



Psychotrauma- Biography and how to step out

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Agenda

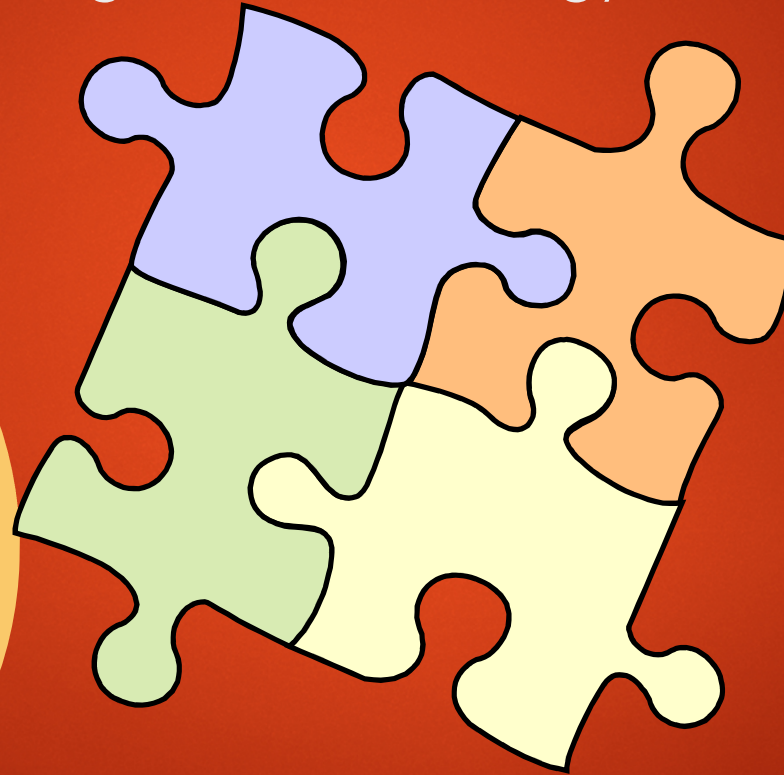
- The Human Psyche
- The Psychotrauma
- The Psychotrauma-Biography
- Identity oriented
Psychotraumatheory and –
therapy (IoPT)

The Human Psyche is a Part of the living Human Organism consisting of Matter, Energy and Information

Cell-to-cell-
Communication
conveyed genetically

Bacterial System

Hormone System



Immune System

Nervous System

Psychological System

Conscious and Unconscious

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- The majority of the processes of the human psyche occur unconsciously
- All vital functions (breathing, digesting, immune reactions, sexuality) are largely inaccessible to consciousness and deliberate manipulation
- What we experience before birth, during birth and about three years after we do not remember consciously
- Consciousness is a special mental function for better communication in groups and a more effective way of problem solving

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WHY & WHAT FOR DOES THE „PSYCHE“ EXIST?

The living human organism by its „psyche“

- gets in contact with its environment
- thereby provides various accesses to its external world and
- to its internal world,
- and thus captures the realities,
- which are in the service of the self- and species-preservation.

