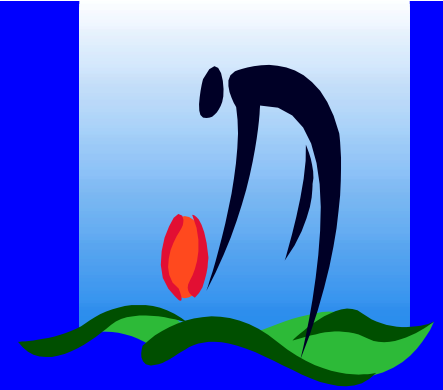


# The Split Personality



and inner Healing

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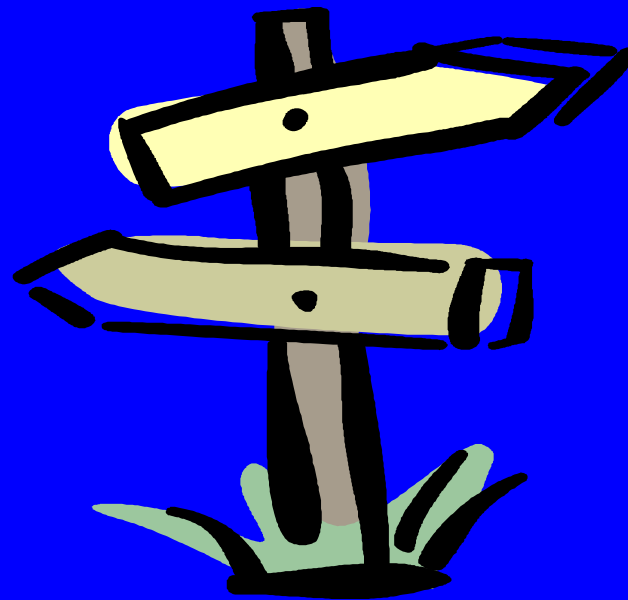
This presentation is  
available at

