

Who am I – and if so, how many?

Identity between the poles of self-denial and true and healthy self

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Agenda

- Words and concepts
- Theories: Freud, Rogers, Peichl, Buber, brain research
- Development of „I“ and „Self“
- Symbiotic necessities and desire for Autonomy
- Development of identity out of oneself
- Ascribed identities, role expectations
- Self accepted identities
- Ego, Identity and Trauma
- Is there an healthy Identity?

Five Questions

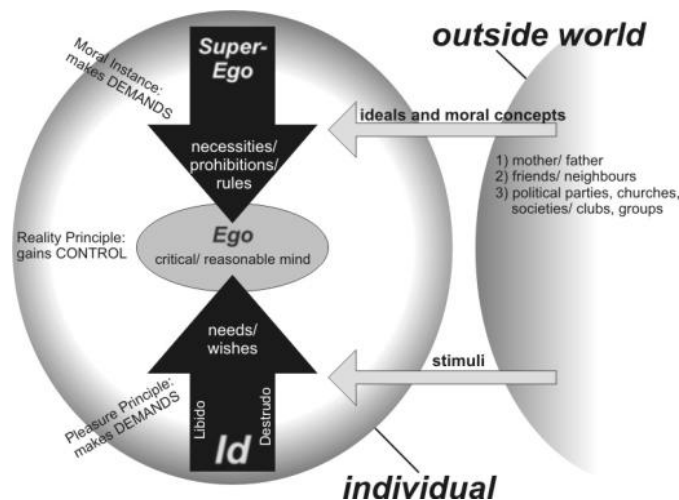
- Who am I?
- Who would I like to be?
- Who wouldn't I like to be?
- Who was I?
- Who would I like to be in the future?

Words and Concepts

- I
- Self
- Ego
- Role
- Personality
- Subjectivity
- Individuality
- Identity

Freud's Ego Concept

- The Ego is pressured between the Id and the demands of the Super-Ego.
- The Ego is able to suppress impulses, to satisfy them in fantasies or to reject them.
- It searches for harmony between Impulses and moral demands.



**The Ego represents the Reality Principle.
Therapy target: 'ID' needs to become 'EGO'!**

Carl Rogers Self-concept

- Self-actualization: The ability of the organism, to protect oneself and to grow.
- Self-realization: Every human being feels the need to change her/himself.
- Self-concept: Totality in someone's own perspective as well as how others perceive us.
- Incongruence: Experiences which are not fitting with someone's self-image
- Therapy target: Recovering the authentic self through a relationship, where you are fully accepted as you are

Ego-States (Watkins, Peichl)

- ‚...the human personality consists in general from different roles, personality parts or Ego-states put together.‘ (Peichl 2007, p.47)
- Ego-states are unique patterns, deriving from a human’s relationship with his/her environment.
- Ego-states happen through differentiation, introjection from ‚important others‘ and as a reaction to trauma
- - Inner controller
 - Inner critic
 - Inner persecutor
 - parts that are protecting
- Therapy target: to figure out childhood situations, in which the inner parts were created.

The Self and brain research

- „One of the oddities in the field of brain research is that many neuroscientists dispute the existence of the self, all the while examining its origins. The self is frequently the bete noire in the laboratory that has to be postulated in order to be combated. ...
- The old notion that man is held together mentally by a supervisor named Self is not refuted. This self is a complex matter; even if it can be broken down into various selves, it is still a perceived reality that science cannot simply dispense with. Isn't the fact that we feel, we do have a self, enough to claim that there is one?' (Precht 2007, p. 71 f.)

Martin Buber (1878-1965): I and Thou

- In order to develop the “I” the “You” is necessary.
- In the form of speech: ‘As I become I, I say thou.’

Development of being I and of becoming self aware

- The child exists before birth as a unique being with her psyche.
- The child simply exists and develops himself in his subjective pace.
- She is an Individuum (not divided), as long as she does not get traumatised.
- The child learns with his own acts that ,I' can influence something.
- Being I changes slowly step by step towards becoming more self aware.
- When a child is two years old, he has already a distinctive self-concept.
- When she is four years old, she is able to use pronouns like (I, me, you...) correctly.
- The first ,I' develops in relation with the ,You' of his mother.
- If the 'You' is not clear, this will cause identity disorders.