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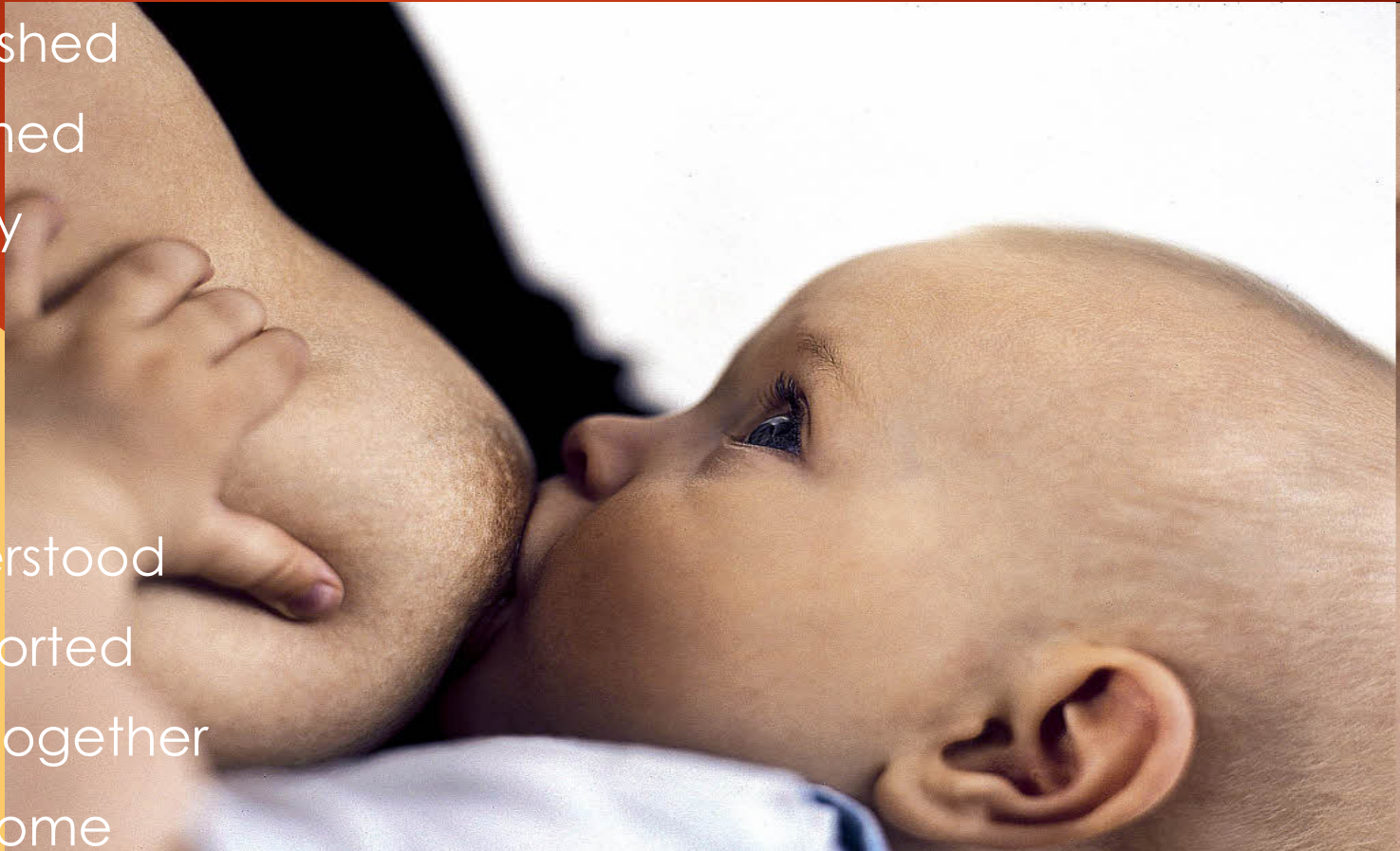
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SYMBIOTIC NEEDS

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- 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 welcome

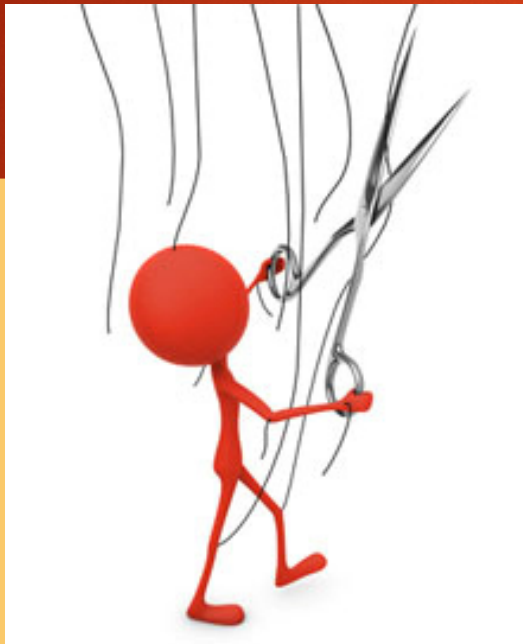


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AUTONOMY DESIRES

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- 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
- ...

Main PSYCHOLOGICAL FUNCTIONS IN HUMANS

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- To perceive (to see, to hear, to smell, to taste, to touch, to sense)
- To feel (to love, to be afraid, to be angry, to be sad, to be ashamed, to feel guilty, to feel joy, to feel excitement)
- 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
- Being driven unconsciously and wanting consciously
- Regulating and controlling behavior and actions

BODY AND PSYCHE

In a living organism
body and psyche are
inextricably linked to
each other. There is
neither a „fear in
itself“ nor a „heart on
itself“.



MAIN STATES OF THE HUMAN PSYCHE

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- State of feeling good



- No existential danger
- Open to reality

- State of feeling stressed



- Threat of existential danger
- Narrowed view of reality

- State of emergency reaction to trauma



- Overwhelming existential danger
- Denial of reality

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Psychotrauma

Psychotrauma beside the physical threats for the living organism includes the fact, that our relations with other human beings can have overwhelming effects that we cannot cope with emotionally, mentally and socially



Splitting of the human psyche after a Psychotrauma

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**Traumatised parts
of the psyche**



**Surviving-states
of the psyche**



**Healthy parts of
the psyche**



Many of us not only suffer
from one single psychotrauma,
but from a Trauma Trias:

Not being wanted!

Not being loved!

Not being protected!

Trauma of being a Perpetrator



Trauma of Sexuality



Trauma of Love



Trauma of Identity

The Psychotrauma-Biography

Main Characteristics of a Trauma of Identity

- I should not exist at all
- I have the wrong gender
- I have to fulfill a function for my parents
- I give up my healthy I already before birth
- I give up my own want
- I disconnect from my body
- Main surviving strategies: identifications with others and accepting their attributions



Main Characteristics of a Trauma of Love

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- 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!

