Who am I in a Traumatised Society?

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www.franz-ruppert.de

'Society' = the outside world is the mirror of the inner world of human beings.

The condition of our human psyche determines how we live together.

?

How much do we know about the human psyche, and how our psyche develops?

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What could be our aim?

- A good life for myself
- A good life for those who live together with me on this planet
- A global society of autonomous and self-responsible subjects who take responsibility and enjoy their communities

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The primary human condition:

Our relationship with our mother is our first 'society'.

This 'we' provides the imprint for our experiences with all further social affairs.

What happens, then, if our mother is traumatised?

We become traumatised too!

The same is true for the relationship between fathers and their children:

Traumatised fathers produce traumatised sons and daughters.

Trauma of being a Perpetrator

↑

Trauma of Sexuality

↑

Trauma of Love

↑

Trauma of Identity

The Psychotrauma Biography

The Trauma Trio for many of us:

Being unwanted!

Being unloved!

Being unprotected!

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Splitting of the human psyche after a traumatising experience

Section 2:
Traumatised parts,
in a helpless,
overwhelmed state

Section 3:
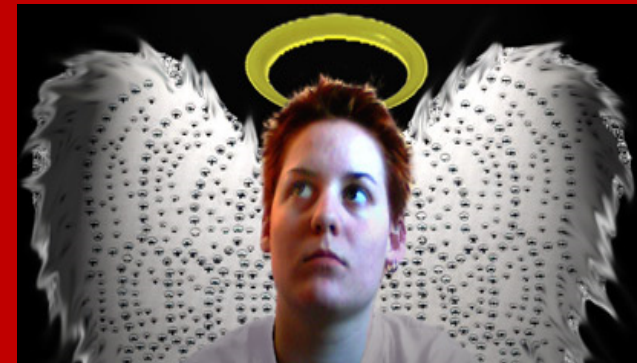Surviving parts,
Under permanent stress

Section 1:
Healthy parts

Psychotrauma Surviving Strategies

- Denying reality

- Creating illusions

Trauma of Identity

- Being unwanted
- Healthy 'I' and personal will is split-off
- Adaptation to the 'No' of the mother
- Serving the mother's surviving strategies
- Accepting other's attributions (e.g. psychiatric diagnoses)
- Identifying with external entities (e.g. nationality, religion, values, other people, sport clubs, money …)

Trauma of Love

- Feeling abandoned and unloved
- Idealisation of parents, partners, children …
- Trying to rescue others
- Identifying with relationships ('we' rather than 'I')
- Constant disappointment and attempts to be seen
- Denying one's own trauma

Trauma of Sexuality

- Being made an object of another persons sexual thrives
- Feelings of intense shame and disgust
- Lacking and denying memories
- Idealisation of perpetrators
- Repeating situations of sexual exploitation and vulnerability

