

Symbiosis and Autonomy

Trans-generational trauma:
the unconscious connection
between bonding and
trauma

Friday 27th of January 2012,
Literaturhuset, Oslo

www.franz-ruppert.de

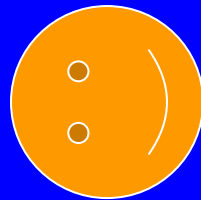
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Agenda

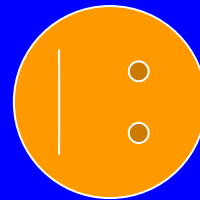
- Case study Laura
- What is the Psyche?
- Basics for a healthy Psyche
- What's a trauma?
- The trans-generational effects of the symbiosis trauma
- Constellations of the Intention

Starting Position for Laura's constellation

intention



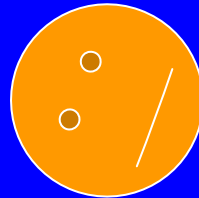
Laura



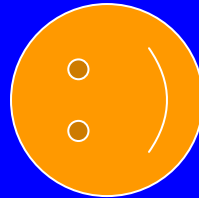
„How can I find
a good relationship
with a man“

After 1st intervention

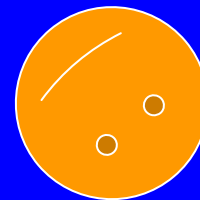
Laura



intention



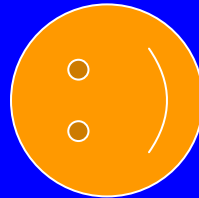
„How can I find
a good relationship
with a man“



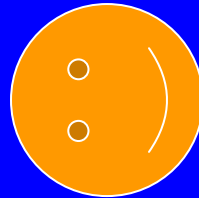
Impuls to
run away

After 2nd intervention

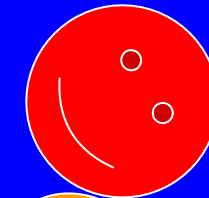
Laura



intention



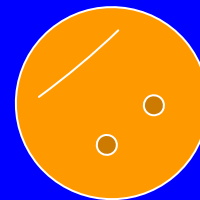
„How can I find
a good relationship
with a man“