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

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1976

# Psychology



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# Behaviour







# Relationships







Soul

Bonding



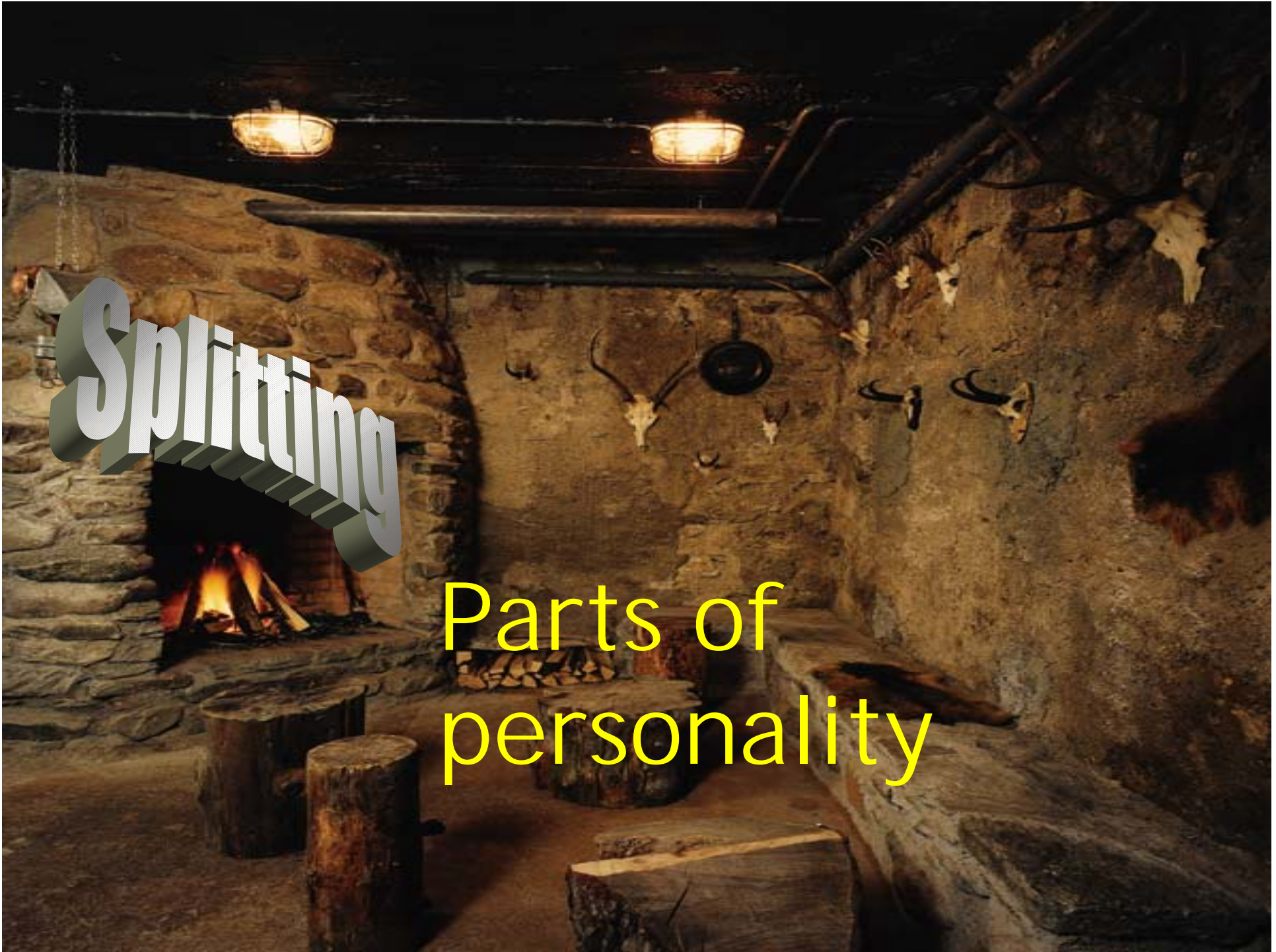


*Violence*

Trauma

*Death*



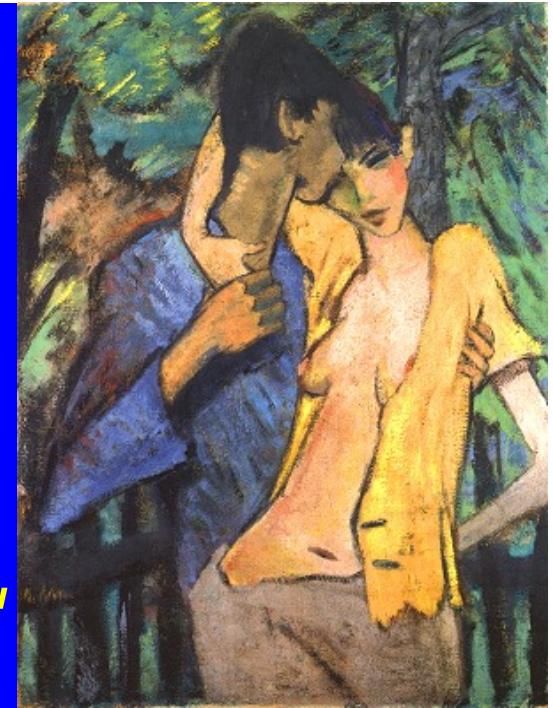


Splitting

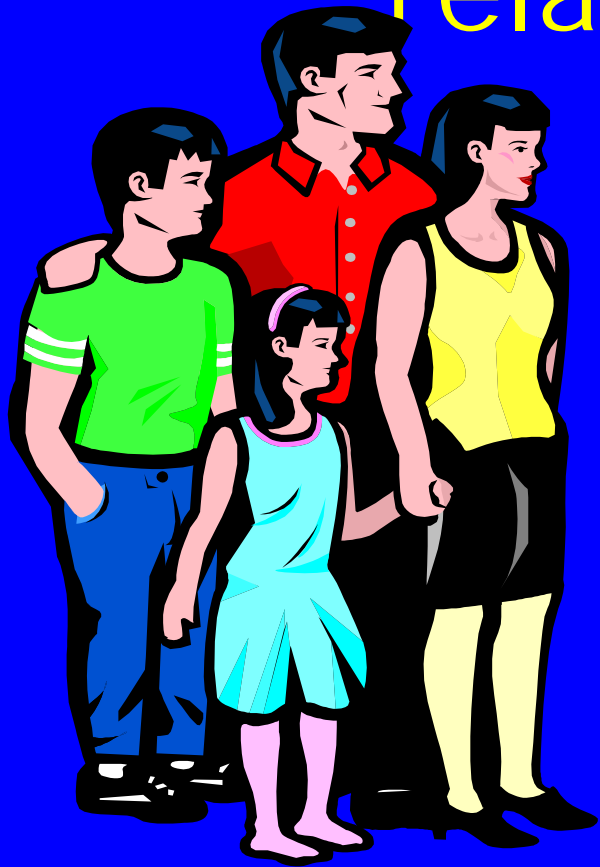
Parts of  
personality

# Bonding

- starts at the moment of fathering/conceiving a child,
- develops during pregnancy,
- is imprinted by the birth process,
- gets its special quality during the first three years of life.



# The most important bonding relationships



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



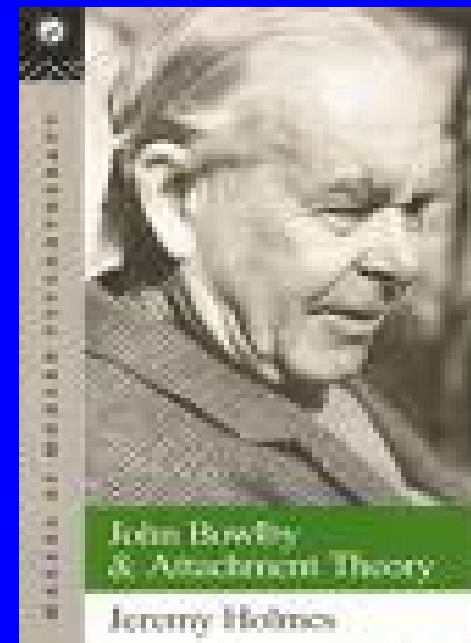
The central bonding process  
for everybody is the bonding  
to their mother.



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The bonding with the mother becomes the role-model for all other relationships including high emotions.  
(John Bowlby).