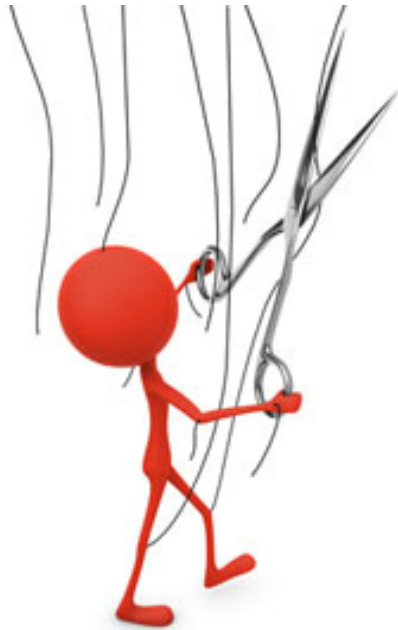
Symbiotic Necessities

- being nurtured
- being kept warm
- to have body contact
- being held
- contact with eyes
- being understood
- being supported
- belonging exclusively to another person
- being welcomed



.... support the adaptation to You

Desires for Autonomy



- perceiving, feeling, thinking by yourself
- to be independent
- to find your balance in yourself
- to rely on one's own ability to act
- to be free
- to decide by yourself
- ...

... support the delimitation from You

Identities basing on our own development

- To be
- To be a child
- To be a friend
- To be a partner as Man or as a Woman
- To be a Mother, Father, Uncle, Aunt, Grandmother, Grandfather, Great-grandfather...
- To be a housewife, to be a professional
- To have certain preferences and capabilities (to be a sportsman, musician, painter, poet, actor...)

Attributed Identities, You are a ...

- „Good’, ,naughty’, ,innocent’, ,my’ child
- German, Turkish, Russian ...
- Refugee, Immigrant
- Pupil, Trainee, Student
- Christian, Moslem, Jewish...
- Rebell, enemy, terrorist
- Neurotic, psychotic

Role expectations: You should, must, cannot

- A child should ...
- A woman must ...
- A man cannot ...
- A German is ...
- A student must ...
- A teacher cannot ...
- Psychic patients should ...
-

Chosen identities

Chosen nationalities

- Chosen religions
- Being voluntarily a member of an association
- Being a follower of a sportsclub
- ...