mother

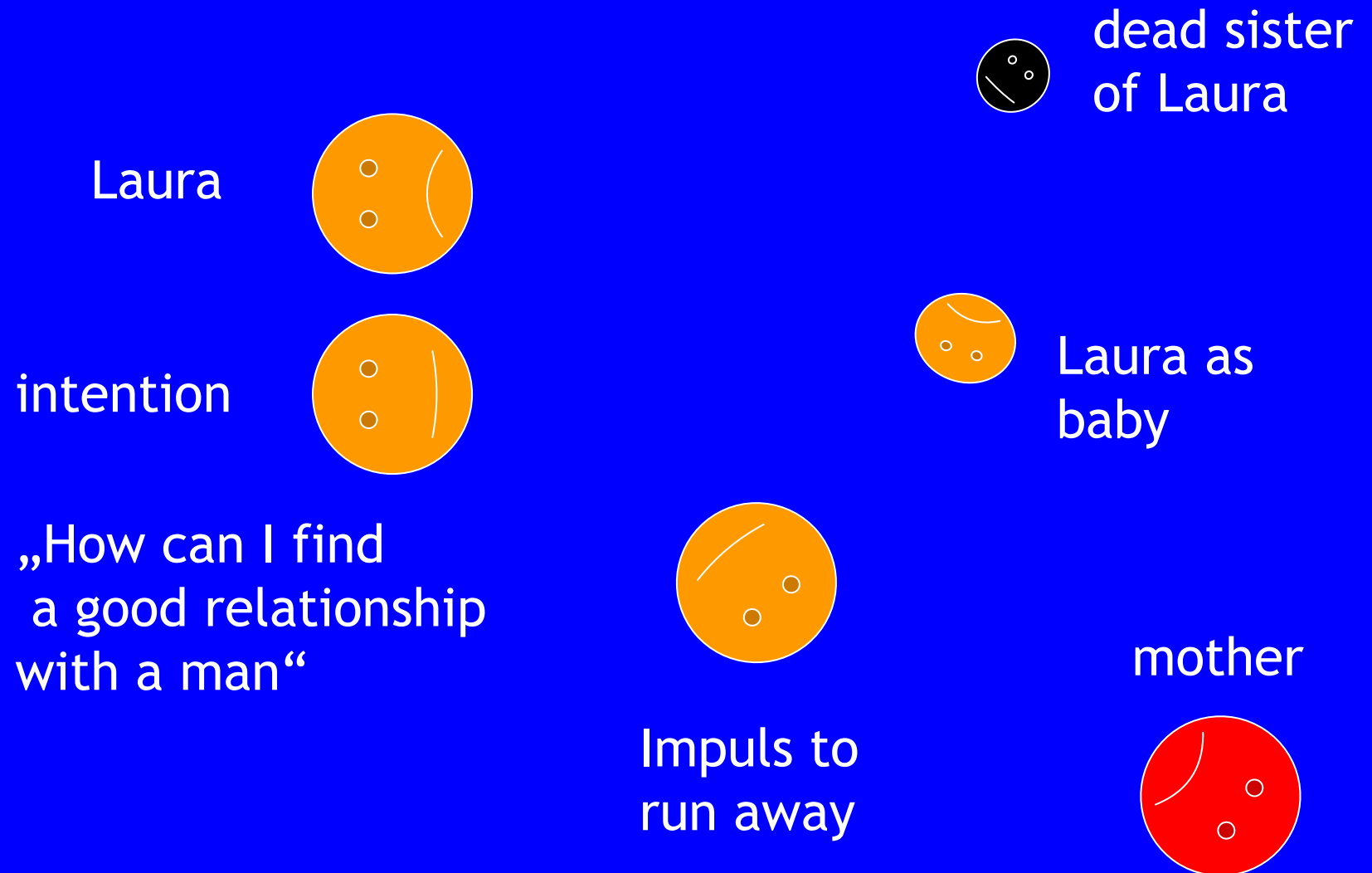


Laura as
baby



Impuls to
run away

After 3rd intervention

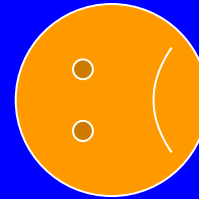
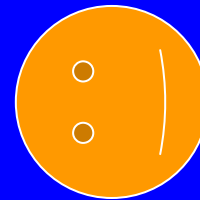


After 4th intervention

 dead sister
of Laura

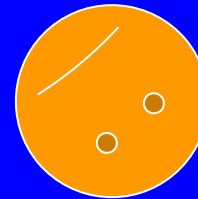
Laura

intention



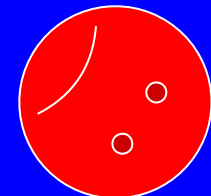
Laura as
baby

„How can I find
a good relationship
with a man“



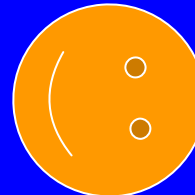
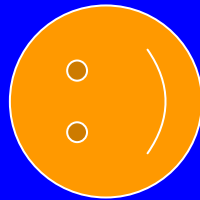
Impuls to
run away

