



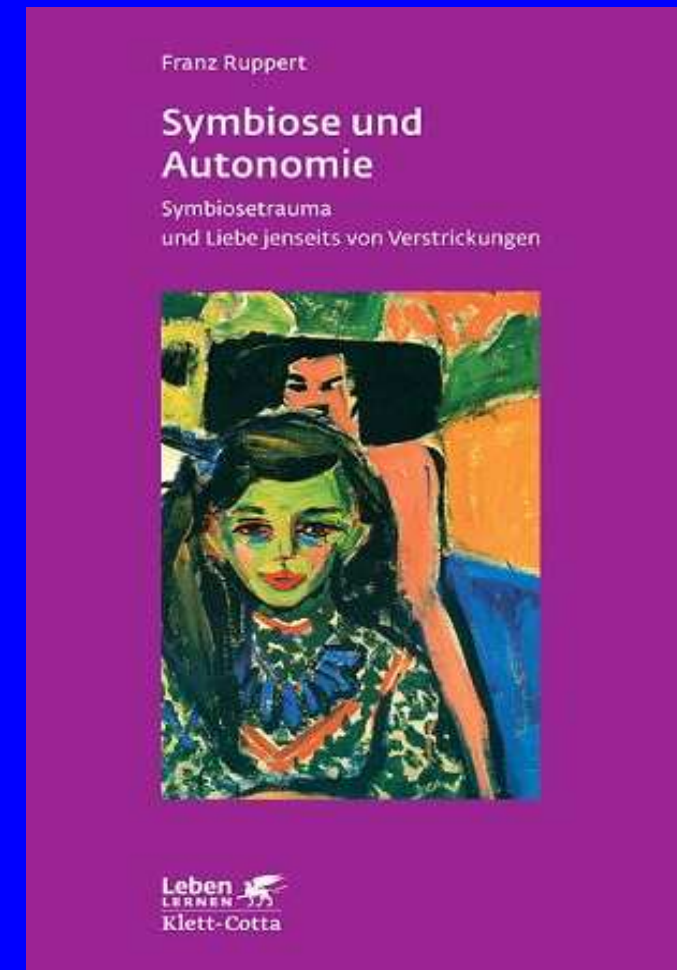
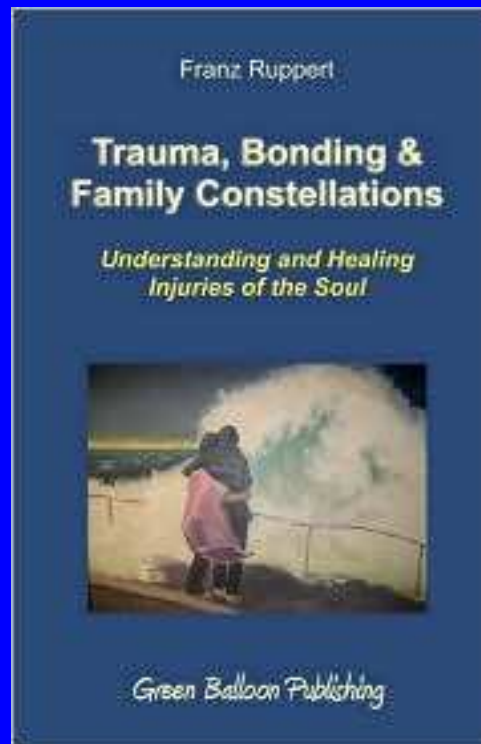
Splits of the Soul & Inner Healing

**The concept of split personality and
its consequences for psychotherapy**

London, 18th of February 2011

www.franz-ruppert.de

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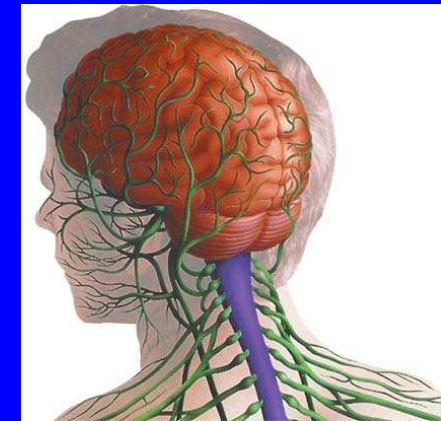


- New book 2010



What does “Psyche” or “soul” mean?