HÖREN SIE
SOFORT AUF,
MIR NACHZULAUFEN.

ABER...
ICH LIEBE SIE.

But I love you!



Main characteristics of a Trauma of Sexuality

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- 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 relations with the perpetrators stay
- Self hate and self destruction as one of many symptoms



Trauma of being a perpetrator

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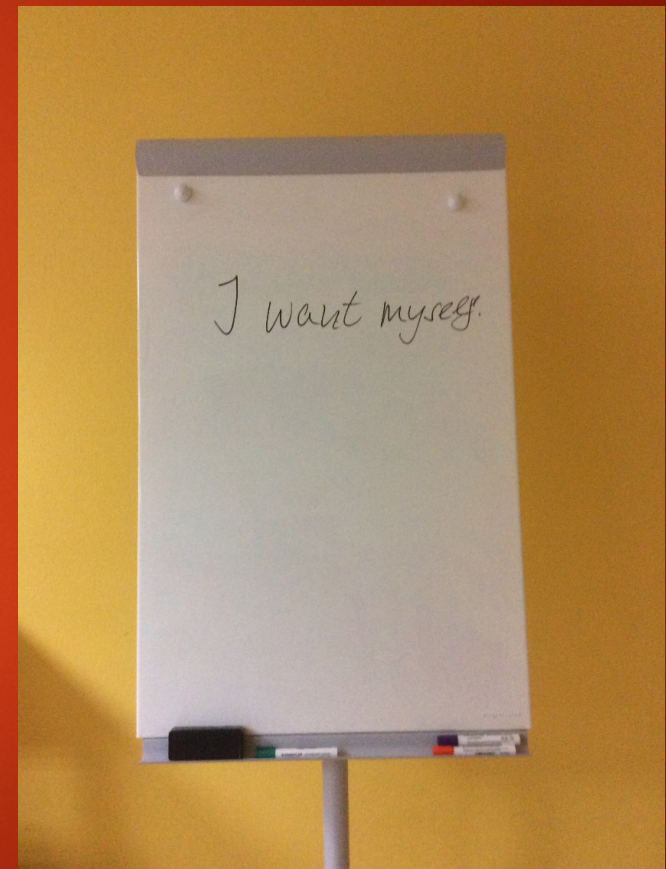
- Traumatazing others by deeds and omission of support
- Often a repetition of own experiences as a victim
- Shame, guilt and fear of the perpetrator of being excluded by communities
- Perpetrator attitudes in order to deny and justify
- Perpetrator attitudes lead to more perpetration



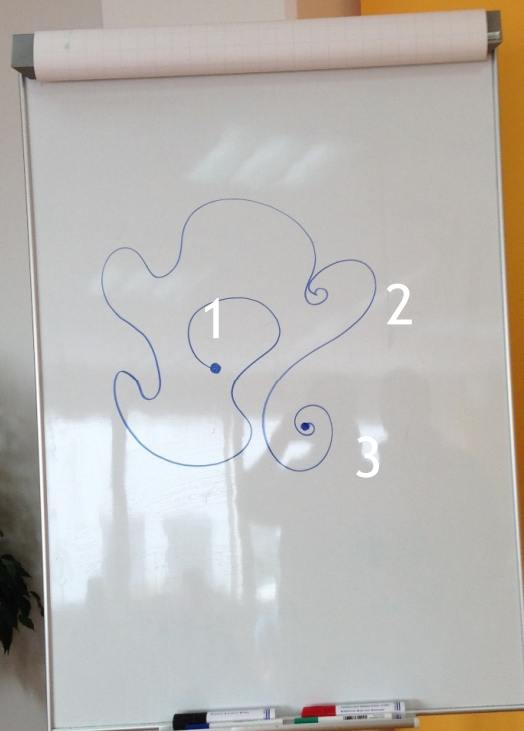
The Intentionmethod

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- Creating a free space for exploring your internal states
- By formulating a sentence of intention
- Discovering its meaning for your psychotrauma-biography word by word
- by using points of resonance outside i.e. other human beings



Picture of
an Intention
of a client
suffering from
HIV-infection



1. Conception
2. Attempt of abortion
3. Surviving state

Identity-Constellations

- Can be done chronologically (time after conception, time in the womb, time before birth, birth, time immediately after birth ...)
- Trying to understand the causes of symptoms
- Exploring actual inner states



What is the Purpose of the Intention Method?

- Transfer of Identity oriented Psychotraumatheory (IoPT) to the practice of Identity oriented Psychotrauma Therapy (IoPT)
- IoPT supports the development of healthy structures of the human psyche, lets us understand trauma-suviving structures, helps the healthy parts to come into contact with the traumatized parts
- Becoming the person I really am



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- All books are available in Norwegian!
- <https://www.violenceprevention/acestudy/about.html>