mother



Final picture

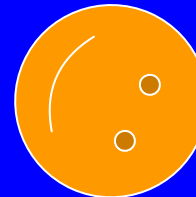
Impuls to
run away



Laura



Laura as
baby



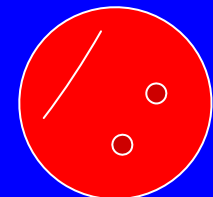
intention



dead sister
of Laura

„How can I find
a good relationship
with a man“

mother

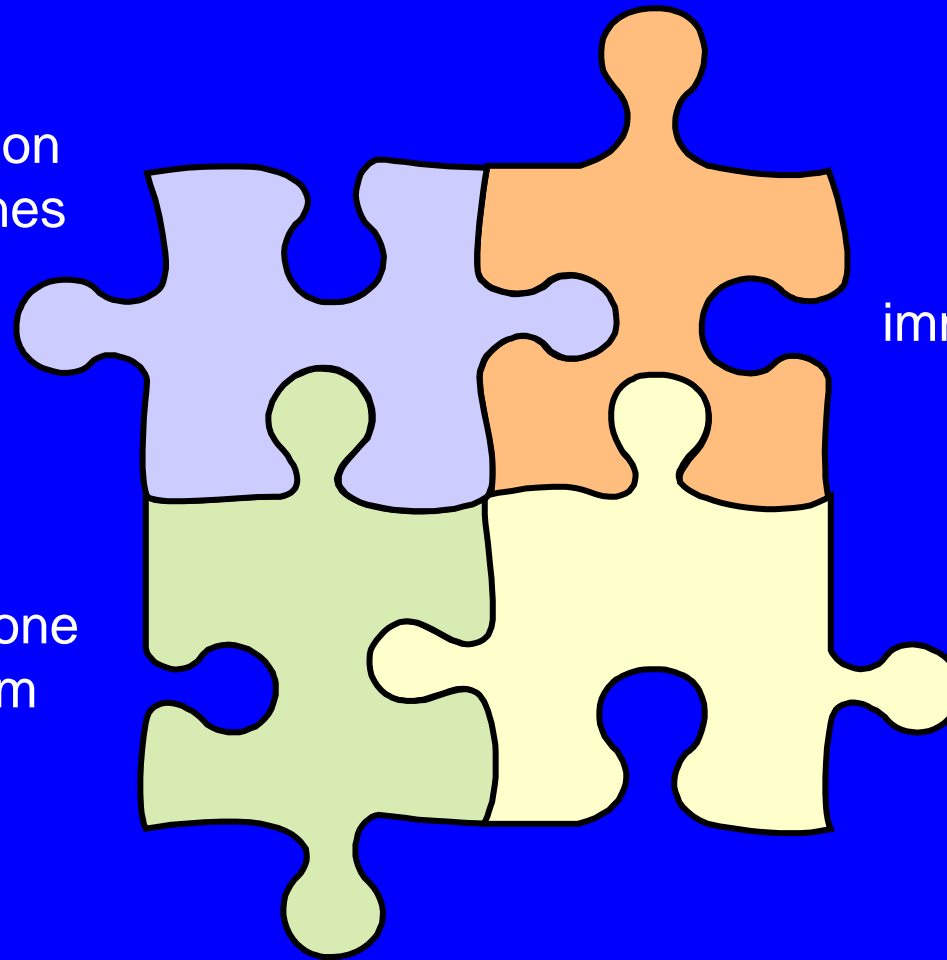


Conclusions

- Laura's mother is traumatized by the death of Laura's sister
- The separation from her mother was a trauma for Laura as a baby
- The traumatized baby is still split off in Laura's psyche
- Close relationships are triggers for Laura's separation anxieties
- First Laura's has to integrate her splits then she can make good relationships with others

Psyche as a part of the psychosomatic Network

cell-to-cell-
communication
made by genes



immune system

psychic system

hormone
system

- multidimensional
- selective
- adaptive
- creative

Main function of the “Psyche”

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



Main abilities of the Psyche

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

“Psyche“ means different software programs to process information and to coordinate actions for the human body.



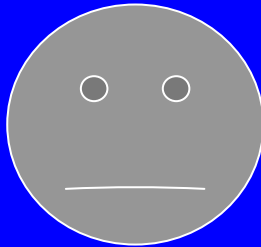
Three main states of the Psyche

- Well being



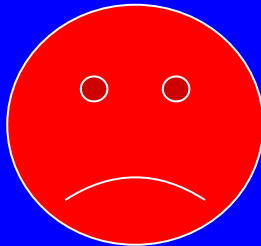
- no existential threat

- Stress programs



- **openness to reality**
- existential threats
- **focusing on the dangerous reality**