Psychological Splitting of a Victim of Trauma

Section 2:
Being a Victim

Section 3:
Victim Attitudes
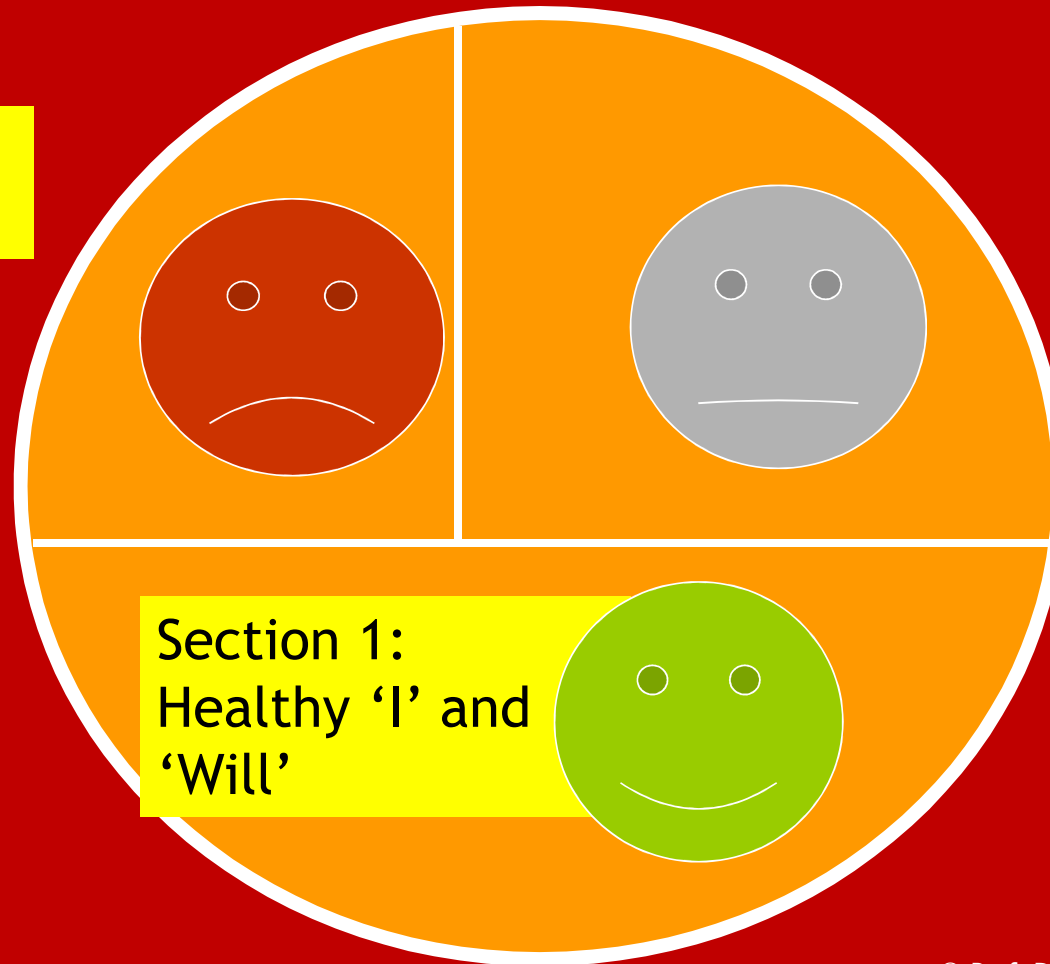
Section 1:
Healthy 'I' and
'Will'

Victim Attitudes

- Keep smiling!
- Obey the rules!
- Care for others, not for yourself!
- Feel guilty!
- Feel ashamed!
- Don't be weak! Be strong!
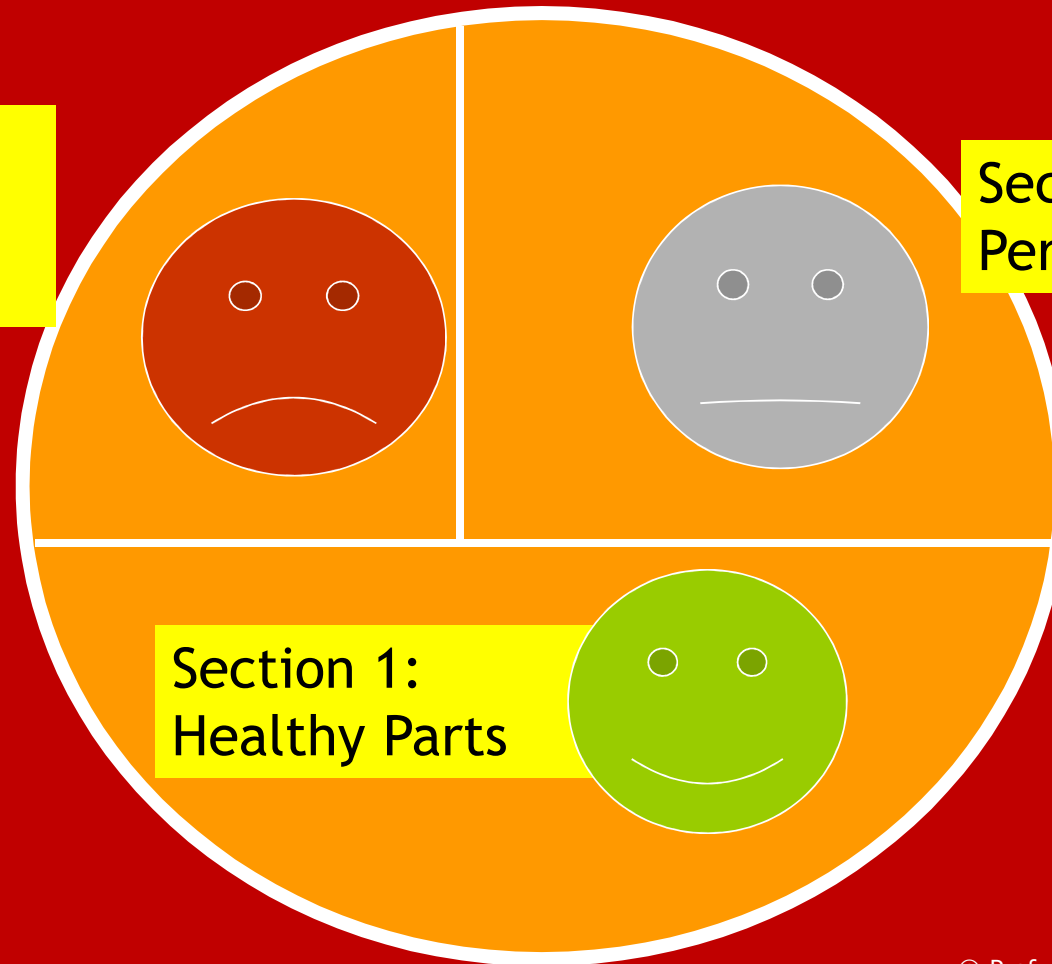- Love and protect the perpetrators!