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# Reactions to the loss of a bonding figure



1. fear and panic
2. protest and rage
3. grief and resignation
4. suffering of illnesses



# Types of Bonding

## Bowlby, Ainsworth, Main and Hesse



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

# Safe bonding is the basis for



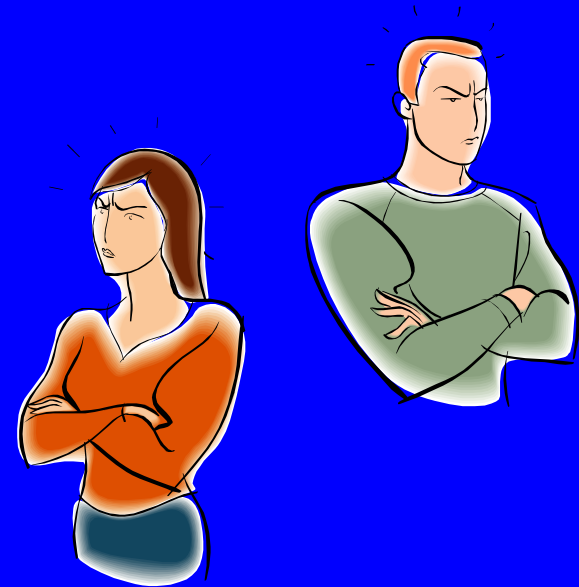
- autonomy
- confidence in human relations
- mental health.

An integrated and autonomous personality is the result when the symbiotic needs for warmth, holding, love and support are reasonably satisfied during early childhood.



# Unsafe bonding leads to

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



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

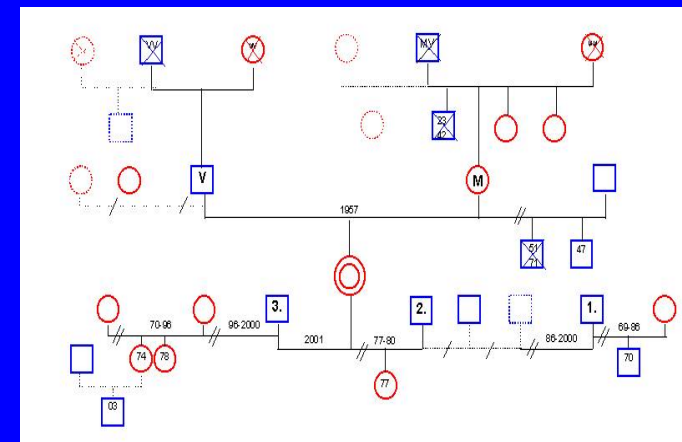
# The bonding process



- is focused to limited people,
- is exclusive,
- is based on emotions,
- is meant to last,
- is the basis for being a member of other bonding systems,
- is the basis for group identity and individualisation.