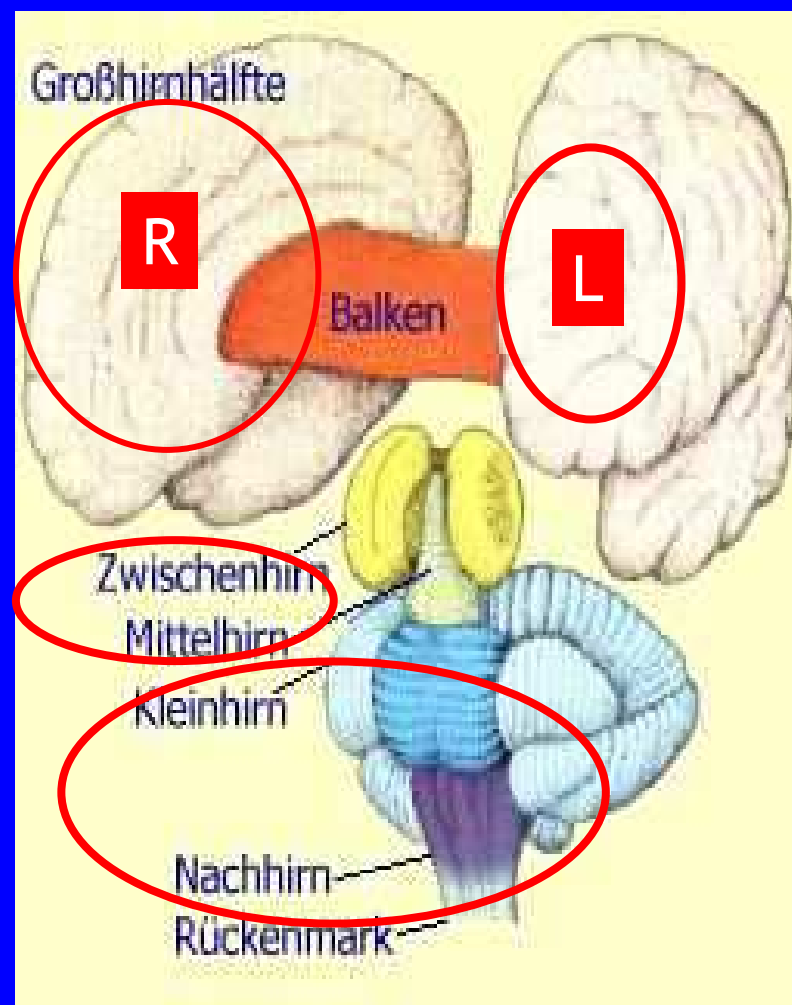
- Trauma reactions



- threats are overwhelming
- **denial of reality**

Four human brains and their psychological programs

- left hemisphere: Speak!
Think rationally! Be yourself!
- right hemisphere: Imagine and associate! Invent and create your own world!
- the mammal brain: Love your relatives! Keep close contact with your social groupings!
- the reptile brain: Fight or flight! Anxiety and aggression

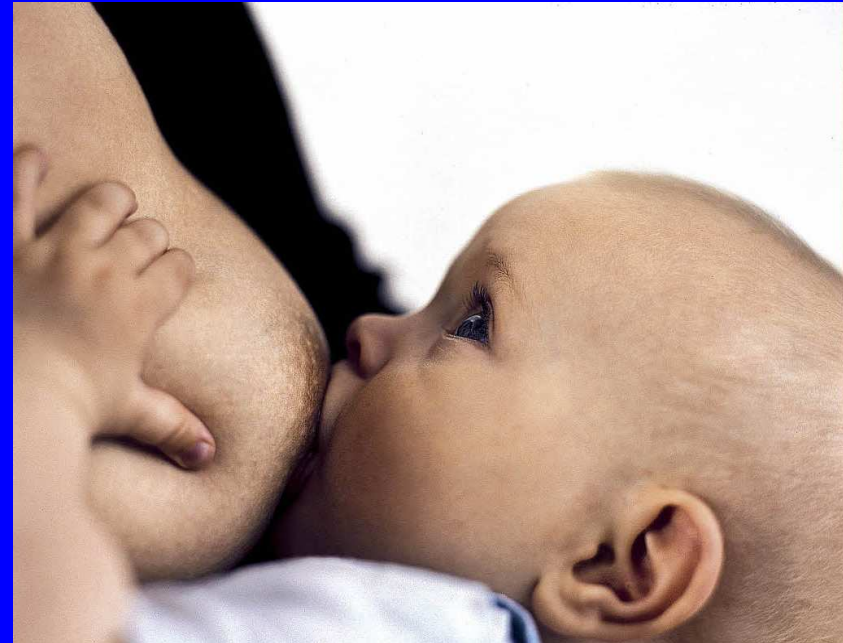


Human development takes places between the polarities of symbiotic needs and the desire for autonomy.



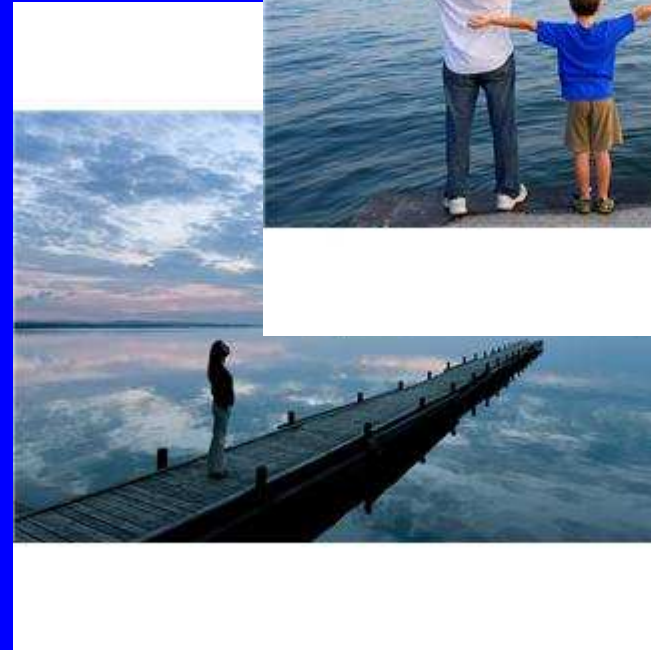
Symbiotic necessities

- being nurtured
- being kept warm
- contact with bodies
- contact with eyes
- being understood
- being supported
- belonging exclusively to another person



