

# Who am I in a traumatised and traumatising Society?

Bucarest, 12.02.2019

[www.franz-ruppert.de](http://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?



4/8/2019

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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



# 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 your mother is traumatised?

You become traumatised too!



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

Traumatized fathers produce traumatized 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

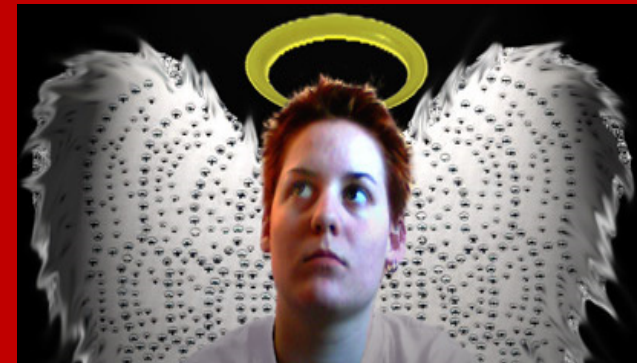


Section 1:  
Healthy parts



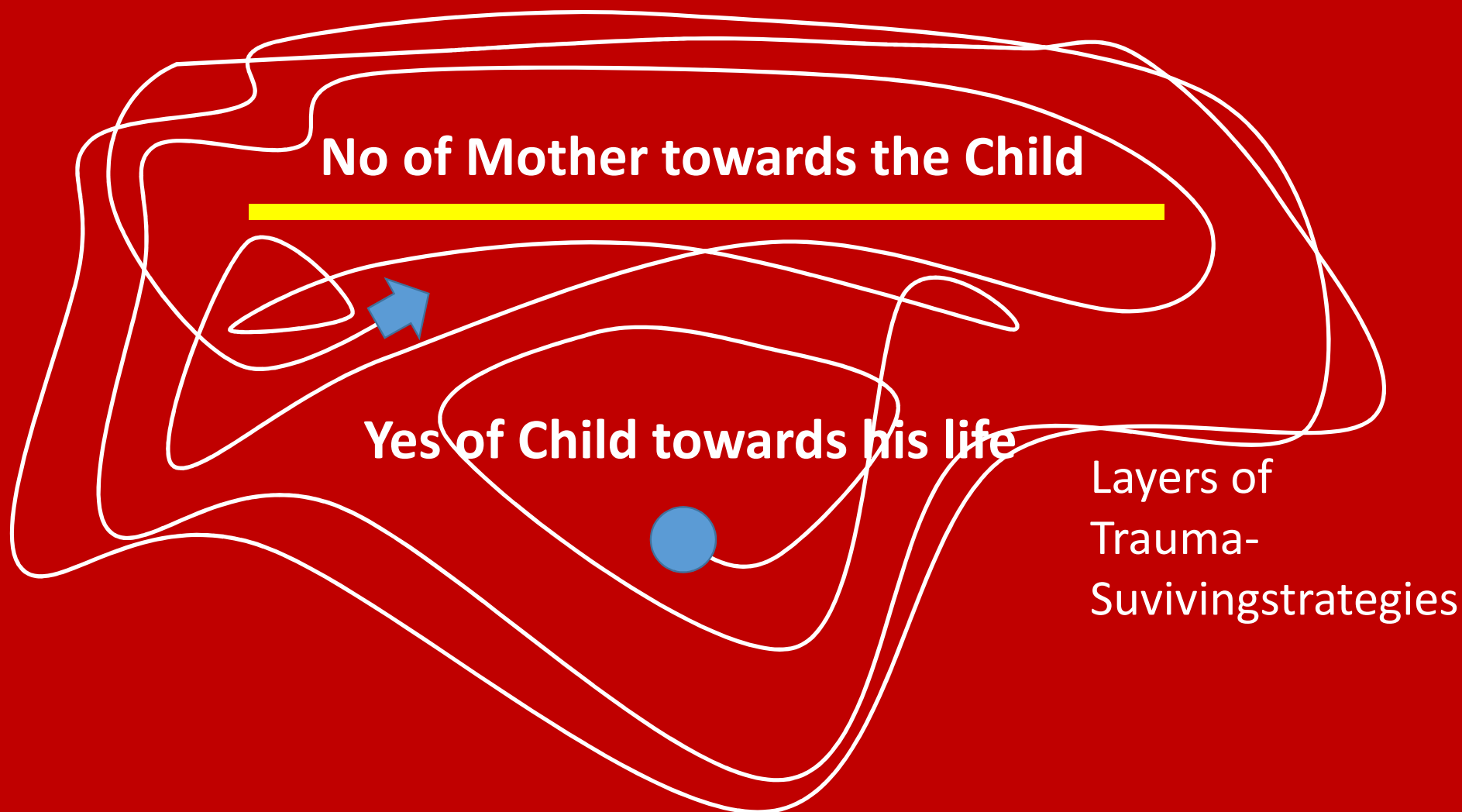
# Psychotrauma Surviving Strategies

- 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 ...)