At the level of the family every person is embedded in a complex system of bonding relations that includes a minimum of four generations.

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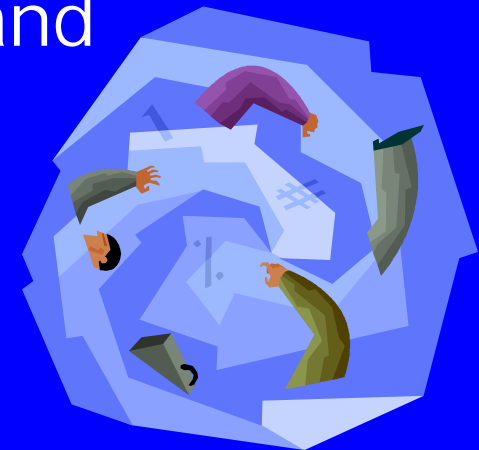


# Severe bonding problems in children are caused by

- parents being in a state of shock
- parents suffering from a loss
- parents who are aggressive and violent
- parents who are confused and mentally ill

traumas

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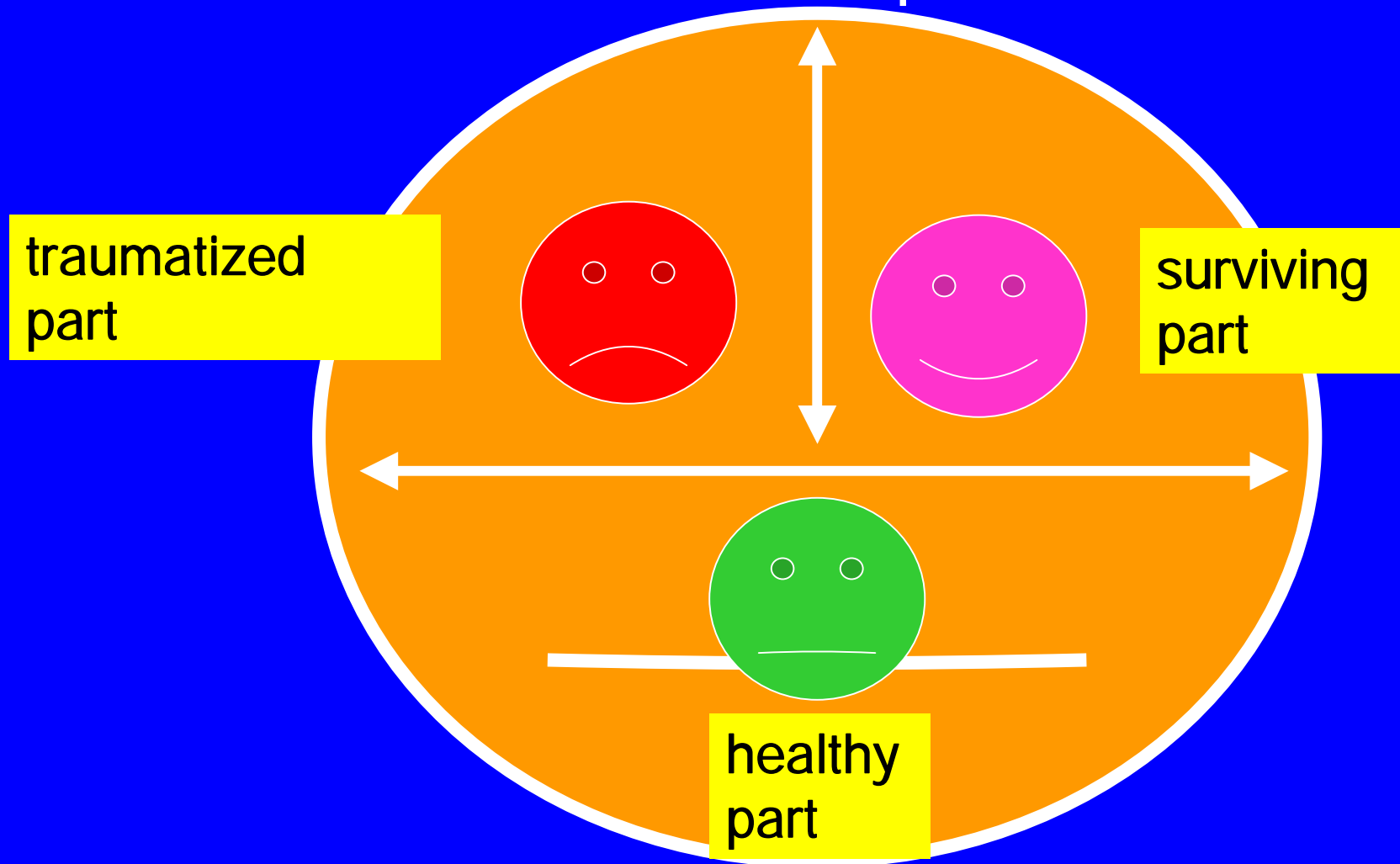
# A trauma is