Desire for Autonomy

- to gain confidence in one's own perceptions and feelings
- to develop independent thoughts and opinions
- to rely on one own's abilities to act
- to become self-responsible
- to become self-sufficient



For children “safe bonding” (J. Bowlby) to their parents is fundamental for self-confidence, confidence in human relations and mental health.

All their capacities can develop in a healthy way.



**The most powerful emotional
experience of every human
being is the**

**symbiotic
relationship**



with the mother.

Symbiotically every child is doubly bonded to their mother:

passively: the emotional qualities of the mother are an imprint in the child's soul

actively: the child adopts to their mother and tries to support their mother



The symbiotic love of a child towards her mother is one of the most powerful emotional forces.

A life experience becomes not only stressful but traumatic

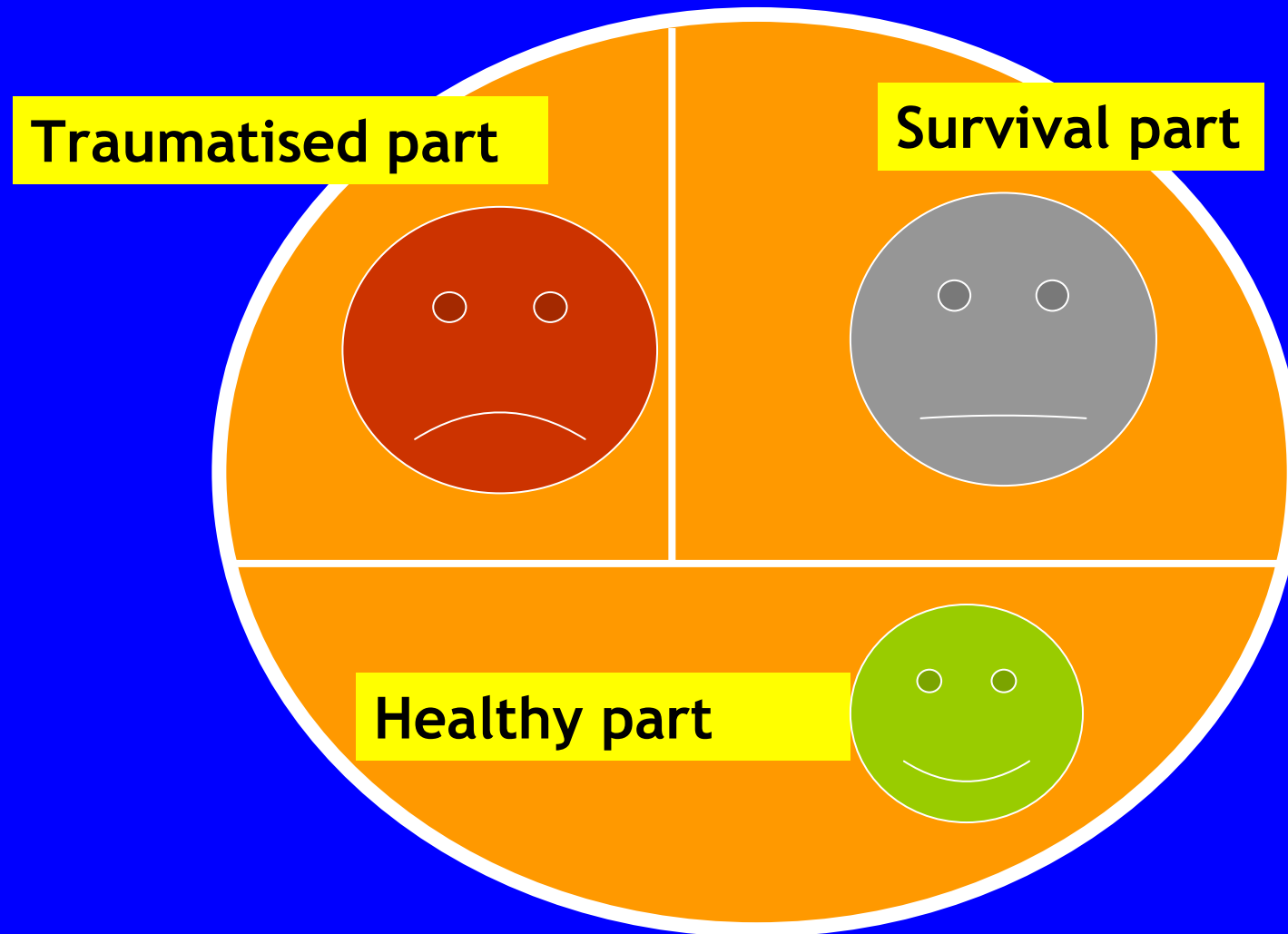
- ... if we face a mortal risk and are incapable of dealing with it with the help of our stress programs and end up in a state of helplessness and agony.