Trauma of being a Perpetrator

- Traumatising others
- Feelings of shame, guilt, fear of exclusion
- Need to develop perpetrator attitudes

Splitting inside a Perpetrator

Section 2:
Being a
Perpetrator

Section 3:
Perpetrator Attitudes

Section 1:
Healthy Parts

Perpetrator Attitudes

- Lie and deny!

- Don't show feelings or compassion!

- Become superior to others!

- Compete and win!

- Ignore the subjectivity of others!

- Hide behind roles and masks!

- ...

Many traumatised humans together create a traumatised and traumatising society.

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Symptoms of a Traumatised Society

- A high ratio of unwanted children
- Many women who do not want to have children, or have so many children
- A high ratio of complicated births, and birth processes that include violent intervention (caesarean section, induction …)

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Symptoms of a Traumatised Society

- High ratio of babies who are separated from their mothers too early and for too long
- Early neglect of babies and young children
- Many single mothers in poverty
- Many sexually traumatised children

Symptoms of a Traumatised Society

Violence in partnerships and marriages

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Symptoms of a Traumatised Society

- Highly competitive educational system
- Highly competitive economic system
- A rich few, and a mass of poor people
- Many poor and homeless people
- No financial security in old age

Symptoms of a Traumatised Society

- High ratio of crime
- A legal system of punishment that further traumatises by isolation and prison treatment

Symptoms of a Traumatised Society

- Pornography, prostitution, criminal gangs
- Drug abuse and addictive behaviours in many forms
- High rates of chronic health problems, a health care system that produces new traumata
- High rates of mental illness, and a psychiatric system that is traumatising additionally
- High rate of suicide

Symptoms of a Traumatised Society

- Manipulation of thinking by the mass media
- Sciences that produce ideologies
- Racism and prejudice in all its forms (race, gender, colour, religion)
- Nationalism
- Political extremism