**No of Mother towards the Child**



**Yes of Child towards his life**



Layers of  
Trauma-  
Suvivingstrategies

# Trauma of Identity

# 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 Love**

**Love of the Child  
or Rebellion**



# Trauma of Sexuality

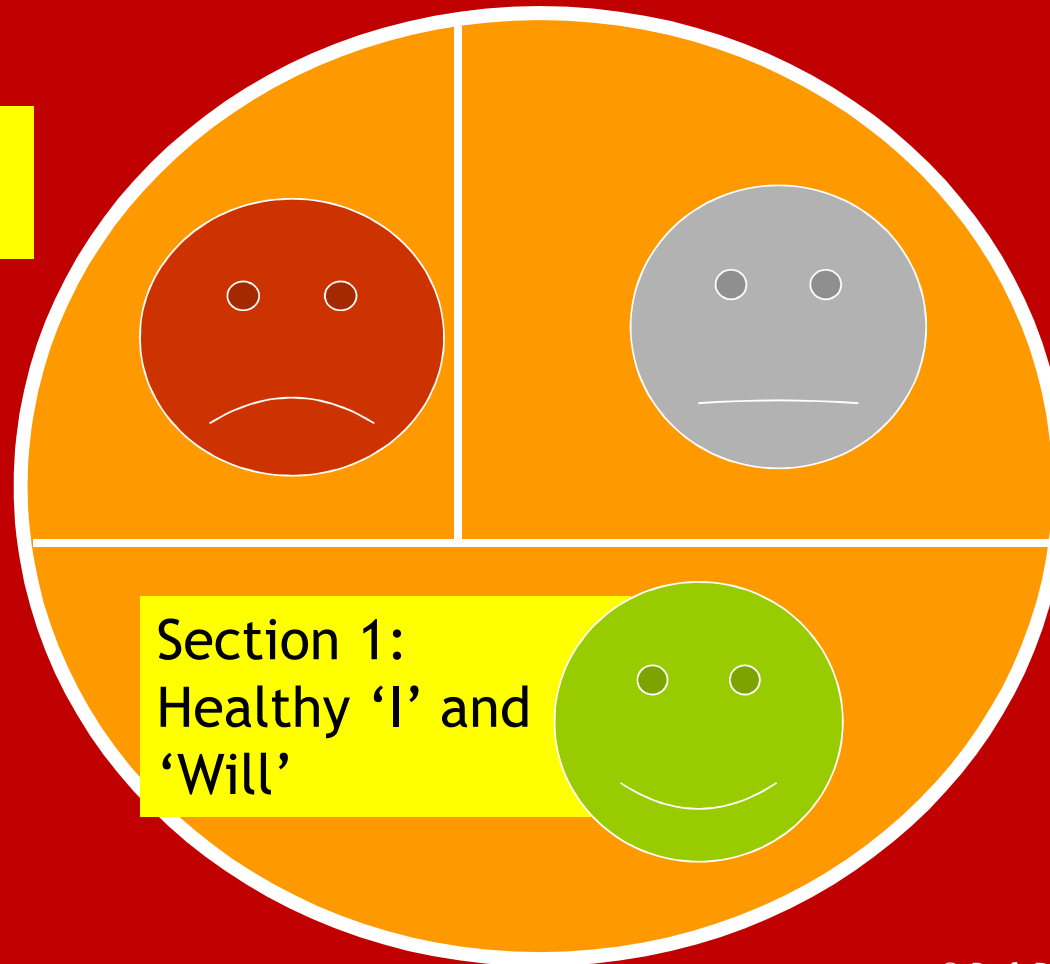
- Being made an object of another persons sexual thrives
- Feelings of intense shame and disgust
- Lacking and denying memories
- Idealisation of perpetrators
- Repeating situations of sexual exploitation and vulnerability