“... a vital experience of discrepancy between threatening situational factors and the individual's coping capacities, that is associated with feelings of helplessness and lack of any protection, thus creating a permanent instability of the self-concept and perception of the world.”

(Fischer und Riedesser, 1999, S. 79)



# Split in the personality structure after a traumatic experience





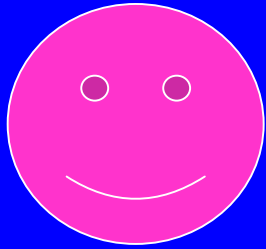
## Characteristics of the healthy part of our personality

- openminded
- capable of regulating feelings
- Genuine empathy
- ability to make safe bonds, and resolving bonds if necessary
- complete memory
- Ability of self-reflection
- Self-responsibility
- love of truth
- realism
- Optimism and basic confidence



## Characteristics of the traumatised parts

- stores the memory of the trauma
- is always the same age as they were, when the trauma occurred
- is continually still engaged with the traumatic experience
- can unpredictably and suddenly be triggered



## Characteristics of the surviving-parts

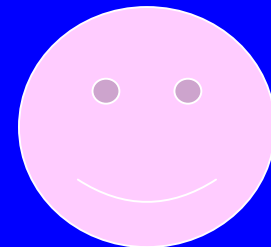
- constructing and guarding the split
- denying and suppressing the trauma experience
- avoiding
- controlling
- compensating
- producing illusions





Surviving part is  
the mirror  
of the traumatised part.

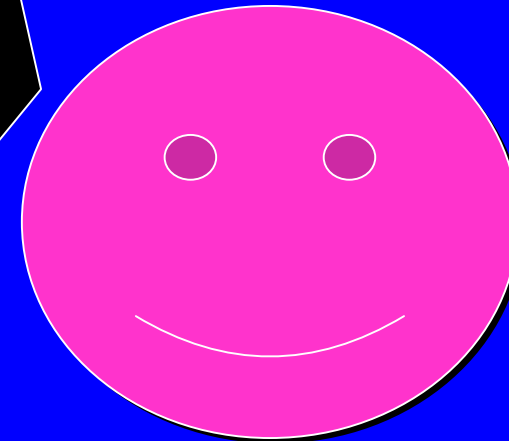
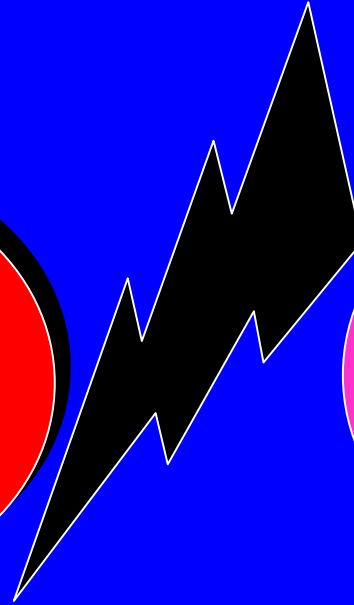
The more extreme the trauma  
experience, the more extreme  
is the development of the  
personality structures that help  
to survive.