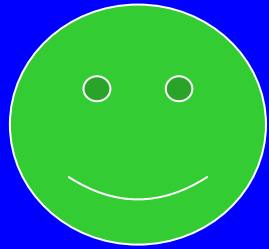




When traumatised we are torn by the contradictions of our stress reactions and so we freeze, dissociate, and in the end split the whole personality in order to survive.

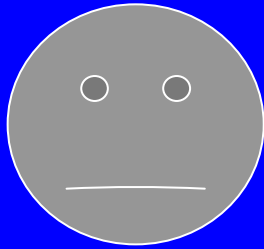
Splits in the personality and identity structure after a traumatic experience





Characteristics of the healthy parts of an adult personality

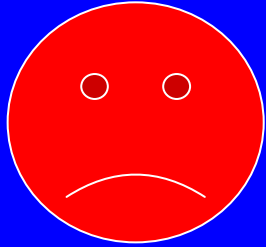
- clear realism
- capable of regulating all feelings
- contact with oneself
- ability to make safe bonds and to dissolve bonds if necessary
- ability of true self-reflection
- self-responsibility
- love of truth
- optimism and basic confidence
- true autonomy
- strong enough to confront even traumatic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



Characteristics of the survival-parts

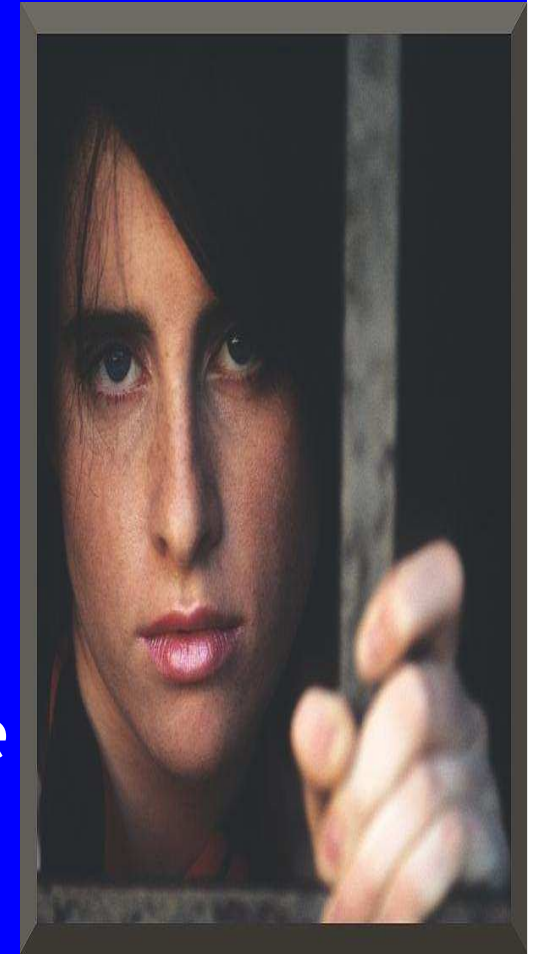
- constructing and guarding the splits in the psyche
- denying the trauma experience
- suppressing the traumatised parts
- avoiding memories
- controlling oneself and others
- looking for compensations
- creating illusions
- producing new splits





