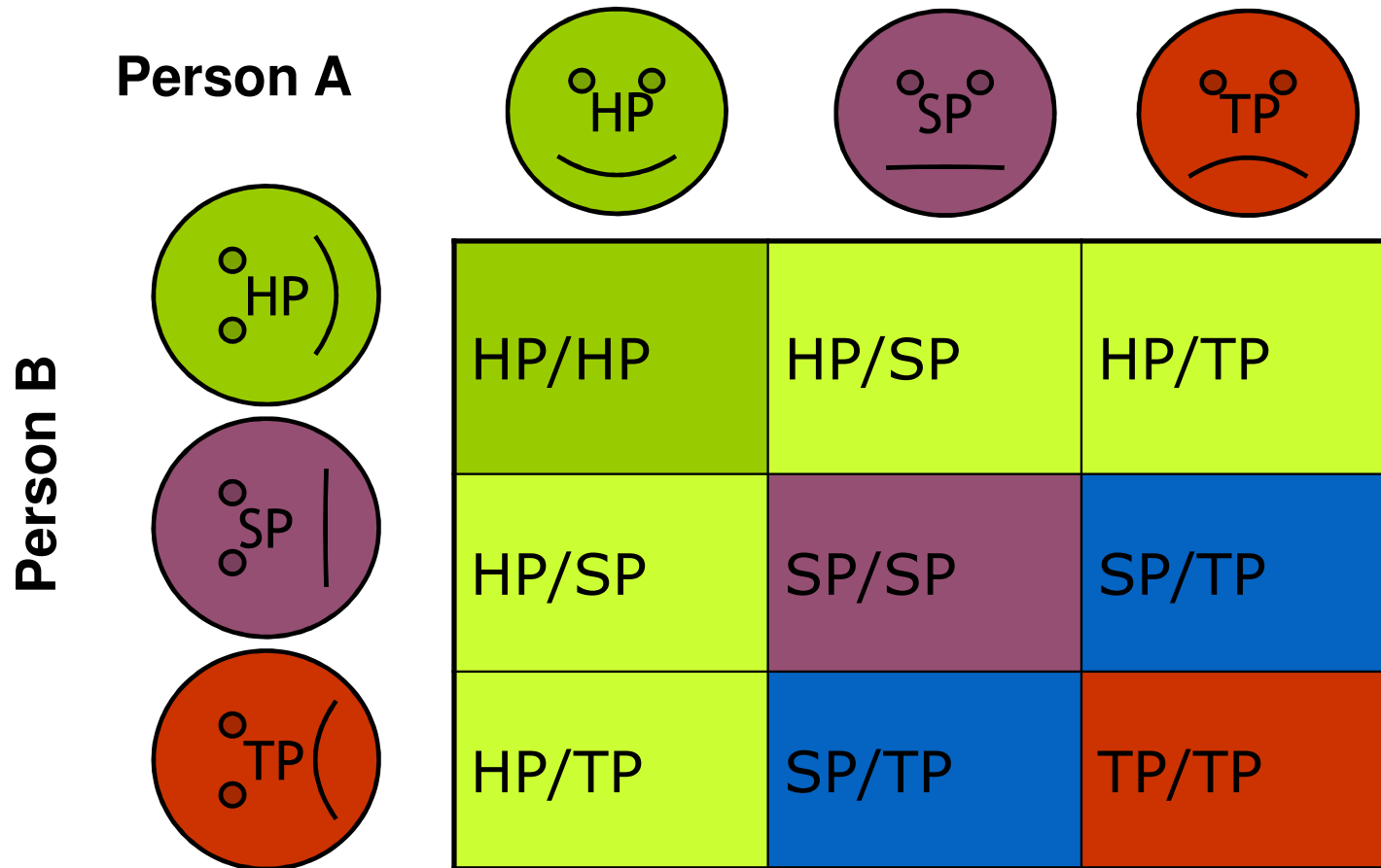
- Feelings of love originate in bonding processes, especially mother-child
- Sexuality alone is no basis for bonding processes



The most significant consequence of trauma is the splitting of the personality structure, and the inability to manage bonding/love and sexual relations without stress.



# Healthy or entangled love relation?



The therapeutic work with the “Sentence of my Intention” mirrors and transfers the inner world of bonding, love, sex, trauma and Identity into the outside world.