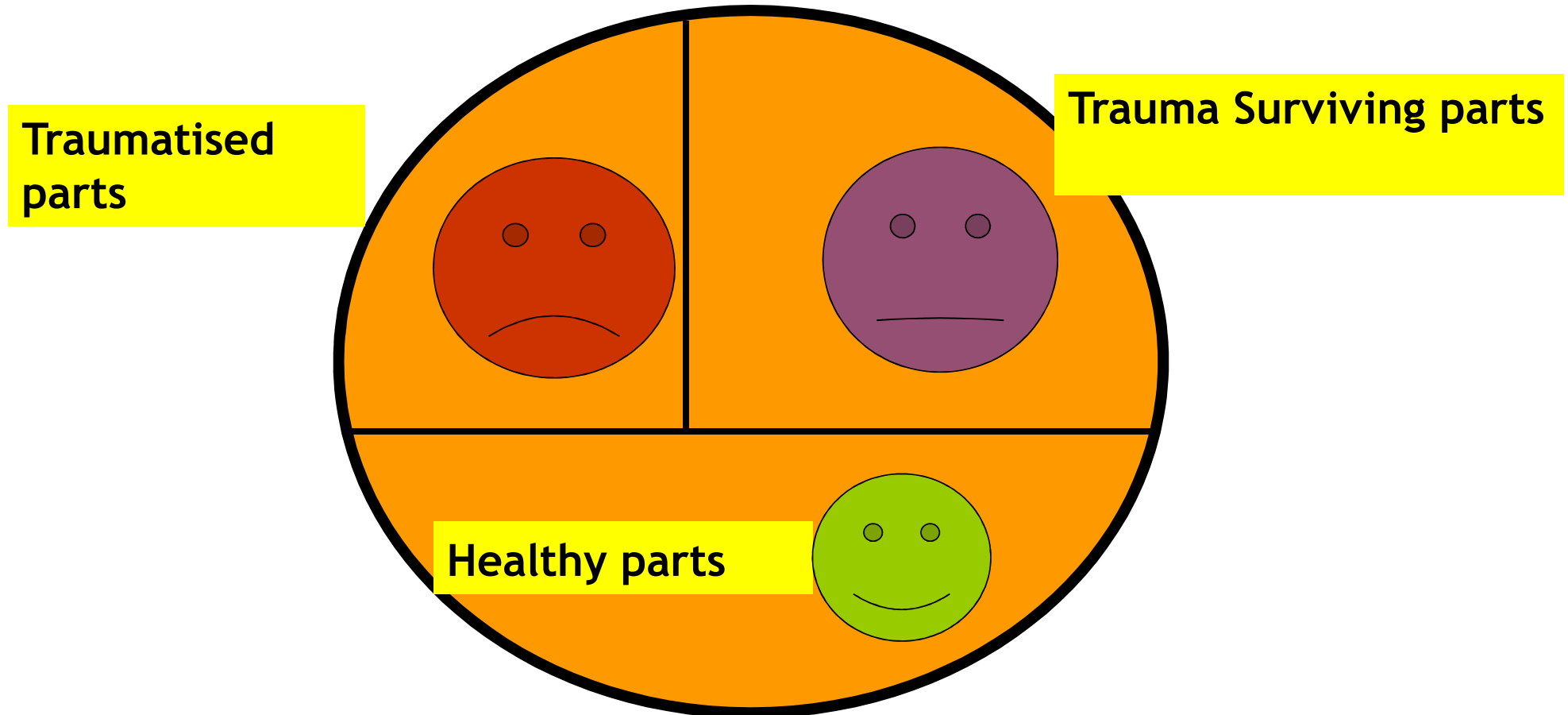
Substitute-Identities

- Identification with a real, close You (the sports team from your home country, the region in which someone lives, the company in which we work).
- Identification with a real, far away You (admiration for stars from sports-, movie- and music industry)
- Identification with an abstract, fictitious You (self imagined people, God)
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- Are such Identifications supporting or hindering the Self development?
- Do they cause a distraction from the true and healthy Self?
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Trauma, Ego and Self

- Dissociations: To faint away, to cut off feelings, to leave parts of the body or the whole body
- Depersonalization: feeling, not to be one self
- Derealization: feeling, not to be in touch with reality
- Hallucinations: Not being able to distinguish between inside and outside

Splits in the personality and identity structure after a traumatic Experience



The more extreme the Psychotrauma is, the more urgent is the need for ...

- self-denial (e.g. 'I was not beaten / sexually abused!')
- re-defining (e.g. 'It didn't affect me!')
- disengaging the I from the body (e.g. 'My body is sick!' 'My body is already dead!')
- to dissolve the I (e.g. through drug usage or vanishing into a state of confusion)

The more extreme the Trauma is, the more urgent is the need to...

- identify with perpetrators (e.g. with the violent father)
- get a substitute-identity (e.g. a professional role)
- cling to another person (e.g. to a partner or to your own child)
- to hide behind a 'We' (e.g. relationship, family, company, 'system', nation)

Multiple Personality

- This is the result of mind control techniques, which were originally developed by the Secret services and then adopted by Satanic Cults, Pornography rings and human traders.
- Multiple personalities are created amongst others, in order to abuse children for pornography or to make a person able to kill.

Psychotrauma turns ...

- ... individuals into split personalities, who experience that as normal
- ... humans into objects, who accept this as their identity
- ... humans into functioning machines, without any connection to themselves

Who am I really, beyond....

- ascribed and adopted role expectations
- adopted identities
- I-parts, that are entangled with perpetrators
- I-structures, dissolved by traumatization



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