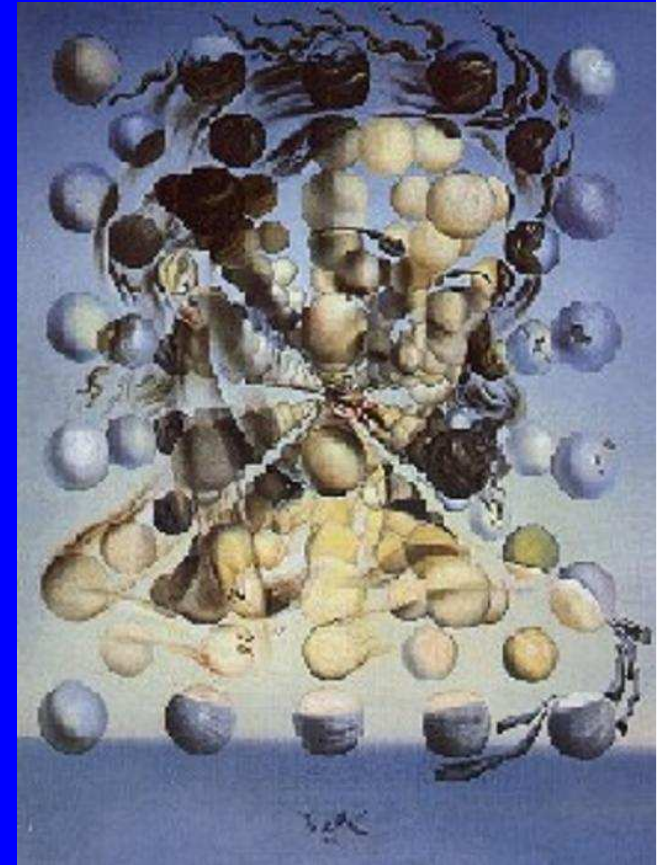
Characteristics of the traumatised parts

- 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



Trauma and parental love & care

- Traumatic experiences destroy the capacities of parents to love and care and be emotionally supportive
- Because of their survival mechanism, traumatised parents avoid deep emotional contact with the child.



For a child the relationship to his mother can become a symbiotic trauma.

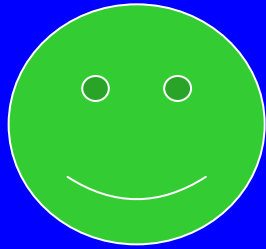
The child is helpless and incapable of establishing a safe, holding relationship with a mother who is traumatised (by loss of a baby, by violence, by wars, by sexual abuse).



Traumatised mothers

- are emotionally unavailable
- carry a high emotional stress within them
- are emotionally needy
- can't respect boundaries
- act unpredictably
- act aggressively
- carry splits in their psyche





Healthy structures within a child

- Own life force 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

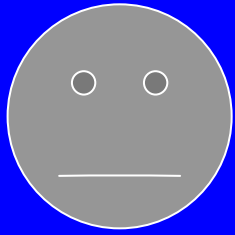




Characteristics of the traumatised part in a symbiotic trauma

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





Characteristics of the survival parts in a symbiotic trauma

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



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.



Four steps to heal traumata

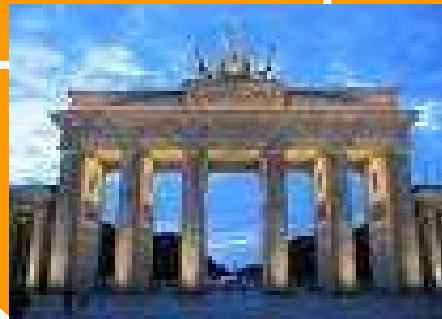
breaking through the
gates of fear and pain