- “breath”, “air”, ghosts (religion, spirituality, idealism)
- brain, nervous system (medicine, psychiatry, materialism)
- what human beings do and and experience (poetry, films, psychotherapy)



Amor und Psyche

Main functions of the “Psyche”?

- Helping the living organism get access to reality
- outside the body
- Within the body
- in order to survive and procreate.



Types of reality

- reality A: objective reality
- reality B: psychologically transformed reality
- reality C: psychologically created reality

Main abilities of the Psyche/Soul

- to perceive
- to feel
- to think
- to remember
- to be conscious of oneself



Psyche is not a person but a aggregation and coordination of different functions to process information.

The Psyche/Soul is ...

- very specific for each species
- highly adaptive to natural and social environments
- highly selective in relation to available information
- in a process of continual development

Potential errors of the psychological software

- wrong selection of information
- maladaptation
- developmental disruption
- confusing different realities

The psychological software will be severely damaged by traumatic experiences.

A life experience becomes traumatic

- ... if we or others face a mortal risk and are helpless and incapable of dealing with it.



Two “classical” types of trauma

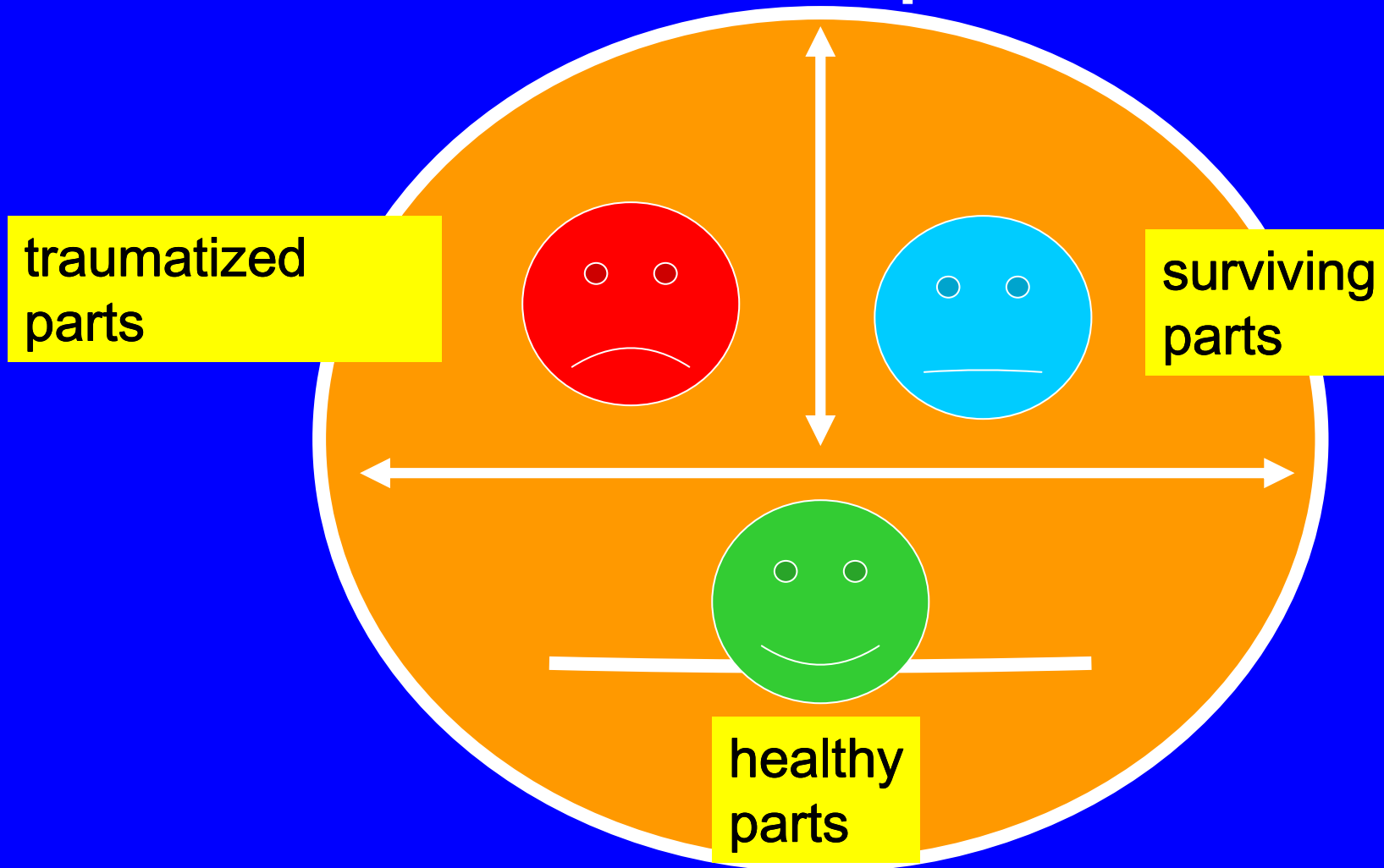


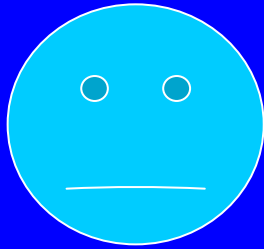
- caused by life threatening events (e.g. war, accidents, rape, natural catastrophies)
- caused by loss of a person (e.g. early death of parents, loss of children, adoption)



**When traumatised
we freeze,
dissociate
and split the
personality in
order to survive.**

Splits in the personality structure after a traumatic experience

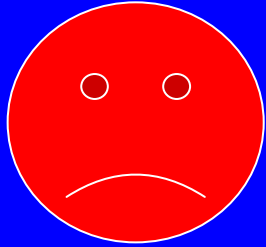




Characteristics of the surviving-parts

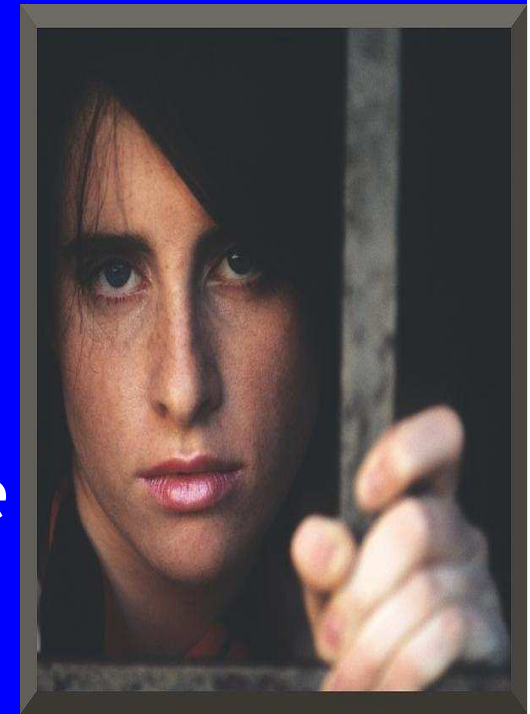
- constructing and guarding the splits in the psyche
- denying the trauma experience
- suppressing the traumatized parts
- avoiding memories
- controlling oneself and others
- looking for compensations
- making illusions
- producing new splits





Characteristics of the traumatised parts

- store the memory of the trauma
- are always the same age as they were, when the trauma occurred
- are still engaged with the traumatic experience
- can unpredictably and suddenly be triggered
- want to be released