# Symptoms of a Traumatised Society

- Terrorist acts executed by states, organised terrorist groups and individuals
- High financial commitment to military and secret services
- Permanent readiness for military conflicts
- Millions of refugees
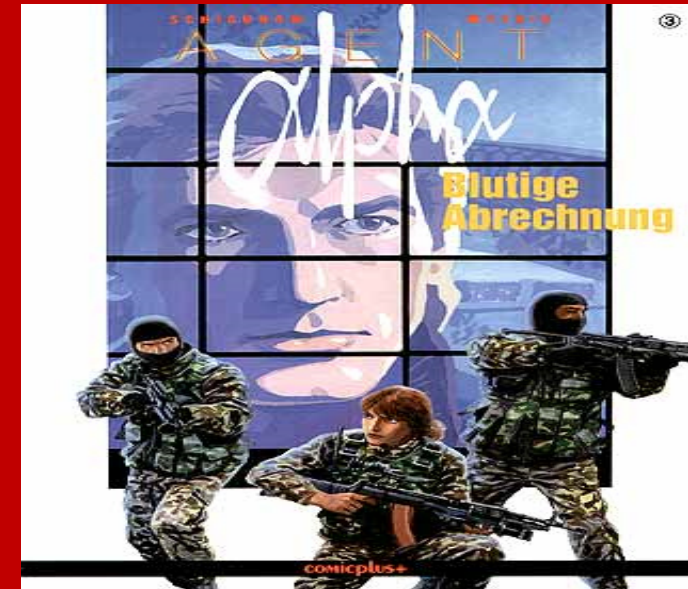
Symptoms of a Traumatised Society

- Partners are Perpetrators

- Parents are Perpetrators

- Economic leaders are Perpetrators

- Political leaders are Perpetrators

- Violence and competition are glorified

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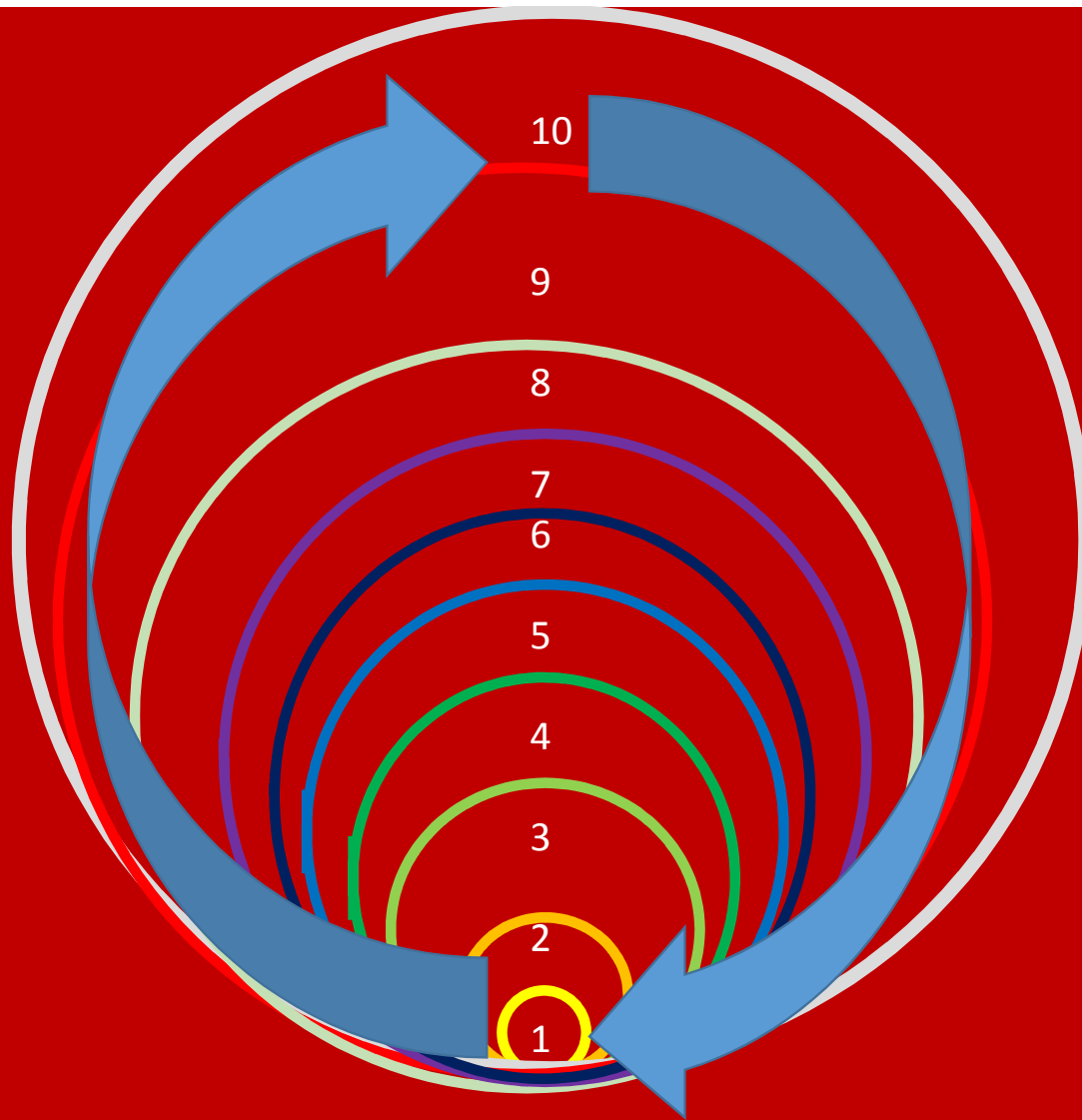
1. Traumatised mothers and fathers traumatising their children

