Psychotrauma-
Biography and how to step out

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Agenda

- The Human Psyche
- The Psychotrauma
- The Psychotrauma-Biography
- Identity oriented Psychotraumatheory and – therapy (IoPT)
The Human Psyche is a Part of the living Human Organism consisting of Matter, Energy and Information.

- Cell-to-cell-Communication conveyed genetically
- Bacterial System
- Hormone System
- Immune System
- Nervous System
- Psychological System
Conscious and Unconscious

- The majority of the processes of the human psyche occur unconsciously
- All vital functions (breathing, digesting, immune reactions, sexuality) are largely inaccessible to consciousness and deliberate manipulation
- What we experience before birth, during birth and about three years after we do not remember consciously
- Consciousness is a special mental function for better communication in groups and a more effective way of problem solving
WHY & WHAT FOR DOES THE „PSYCHE“ EXIST?

The living human organism by its „psyche“

- gets in contact with its environment
- thereby provides various accesses to its external world and
- to its internal world,
- and thus captures the realities,
- which are in the service of the self-and species-preservation.
SYMBIOTIC NEEDS

- To be nourished
- To be warmed
- To get body contact
- To be held
- To be seen
- To be understood
- To be supported
- To belong together
- To be welcome

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AUTONOMY DESIRES

- To perceive, feel, think by oneself
- To find hold in oneself
- To do things alone
- To be independent
- To be free
- To make own decisions
- ...

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Main PSYCHOLOGICAL FUNCTIONS IN HUMANS

- To perceive (to see, to hear, to smell, to taste, to touch, to sense)
- To feel (to love, to be afraid, to be angry, to be sad, to be ashamed, to feel guilty, to feel joy, to feel excitement)
- To imagine in a wake state and in dreams
- To think (associatively, logically and rationally)
- To remember (short- and long-term memory, pictorially, episodically, semantically, procedurally, implicit and explicit)
- Self-awareness, self-consciousness
- Being driven unconsciously and wanting consciously
- Regulating and controlling behavior and actions
BODY AND PSYCHE

In a living organism body and psyche are inextricably linked to each other. There is neither a „fear in itself“ nor a „heart on itself“.
MAIN STATES OF THE HUMAN PSYCHE

- State of feeling good
- State of feeling stressed
- State of emergency reaction to trauma

- No existential danger
- Open to reality
- Threat of existential danger
- Narrowed view of reality
- Overwhelming existential danger
- Denial of reality
Psychotrauma

Psychotrauma beside the physical threats for the living organism includes the fact, that our relations with other human beings can have overwhelming effects that we cannot cope with emotionally, mentally and socially.
Splitting of the human psyche after a Psychotrauma

- Traumatised parts of the psyche
- Healthy parts of the psyche
- Surviving-states of the psyche
Many of us not only suffer from one single psychotrauma, but from a Trauma Trias:

Not being wanted!
Not being loved!
Not being protected!

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Trauma of being a Perpetrator

Trauma of Sexuality

Trauma of Love

Trauma of Identity

The Psychotrauma-Biography

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Main Characteristics of a Trauma of Identity

- I should not exist at all
- I have the wrong gender
- I have to fulfill a function for my parents
- I give up my healthy I already before birth
- I give up my own want
- I disconnect from my body
- Main surviving strategies: identifications with others and accepting their attributions
Main Characteristics of a Trauma of Love

- Traumatized parents that are unable to love their children
- Lifelong struggling of children to gain their parents love
- Idealisation of mothers and fathers
- Identification with the survival strategies of the parents
- Desire to rescue the parents
- Merging with the traumatised parts of parents or grandparents
- Children denying their own trauma
Stop following me!

Hören Sie sofort auf, mir nachzulaufen.

Aber... ich liebe Sie.

But I love you!
Main characteristics of a Trauma of Sexuality

- Sexual violence against children, youth and adults
- Fathers, mothers, siblings, relatives, teachers, "friends" ... as perpetrators
- No help by relatives or authorities
- Leaving the body during the sexual activities
- Bonding relations with the perpetrators stay
- Self hate and self destruction as one of many symptoms
Trauma of being a perpetrator

- Traumatazing others by deeds and omission of support
- Often a repetition of own experiences as a victim
- Shame, guilt and fear of the perpetrator of being excluded by communities
- Perpetrator attitudes in order to deny and justify
- Perpetrator attitudes lead to more perpetration
The Intentionmethod

- Creating a free space for exploring your internal states
- By formulating a sentence of intention
- Discovering its meaning for your psychotrauma-biography word by word
- by using points of resonance outside i.e. other human beings
Picture of an Intention of a client suffering from HIV-infection

1. Conception
2. Attempt of abortion
3. Surviving state
Identity-Constellations

- Can be done chronologically (time after conception, time in the womb, time before birth, birth, time immediately after birth …)
- Trying to understand the causes of symptoms
- Exploring actual inner states
What is the Purpose of the Intention Method?

- Transfer of Identity oriented Psychotraumatheory (IoPT) to the practice of Identity oriented Psychotrauma Therapy (IoPT)
- IoPT supports the development of healthy structures of the human psyche, lets us understand trauma-surviving structures, helps the healthy parts to come into contact with the traumatized parts
- Becoming the person I really am
Literature


- All books are available in Norwegian!

- [http://www.cdc.gov/violenceprevention/acestudy/about.html](http://www.cdc.gov/violenceprevention/acestudy/about.html)