# 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!



# Victim Attitudes

- Do not realize the perpetrators
- Love and protect them
- Identify with their needs
- Imagine a common „We“ with them
- Subordinate to the perpetrators



# Trauma of being a Perpetrator

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

# Victim Attitudes

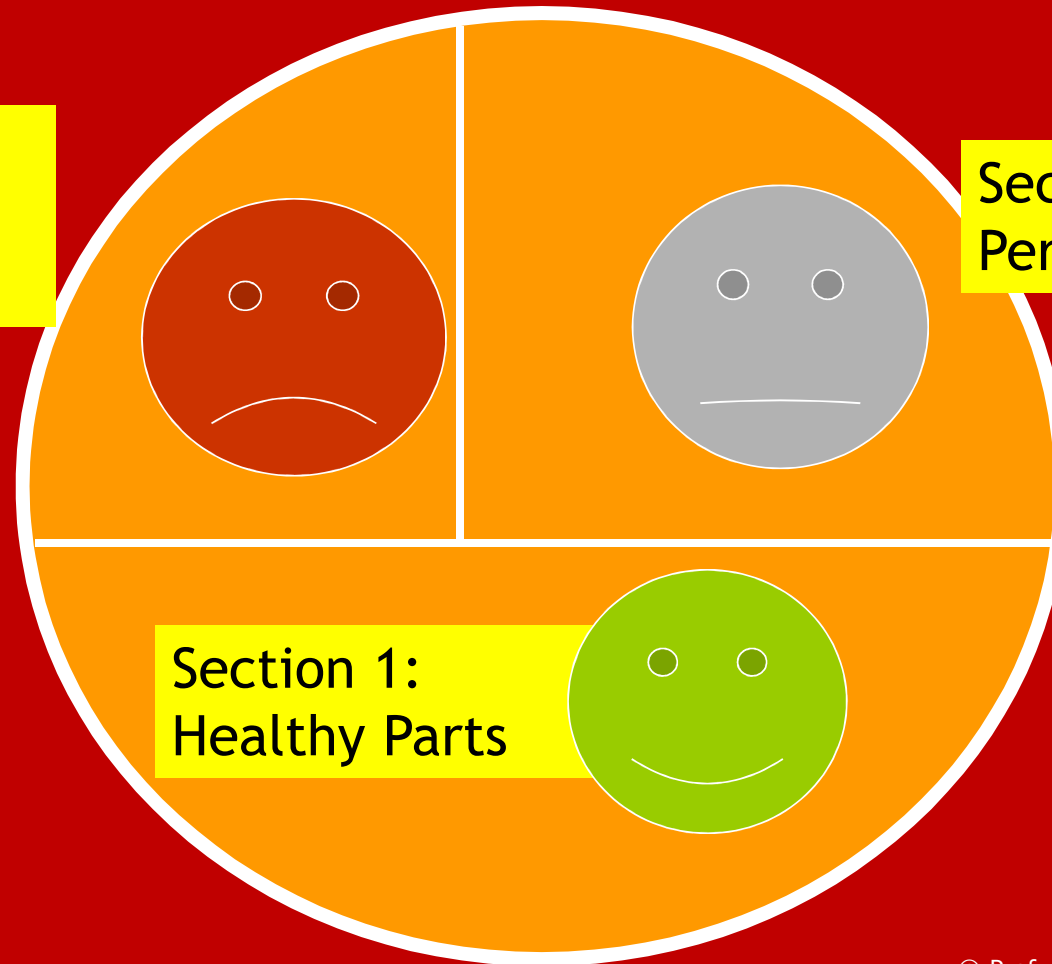
- Permanent fearfulness
- Submissiveness, Passivity
- Suffering and not looking at real causes
- Suicidality



# 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!
- Blame others!



# Victim-Perpetrator-Dynamic

- Victims become Perpetrators because they can't feel and realize their own trauma
- In one person victim- and perpetrator-attitudes can alter from moment to moment
- Self-destruction and destruction of others goes hand in hand





Many traumatised humans together create a traumatised and traumatising society.