# Trauma of existential Threat

traumatised  
part

panic



surviving part

Blindness to real  
risks



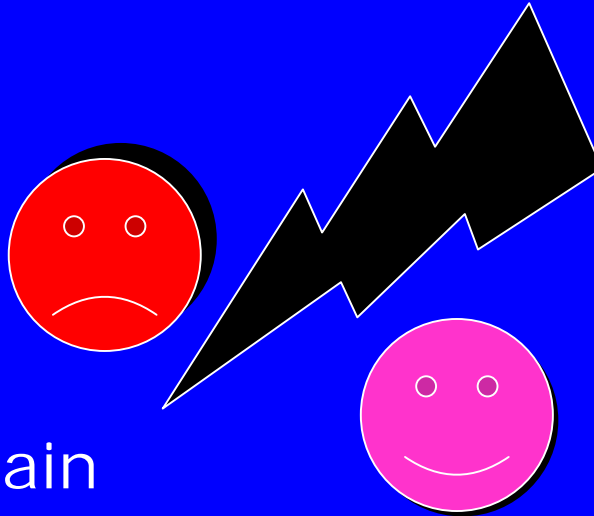
healthy part  
anxiety

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# Trauma of Loss

traumatized  
part

Mixture of love, pain  
and grief



surviving part

Brooding on the  
meaning of life

healthy part  
Sad, low energy

# Bonding Trauma



traumatised parts  
of the child



pain

sadness



shame



guilt

anxiety



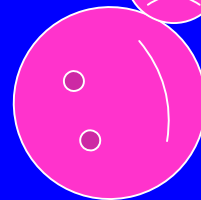
rage



love  
illusions



symbiotic surviving parts  
of the child



adaptation to the mother's needs  
Compassion for the mother

traumatised  
parts  
of the mother



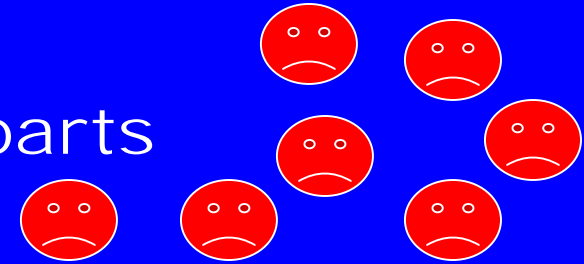
surviving parts  
of the mother





# Bonding Trauma

split off  
traumatised parts



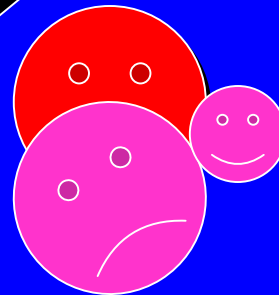
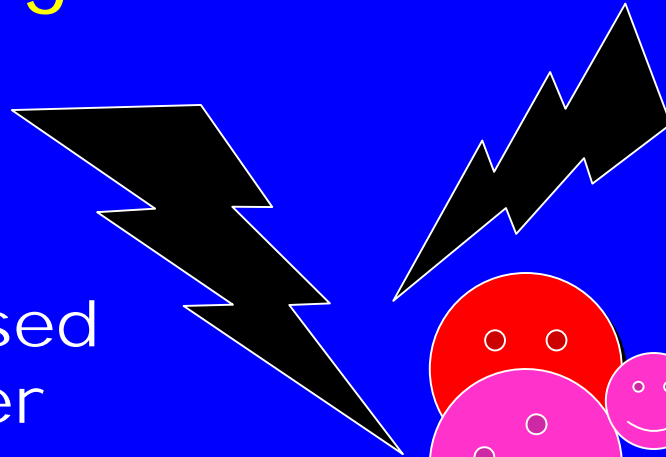
anxiety, rage, pain,  
sadness, love,  
shame, guilt

symbiotic surviving  
parts of the child

compassion  
for the father

traumatised  
parts after  
sexual abuse

pain,  
disgust,  
shame,  
rigidity



father

surviving parts  
after sexual abuse

idealising of the father

## horizontal splits

voice

breast, heart

belly

sexuality



## vertical splits

right hemisphere

pictures  
associations  
unconsciousness



left hemisphere

language  
logic  
consciousness

# Four different ways of searching for healing

- changing the outside world
- fighting against symptoms
- strengthening surviving abilities
- integrating the split-off parts of the personality structure



