

Desire, Stress or Terror?

Human Sexuality
defined by Identity Therapy (IT)

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Human Sexuality

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- The capacity to procreate is deeply embedded in the living human organism
- Steered by gens and hormones the human organism is sexually ripening in between 9 and 13 years starting with the fertilized egg
- Is highly active in the years of fertility (20 to 40) and is becoming lower with by aging
- Can be connected with the desire for having children or the fear to create children and to become pregnant

Human Sexuality

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- Is experienced as drive, urge, desire
- Is connected with intense sensations and emotions (lust, joy, proudness, disgust, shame, guilt)
- Types of sexual behaviour: competing, flirting, copulating, masturbating, being pregnant, giving birth, breast feeding
- Shame can create intimacy
- Shame can be imposed on a person and make him/her deeply unhappy

Human Sexuality

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- Has no natural role models
- Is different as male and female sexuality
- Patterns of gender behaviour are formed culturally and individually
- Is influenced by conventions and (religious, financial, political) interests

Human Sexuality

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- Determines the attractiveness of a person for others
- Is in many cases connected with the desire to love and to be loved
- Is seen as a basic element for long lasting partnerships and marriage

Human Sexuality

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- Can be incomplete at the level of the body
- Can stay primitive by lack of education or social support and (religious) ideologies
- Can be traumatized by ignorance and violence
- Can be used to destroy another person

Attributions to Sexuality

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Prescriptions

- A proper man has to be ...
- A real woman should ...
- A child is not allowed to ...
- Elderly people should not ...
- ...

Idealisations

- Pretty woman
- Horny!
- Shame!
- Mr Right
- Holy virgin
- ...

Possibilities for Identifications

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- Mother and father
- Siblings or relatives
- Actors, singers, sportsman and -woman
- Pornography
- ...

Sexual Identity

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- I
- with my free will
- in my own body
- with my own feelings
- with my own phantasies
- with my own practises
- in my relations



Types of a Sexual Trauma

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- Sexual abuse during childhood in different degrees
- Incest, i.e. sexual intercourse with relatives
- Rape inside and outside of a partnership
- Rape as a strategy of soldiers
- Pornographie
- Prostitution
- Ritual sexual sadism

Sexual Abuse within a family

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- Entangles the child in a family with long lasting consequences
- Is often a process over many generations
- Is one of the most awful expressions of a bonding system trauma

Bonding System Trauma

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- Traumatized mothers and fathers, that should be the main resource for a healthy development of their children put them permanently under stress
- The child is not able to behave correctly
- In such a system you are either victim or perpetrator or both in combination
- You can't develop your healthy identity within such a system

Sexual Abuse and Aspects of Bonding

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- Abuse of love and confidence
- Confounding love and aggression
- Destroying boundaries between the older and the younger generation
- Twisting responsibility
- Loss of trust in parents, siblings, relatives, teachers and psychologists

Sexual abuse produces a profound confusion of feelings for a child.

The sexual trauma is often the consequence of a trauma of love.

Sexual Abuse and Aspects of a Shock-Trauma

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- 1. State: freezing, numbing, behaving like dead
- 2. State: leaving the body, observing oneself from outside
- 3. State: giving up oneself and the own will

Symptoms of Sexual Abuse

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- Nightmares and sleeping problems
- Various anxieties
- So called „eating disorders“
- Learning difficulties
- Extreme clinging
- Extreme retreat
- Depression, lack of feelings
- Physical illnesses

Symptoms of Sexual Abuse

- Disliking one own's body
- Disgusting sexuality
- Shamelessness
- Self harming behaviour
- Promiscuity, Prostitution, Masochism, Sadism
- Drug Abuse
- Hostility
- Criminality
- Confusion and Madness

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Self Harming Behaviour as Trauma Surviving Strategy

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- To overcome numbness
- To resolve the inner pressure
- To make oneself inattractiv
- To cry for help nonverbally
- To reinscenate the experience of violence
- To act the perpetrator introject out
- To express hate about the own weakness

„Eating Disorders“ as Trauma Surviving Strategies connected with a Sexual Trauma

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- So called „Anorexia“: Attempt to control one's body reactions, e.g. desire and lust
- So called „Bulimia“: vomiting out the penis and the swallowed sperms
- So called „obesity“: making one's body unattractive for the perpetrator

Reinscenating the Sexual Trauma

- Is done unconsciously by the Surviving parts
- Hoping to free oneself from the intolerable inner states and
- To gain control over perpetrators

Inner Parts of sexually traumatized Children

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- Splitt off traumatized parts with panic, shame, disgust
- Parts that hate the perpetrator
- Parts that do not trust anybody
- Parts with love illusions towards the perpetrator
- Parts that want to satisfy the perpetrator sexually
- Parts that disgust the own helplessness
- Parts that feel guilty
- Parts that feel shame for the perpetrator
- Still available: healthy parts

The dynamic of a sexual trauma is one of the main reasons for so called mental diseases like „Borderline“, „Schizophrenia“, „Psychoses“ or addictions.

The victims of Sexual Trauma can easily become the perpetrators in the next generation.

Vicious Circle of Sexual Trauma

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- Sexually traumatized girls become mothers that traumatize their own children emotionally and sexually.
- The girls of sexually traumatized mothers have a high risk to become sexually traumatized.
- Sons of traumatized mothers become emotionally confused and are in high risk to become sexually abused by their mothers.
- Those sons are in a high risk to become later on perpetrators in sexuality.

Silencing, denying and lying are necessarily part of a Sexual Trauma

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Risks and Entanglements if there is a suspicion of a Sexual Abuse

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- Nothing is done against the ongoing abuse
- Someone unguilty will be accused
- Split off parts of one own's sexual trauma are projected into children and potential perpetrators

Who is not able to realize the own sexual trauma is not able to realize the sexual trauma in others.

There is a risk of blindness and overcompensation: to see sexual abuse nowhere and everywhere.

Problems to seek for therapeutic support when being sexually traumatized

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- Loyalty with the perpetrators is still very high
- It seems impossible to accept being a victim of such cruelties
- Feelings of shame are too massive
- Closeness with a therapist produces panic
- There is a fear to become dependent again from a loved person (the therapist)

Principles of Identity Therapy regarding Sexual Trauma

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- Connecting the symptoms with the sexual trauma
- First focusing on the „Trauma of Identity“ and establishing a healthy I and a free will
- Secondly making aware the „Trauma of Love“ and the entanglements with the perpetrator(s)
- Making aware that partnerships and relations with own children can be surviving strategies to avoid the realization of own traumas

Principles of Identity Therapy regarding Sexual Trauma

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- Helping to realize the unthinkable: that the parents are perpetrators
- Helping to speak out facts and truth
- Clearing responsibility and guilt
- Seeing the needs of children for closeness, love and body contact as normal
- Helping to remember
- Understanding the perpetrator parts within the victim
- Helping to open up for good feelings

Literature

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