# Symptoms of a Traumatized 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 ...)



# Symptoms of a Traumatized 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 traumatized children



# Symptoms of a Traumatized Society

Hugh amount of violence in partnerships



# Symptoms of a Traumatized Society

- Highly competitive educational system
- Highly competitive economic system
- A rich few, and a mass of poor people
- An economy that produces systematically losers
- And very often financial crisis



# Symptoms of a Traumatized Society

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



# Symptoms of a Traumatized Society

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



# Symptoms of a Traumatized Society

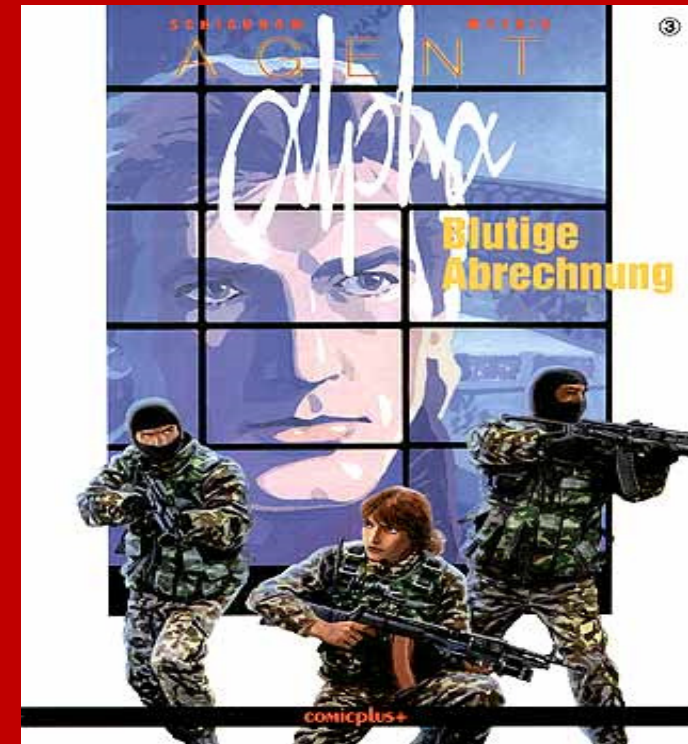
- Manipulation of thinking by the mass media
- Sciences that produce ideologies
- Racism and prejudice in all its forms (race, gender, colour, religion)
- Nationalism
- Political extremism





# Symptoms of a Traumatized Society

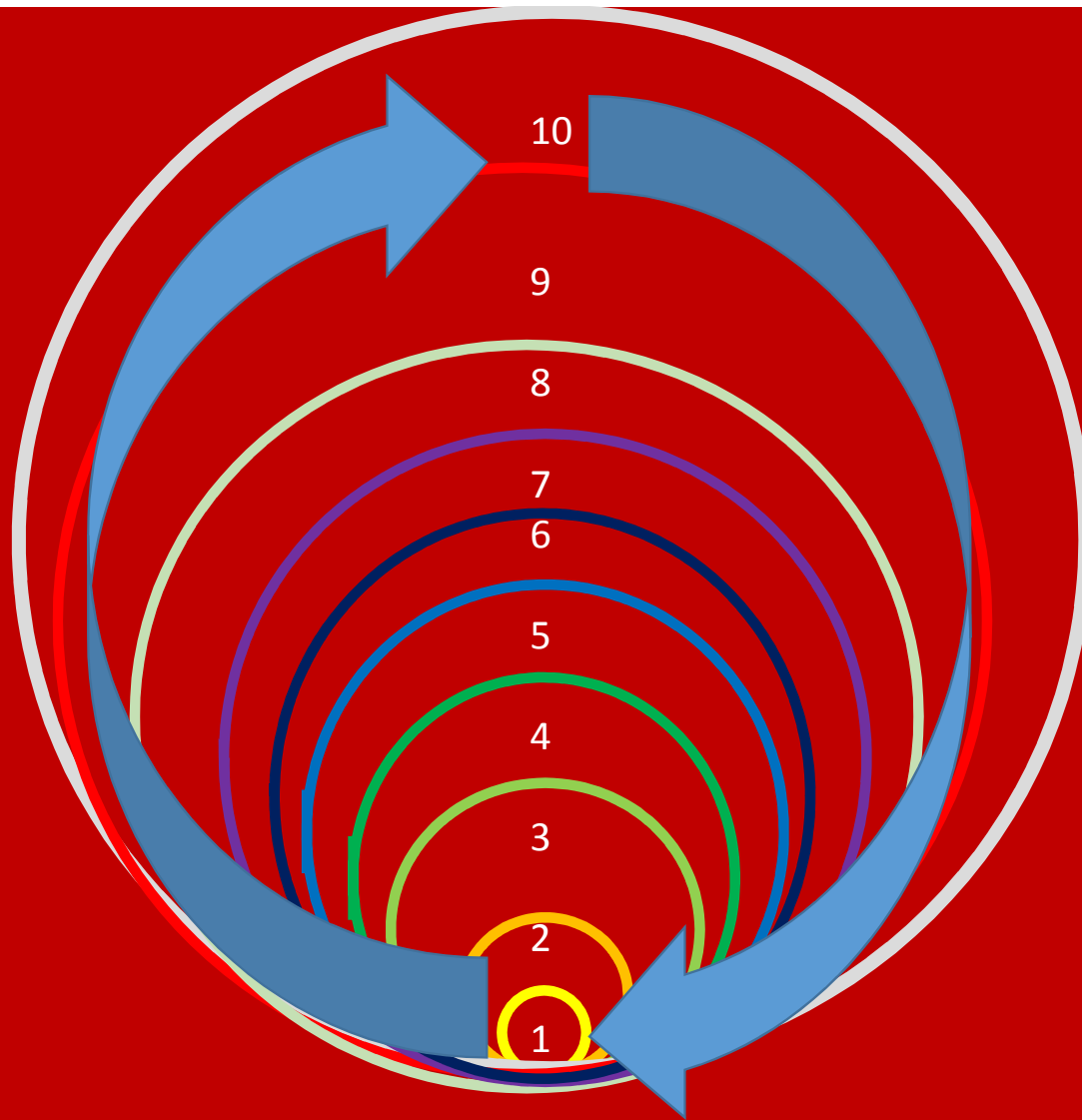
- Terrorist acts executed by states, organised terrorist groups and individuals
- High financial commitment to military and secret services
- Permanent readiness for military conflicts and wars
- Millions of refugees because of international rivalries