passing the
gates of illusions



using the gates
to freedom



developing the
healthy parts



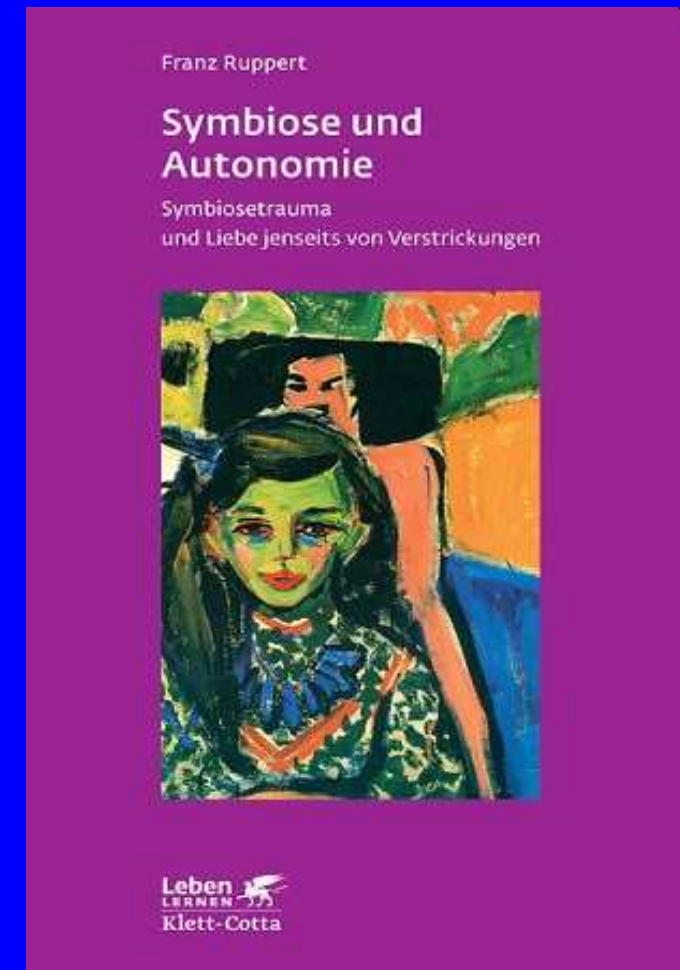
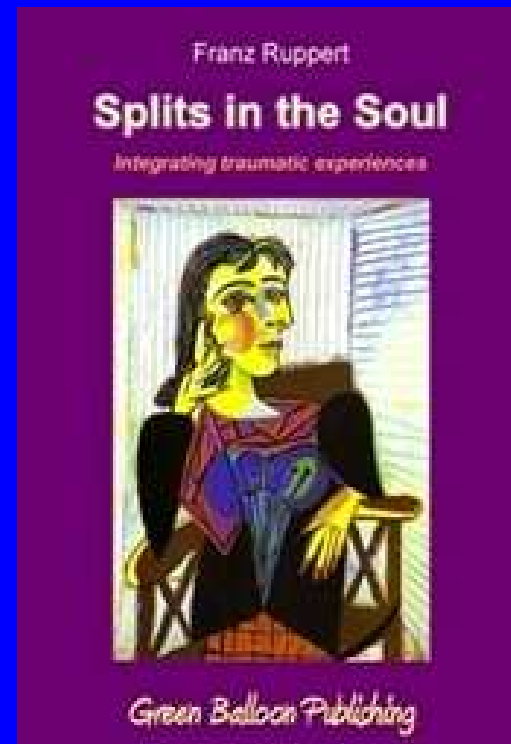
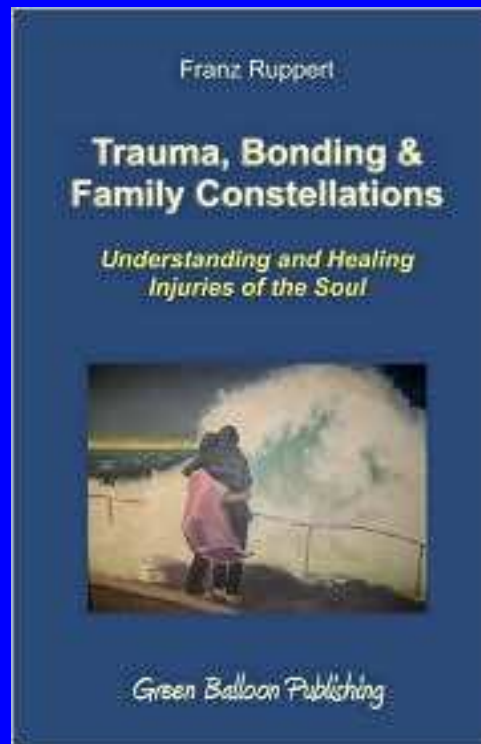
“Constellation of my Intention*”

- ❖ show the amount of symbiotic entanglement and survival strategies caused by trauma
- ❖ minimise the risk of retraumatisation
- ❖ strengthen the development of the healthy structures of the psyche
- ❖ support the integration of the traumatised parts of the soul

* intent, purpose, goal of a constellation



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- New book 2012



Literature

- Franz Ruppert (2008). Trauma, Bonding & Family Constellations. Understanding and Healing Injuries of the Soul. Frome/UK: Green Balloon Publishing.
- Franz Ruppert (2011). Splits in the Soul. Integrating traumatic experiences. Steyning/UK: Green Balloon Publishing.
- Franz Ruppert (2010). Symbiose und Autonomie. Symbiosetrauma und Liebe jenseits von Verstrickungen. Stuttgart: Klett-Cotta Verlag.

1st International Conference Symbiosis and Trauma

- Constellation work based on Bonding and Trauma
- 26th to 28th of October 2012 in Munich
- www.healthy-autonomy.de