2. Traumatising obstetrics

3. Traumatising early care systems

4. Highly competitive educational system

5. Highly competitive economic system

6. Conflict between the sexes

7. Symptom-oriented health care system

8. Symptom-oriented legal system

9. Symptom-oriented political system

10. Competition between nations with permanent readiness for war

Most obvious Trauma Symptoms

WARS

Destruction of Nature

Violence against Children

Rape

Disguised perpetrator and victim attitudes

Corruption, Arms Trade Money Laundering,

Secret Services Dark Net

Trauma of Sexuality
Trauma of Love
Trauma of Identity

Pre-, peri-, post-natal trauma

In a traumatised and traumatising society it is 'normal' to experience your healthy needs as something alien to you, and to see what is contrary to your interests as if it is in fact yours.
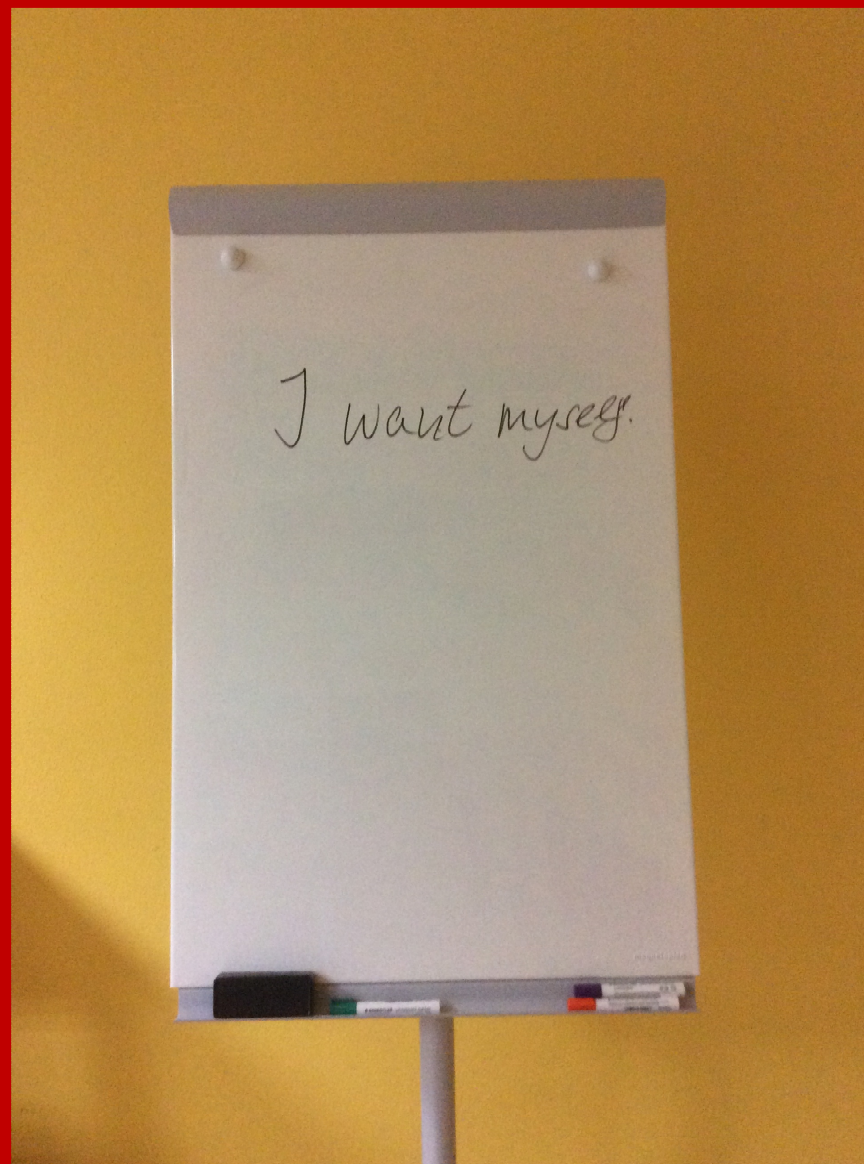
In traumatised societies the reality of psychotrauma is the most neglected and ignored fact.