# Symptoms of a Traumatized Society

- Partners are Perpetrators
- Parents are Perpetrators
- Economic leaders are Perpetrators
- Political leaders are Perpetrators
- Violence and competition are glorified





1. Traumatized mothers and fathers traumatising their children
2. Traumatizing obstetrics
3. Traumatizing 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

# Imperatives in traumatising Societies

- Think and don't feel!
- Traumatizations are normal!
- Self-denial is normal!
- To sacrifice us saves us!
- Perpetrators are the saviors!
- Ignore the truth!
- Fight against symptoms but do not put the whole system into question!



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.



# 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 traumatised and  
traumatizing  
societies the reality  
of psychotrauma is  
the most neglected  
and ignored fact.

# What is not helpful to exit victim-perpetrator dynamics

Revenge

Rebellion

Religion

Revolution

Medication

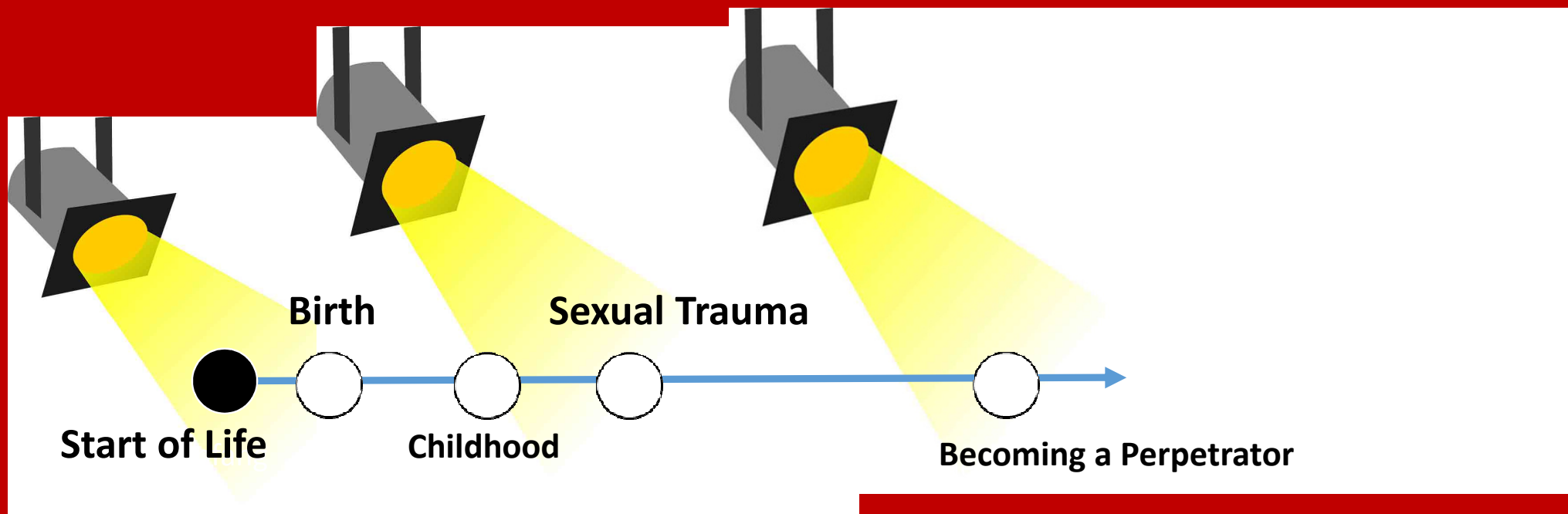
Art

Spirituality

Forgiving

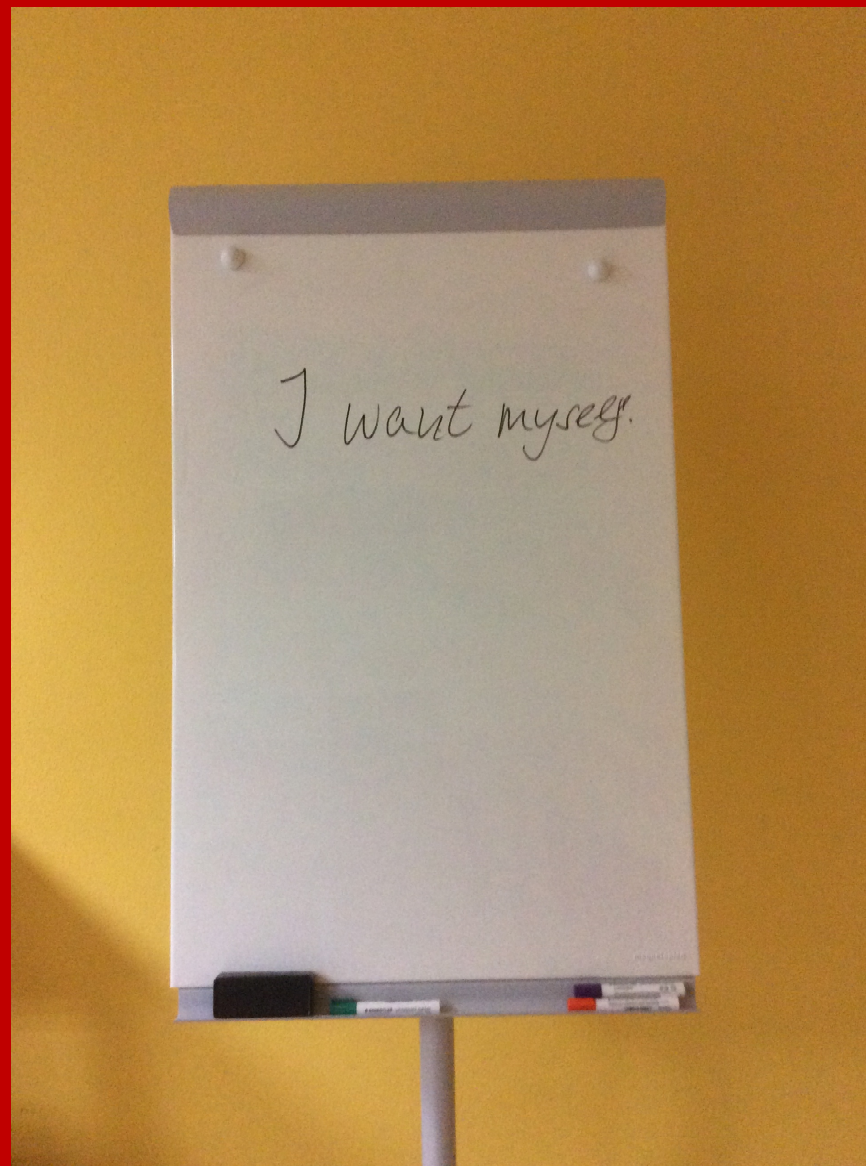
Reconciliation





## The real way out:

- Look at yourself – exit your trauma biography
- Make use of the potentials of Identity oriented Psychotrauma theory and therapy (IoPT)



- Become for yourself the Society you want to live with.
- 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 first exit your trauma biography.