# The Process of Inner Healing

- recognising the splits in the personality
- understanding the underlying traumas
- reassuring the surviving parts
- the healthy parts going into contact with the traumatised parts
- freeing the traumatised parts and integrating them into the whole personality





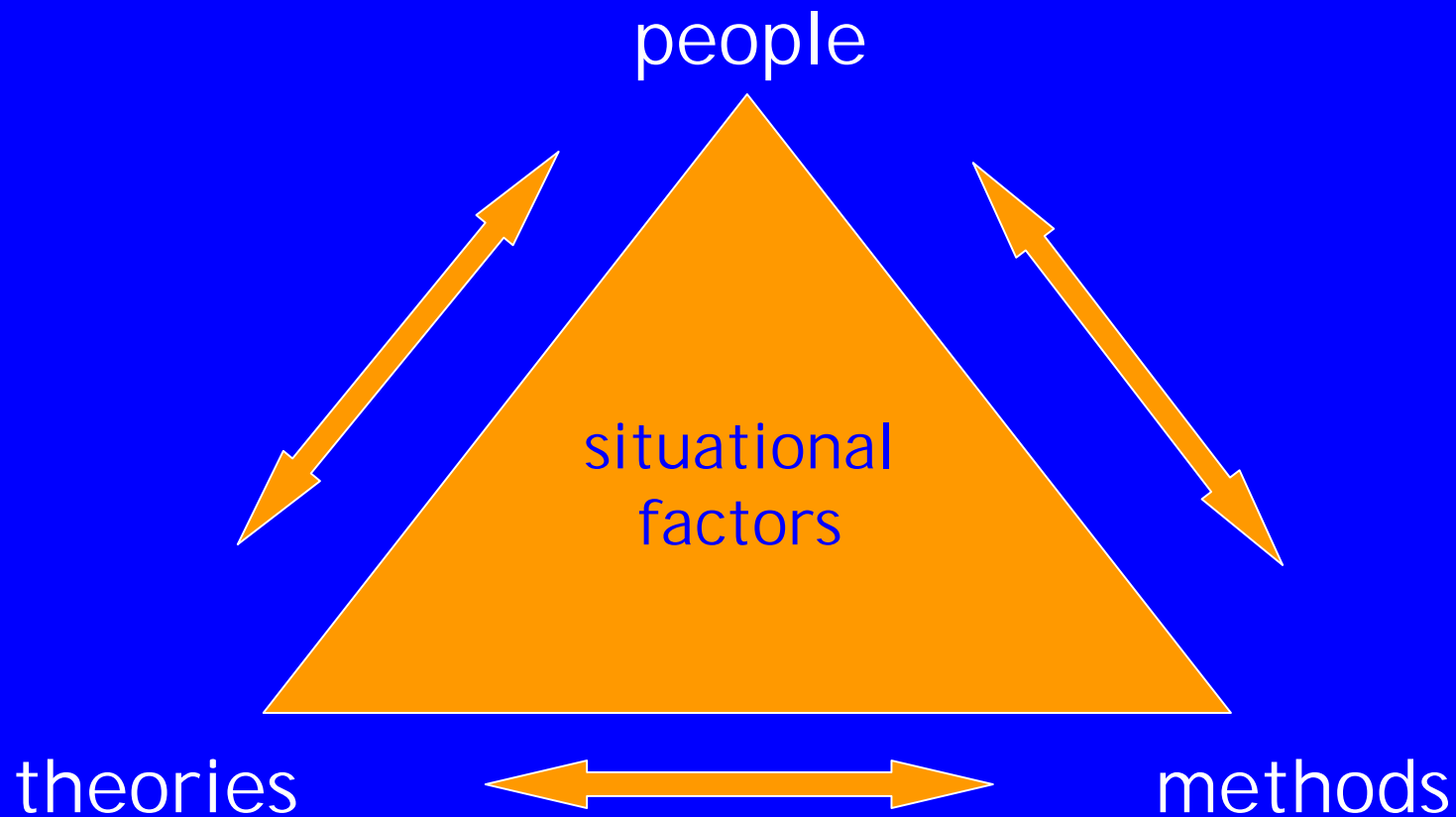
Therapeutic work  
with constellations

# (Family) Constellations



- Dynamic pictures of a group of people (family, business organisation, political system) represented by non-group members
- Representing inner realities of a person with the help of other people

In a constellation there are on a methodological level interrelations between ...