Birth

Sexual Trauma

Start of Life

Childhood

Becoming a Perpetrator
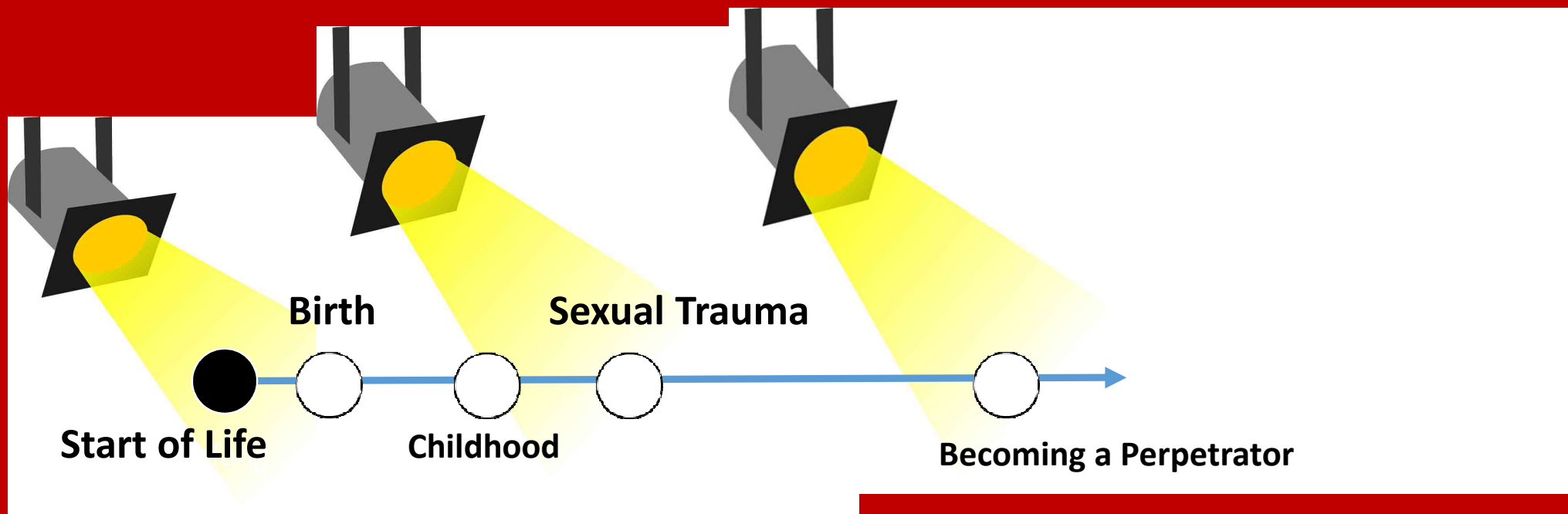
The way out:

- Look at yourself – exit your trauma biography

- Make use of the potentials of Identity oriented Psychotrauma theory and therapy (IoPT)

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- Become for yourself the Society you want to have.
- Encourage others to do the same.
- Together we can support each other.
- If you want to take a leading role in society please make the effort to exit your trauma biography.

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Literature

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