Franz Ruppert

Professor Dr Franz Ruppert's latest book is part personal account and part an update of his theoretical thinking, specifically as it relates to our society.

Identity-oriented Psychotraumatology Therapy (IoPT), developed by Professor Ruppert over the last 25 years, is established as a new way of thinking about trauma, and its influence on our individual lives, and now, this new book looks at its

influence on society as a whole.

We know through Professor Ruppert's work, that trauma, particularly traumas that happen at the very beginning of life, have a profound influence on the lives of most of us... and we are our society. All of our societal institutions, such as our political system, our legal and justice systems, our physical and mental health systems as they currently are, are made up of us and people like us, and so have an influence on our lives, that often is in fact traumatising.

Professor Ruppert makes a specific focus on the dynamics of perpetration and victimisation as the cyclic forces that hold us in a continually traumatising and re-traumatising world that it is hard to step away from. However to recognise within ourselves our ability to function as a perpetrator, as a way of not connection with our trauma, brings us to a responsibility for our place in society and our connection with others, and for our own well-being.

At the end of the book Ruppert discusses the idea of having a clear psyche, and thereby connecting with others who also work with their traumas to clear their psyches, and suggests that by this means we can create the society that we want.

**Vivian Broughton**

Editor of the English language version.

IoPT Practitioner

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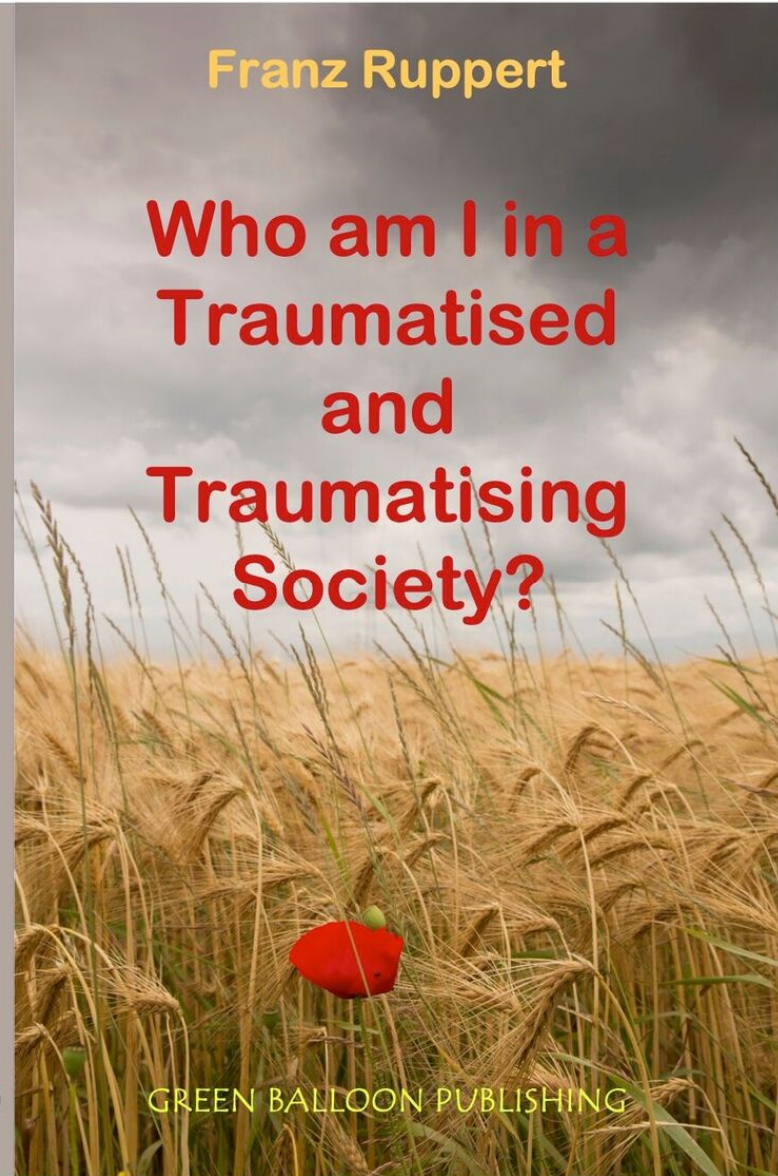


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# Literature

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