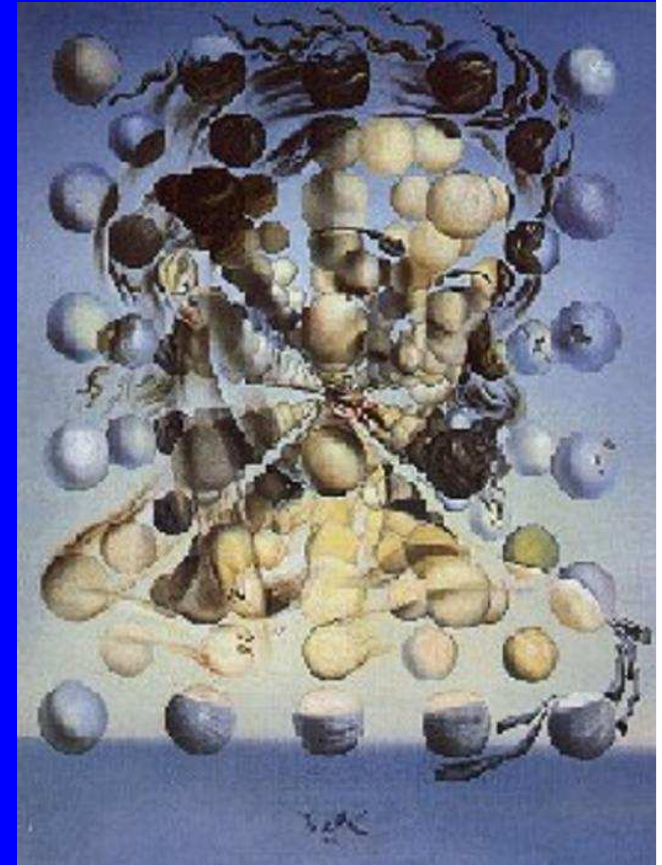
Relationships with traumatized people produce two specific types of trauma



- Trauma of bonding (being rejected by the people one needs to bond to)
- Trauma of confusion in a bonding system (caused e.g. by murder, sexual abuse, incestuous relationships within the bonding system)

Trauma and parental love

- Traumatic experiences destroy the capability of parents to love and care and be emotionally supportive.
- Because of their surviving mechanism, traumatized parents avoid deeper emotional contact with the child.



Traumatized parents produce a psychic field in which their children suffer from a “Symbiotic trauma”.

The child is helpless and incapable of getting a stable and safe emotional contact with his parents.



Characteristics of the traumatized part in a symbiotic trauma

- despair that there is no love from mother
- deep loneliness
- Fear of dying
- suppressed anger
- suppressed sadness





Characteristics of the surviving parts in a symbiotic trauma

- fighting to get into contact with the parents
- idealising the mother or the father
- identifying with the surviving mechanisms of the mother/father
- feeling responsible for the parents
- repressing and denying one's own trauma
- identifying and resonating with the traumatized parts of the mother/father



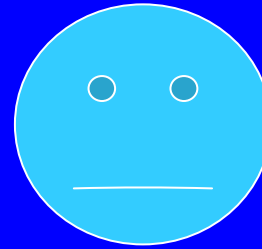
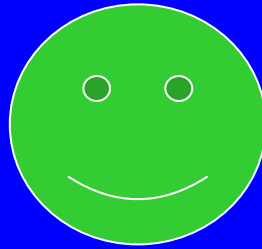
Consequences of a symbiotic trauma for a child

- No ability to distinguish between own feelings and those of the mother
- not living one's own identity
- lifelong symbiotic entanglement in relationships
- mental illnesses like hyperactivity, depression, psychotic states

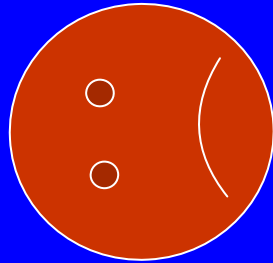
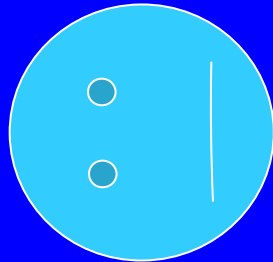
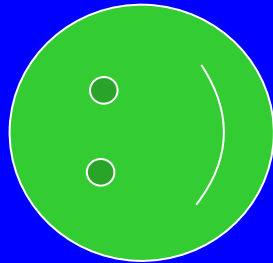


Who is interacting with whom?

