Sexual Psychotrauma

Human Sexuality defined by Identity oriented Psychotraumatherapy (IoPT)

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Identity oriented Psychotraumatherapy (IoPT)

• Theory: Identity oriented Psychotraumatheory
• Methode: Intention Method
• Technique: Resonance Technique
Most important aspects

• Human Psyche
• Psychotrauma
• Identity
• Love
• Sexuality
Trauma of being a Perpetrator

Trauma of Sexuality

Trauma of Love

Trauma of Identity

The Psychotrauma Biography
Healthy Human Sexuality

- Is a life force and deeply connected with the psyche and the body of a woman or a man
- Is connected with pleasure and the desire to love and to be loved
- Is a basic element for long lasting partnerships
Healthy Sexual Identity

• My healthy I
• with my free will
• in my own body
• with my own feelings
• with my own phantasies
• with my own practises
• in my relations
Types of a Sexual Psychotrauma

- Sexual psychotrauma during childhood in different degrees
- Incest, i.e. sexual intercourse with relatives
- Rape inside and outside of a partnership
- Rape as a strategy of soldiers
- Pornographie
- Prostitution
- Ritual sexual sadism
Sexual Psychotrauma
Aspects of Bonding

• I am made an object by a perpetrator
• My love and confidence is misused
• Love and aggression seem the same
• Boundaries between the older and younger generation are destroyed
• Responsibility is turned upside down
• Trust in others is lost
Sexual Psychotrauma
Aspects of a Shock-Trauma

• 1. State: freezing, numbing, behaving like dead
• 2. State: leaving the body, observing oneself from outside
• 3. State: giving oneself and the own will up
Splitting of the Human Psyche after a Traumatising Experience

Section 1: Healthy parts

Section 2: Traumatised parts in a helpless, overwhelmed state

Section 3: Surviving parts under permanent stress
Symptoms of Sexual Psychotrauma

- Nightmares and sleeping problems
- Various anxieties
- Learning difficulties
- Extreme clinging
- Extreme retreat
- Depression, lack of feelings
- Physical illnesses
Symptoms of Sexual Psychotrauma

• Disliking one own’s body
• Disgusting sexuality
• Shamelessness
• Promiscuity
• Prostitution
• Masochism, Sadism
• Drug Abuse
• Hostility
• Criminality
• Confusion and Madness
„Eating Disorders“ as Trauma Surviving Strategies connected with a Sexual Psychotrauma

• So called „Anorexia“: Attempt to controll one’s body reactions, e.g. desire and pleasure
• So called „Bulimia“: vomiting out the penis and the swallowed sperms
• So called „obesity“: making one’s body inattractive for the perpetrator
Self Harming Behaviour as Trauma Surviving Strategy

• To overcome numbness
• To resolve the inner pressure
• To make oneself inattractive
• To cry for help nonverbally
• To reiscalate the experience of violence
• Identifying the perpetrator
• To express hate about the own weakness
Inner Parts of sexually traumatized Children

- Split off traumatized parts with panic, shame, disgust
- Parts that hate the perpetrator
- Parts that do not trust anybody
- Parts with love illusions towards the perpetrator
- Parts that want to satisfy the perpetrator sexually
- Parts that disgust the own helplessness
- Parts that feel guilty
- Parts that feel shame for the perpetrator
- Still available: healthy parts
The dynamic of a sexual psychotrauma is one of the main reasons for so called mental diseases like „Borderline“, „Schizophrenia“, „Psychoses“ or „addictions“. 
Reinscenating the Sexual Psychotrauma

• Is done unconsciously by the Surviving parts
• Hoping to free oneself from the intolerable inner states and
• To gain control over perpetrators
The victims of Sexual Psychotrauma can easily become the perpetrators in the next generation.

Women with love illusions relate with men with power and sex illusions.
Vicious Circle of Sexual Psychotrauma

• Sexually traumatized girls become mothers that traumatize their own children emotionally and sexually.

• The girls of sexually traumatized mothers have a high risk to become sexually traumatized too.

• Sons of traumatized mothers become emotionally confused and are in high risk to become sexually traumatized by their mothers.

• Those sons are in a high risk to become later on perpetrators in sexuality.
Problems to seek for therapeutic support when being sexually traumatizes

• Loyalty with the perpetrators is very high
• It seems impossible to accept being a victim of such cruelties
• Feelings of shame are too massive
• Closeness with a therapist produces panic
• Fear to become dependend again from a close person (the therapist)
Principles of Identity Therapy regarding Sexual Psychotrauma

• Connecting the **symptoms** with the sexual trauma
• **First** focusing on the „Trauma of Identity“ and establishing a healthy I and a free will
• **Secondly** making aware the „Trauma of Love“ and the entanglements with the perpetrator(s)
• Making aware, that partnerships and relations with own children can be surviving strategies to avoid the realization of the sexual psychotrauma

Immediately stop to follow me!

But ... I love you
Goals of Identity Therapy regarding Sexual Psychotrauma

• Helping to realize the unthinkable: that the parents are sexual perpetrators
• Identifying the perpetrator parts within the victim
• Helping to speak out facts and truth
• Clearing responsibility and guilt
• Seeing the needs of children for closeness, love and body contact as normal
• Helping to remember
• Helping to open up for good feelings
Literature