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“Mirror Neurons” in our brain, first detected by Giacomo Rizzolatti, seem to be the basis of our ability to experience the soul of others and to do constellation work.



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# Constellations are based on Mirroring and Resonance.



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Responsibility of the  
constellations  
faciliator:  
Optimising the  
conditions for  
mirroring.

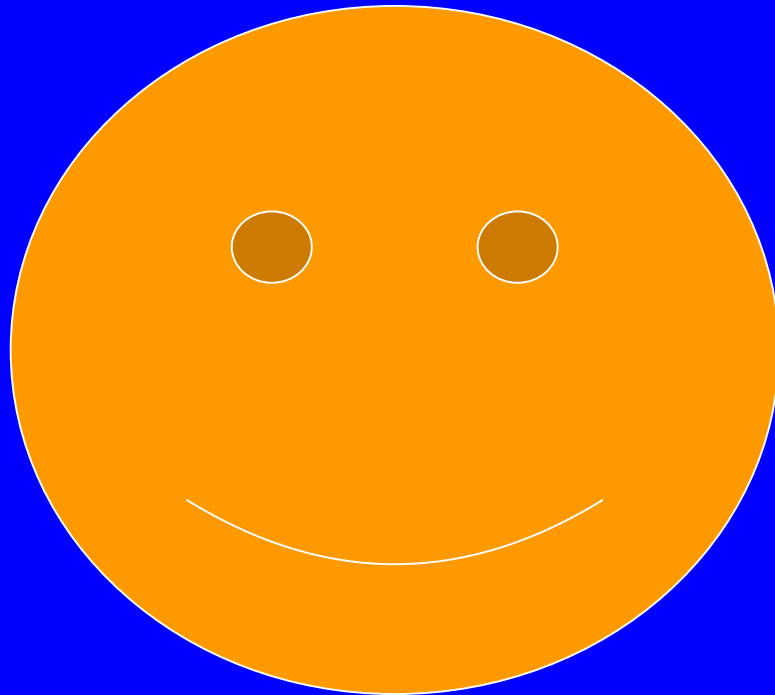


Client's responsibility:  
Allowing the process of  
resonance to happen.

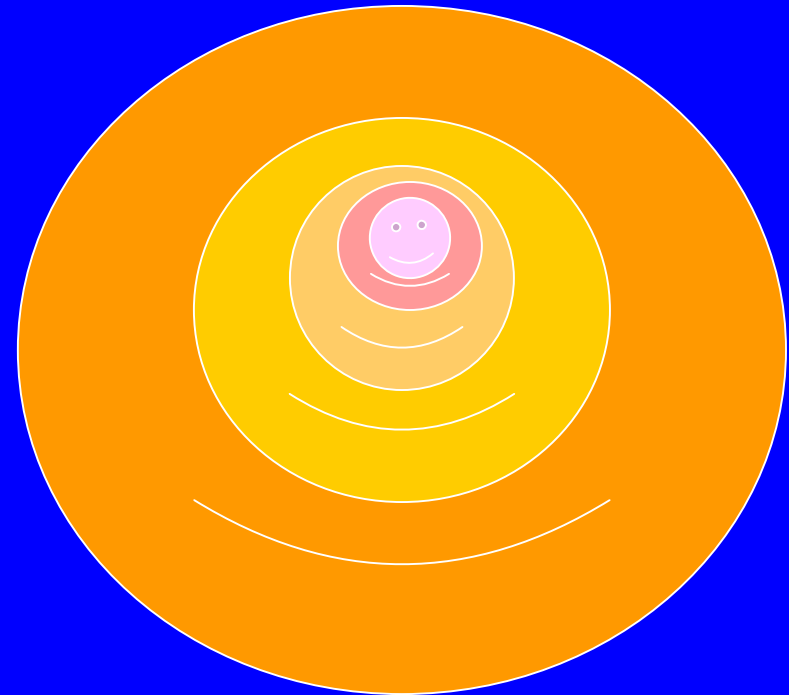
# Principles of Intervention

- Strengthen the healthy parts
- Understanding the surviving parts and mirroring them
- Inviting the traumatised parts to show
- Finding solutions at the bonding level

# Integrated development of personality



from the outside



from inside