Person A



Person B



HP/HP	HP/SP	HP/TP
SP/HP	SP/SP	SP/TP
TP/HP	TP/SP	TP/TP

Characteristics of a symbiotic entanglement

- always looking to others
- distraction from one's own problems
- clinging and merging
- weight of expectations on others
- anger, hate and violence in relationships
- illusions of love



Constructive and destructive types of relationships

- Equality
- Giving and taking is in balance
- Empathy and love as predominant feelings
- Parting is possible
- Dominance and submission
- Exploitation
- Anxieties and aggression as predominant feelings
- Parting is forbidden

If we don't care for our Psyche there is a high risk ...

- that psychic processes become independent from reality A
- and the living organism has to suffer from the errors and damages of the psychological software.

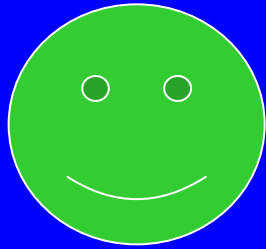


Makarova Sasa
Amor and psyche

“Constellation of my Intention*”

- show the amount of symbiotic entanglement and surviving strategies caused by trauma
- minimize the risk of retraumatization
- strengthen the development of healthy structures of the psyche
- support the integration of the traumatized parts of the soul

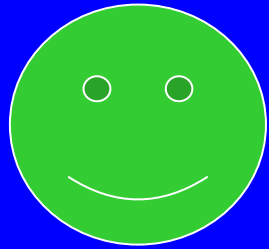
* intent, purpose, goal of a constellation



Healthy structures within a child

- Own lifepower and energy
- Own strong will to live
- Healthy basic needs
- Joy of movement and exercising the body
- Joy of playing
- Joy of learning and solving problems
- ...



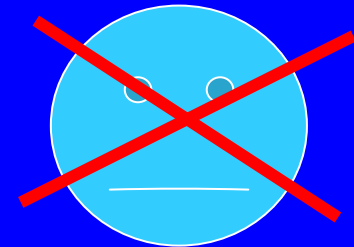


Characteristics of the healthy parts of an adult personality

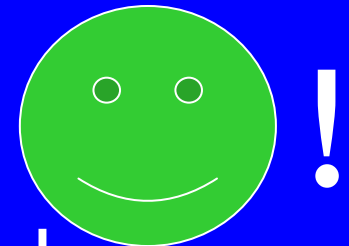
- true realism
- capable of regulating feelings
- contact with oneself
- ability to make safe bonds and dissolving bonds if necessary
- ability of self-reflection
- self-responsibility
- love of truth
- optimism and basic confidence
- strong enough to confront traumatic experiences
- true autonomy

What does “inner healing” mean?

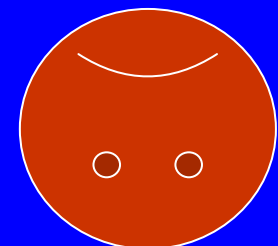
- Giving up surviving strategies



- Understanding the difference between surviving strategies and healthy structures



- Bringing together healthy parts and traumatized parts





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Literature

- Franz Ruppert (2008). Trauma, Bonding & Family Constellations. Understanding and Healing Injuries of the Soul. Frome/UK: Green Balloon Publishing (2010 translated also into Russian).
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- Franz Ruppert (2010). Symbiose und Autonomie. Symbiosetrauma und Liebe jenseits von Verstrickungen. Stuttgart: Klett-Cotta Verlag (2010 translated into Dutch).