Exiting our Trauma Biography by Identity Constellations

The basic concept of Identity oriented Psychotraumatherapy (IoPT)

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Agenda

• Suffering and Well being
• The Human Psyche
• Psychotrauma
• The Trauma Biography
• The Intention Method
• Identity Constellations
Symptoms of Human suffering like

Panic  Wars
Heart Disease
Confusion  „Cancer“

Conflicts in partnership relations
loneliness  Numbness
Permanent state of stress
Infidelity
Speechlessness
Longing for love
Sexual unhappiness

Can be the Consequences of

PSYCHOTRAUMATA

Longing for love
Sexual unhappiness
WHAT DOES „BEING ALIVE/VIVID“ MEAN?

• To grow and to change
• To be in motion and to rest
• To breath, eat, diggest and excrement
• To express myself
• To be able to protect myself

• To recover fully from injuries
• To enjoy daily life
• To enjoy sexuality
• To enjoy having children
• To accept death as part of life
• ...
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 welcomed
AUTONOMY NEEDS

- 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
- ...
The Human Psyche is one Part of the living Organism consisting of Matter, Energy and Information

- Genetic System
- Cells and Organs
- Muscular System
- Skeletal System
- Bacterial System
- Blood System
- Immune System
- Nervous System
- Hormone System
- Psychological System
WHY & WHAT FOR DOES THE „PSYCHE“ EXIST?

By the „psyche“ living human organisms
• get into contact with their environment
• thereby providing various accesses to the external and internal world,
• and thus capturing the realities
• serving for the self- and species-preservation.
Main PSYCHOLOGICAL functions IN HUMANS

• To perceive (to see, to hear, to smell, to taste, to touch)
• to sensate (excitement, boredom, uneasyness, satisfaction)
• To to feel (love, joy, anxiety, anger, sadness, shame, guilt, hate)
• To imagine in a wake state and in dreams
• To think (associatively, logically and rationally)
• To remember (short- and longterm memory, pictorially, episodically, semantically, procedurally, implicit and explicit)
• Self-awareness, self-consciousness
• Unconscious drives and conscious will
• Regulation of behaviours and actions
„BODY“ AND „PSYCHE“

• In a living human organism „body“ and „psyche“ are inseparable linked to each other.
• There is neither a „fear itself“ nor a „heart itself“ – unless there is trauma.
MAIN STATES OF THE HUMAN PSYCHE

• State of well being
  • No existential threat
  • Open to reality

• State of stress
  • Existential threat
  • Narrowed view of reality

• State of trauma
  • Overwhelming existential threat
  • Denial of reality
General Distinction between three types of trauma

- caused by unique events (e.g. accidents, rape, natural catastrophies)
- caused by long lasting situations (e.g. wars, sexual violence in a partnership, bullying at work)
- Caused by a permanent overwhelming situation (“developmental trauma”)
Trauma by becoming a perpetrator oneself

Trauma of Sexuality

Trauma of Love

Trauma of Identity

Trauma Trias

Not wanted!

Not loved!

Not protected!

Traumabiography

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Main Characteristics of a Trauma of Identity

• Not being wanted
• Having the wrong gender
• It is not allowed to be oneself
• No healthy I available
• No own will available
• Disconnection between body and psyche
• Being an object rather than a subject
• Main surviving strategies: Identifications and attributions
What is Love?

• A pleasant feeling in our body
• An archachic potential („being able to love“)
• A hope for resonance („desire to be loved“)
• The opposite of fear, rage and aggression
• A feeling that forces parents to protect their children
• A feeling, to say yes to your own life
• A feeling that wants our own well being
• A feeling that wants the well being of others
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!

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 relation with the perpetrator stays
- Self hate and self destruction
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 being excluded by communities
- Perpetrator attitudes in order to deny and justify
- Perpetrator attitudes lead to more perpetration
My steps towards the Intention-Method

- Since 2009: Constellation of the Intention
- Since 2015: Self encounter with the sentence of Intention
- Since 2017: A new technique for the constellation process
How can an „Intention“ be expressed?

- by a sentence or a single word
- by a question
- by a drawing
- by a combination of words and drawings
Identity-Constellations means

• To work on my trauma biography
• With regard to different traumata (ToI, ToL, ToS, ToP)
• Can be done chronologically (time after conception, time in the womb, time before birth, birth, time immediately after birth ...)
• Can be done directly to adress the Trauma of Identity (e.g. I want to be me.)
What does my intention show me?

• How I actually reflect myself
• My views on my problems and my ideas of solutions
• My psyche relating to the intention
• My possible next steps
Basic structure

• „Client“ finds his intention
• He writes/draws his intention on a flipchart/whiteboard/piece of paper
• He chooses for every word/element of drawing someone to resonate with it
• The resonance process between the „client“ and the representative starts with a silent phase
• After 10 to 15 minutes the client can communicate verbally with the representatives
Repetition and Retraumatisation

• By our surviving strategies we retraumatise ourself permanently in our every day life
• Repetitions often produce new traumata
• Intentions can include repetitions of trauma surviving strategies
• They are necessary to understand and experience surviving strategies in more detail
• If we interrupt repetitions too early, the risk of a retraumatisation is high
• Even the representatives can stay fixated in their resonance process
Main Purpose of the Therapy

• To come into feelings
• Not to be distracted by surviving strategise
• To connect trauma feelings with trauma situations
• To realize, that the former trauma situation is over
Intention-Method and Individual Work

- Using floor markers and/or using the therapist as a resonator for words/elements of drawings
- The therapists stays as long as necessary in the resonance
- He makes the shift back into the therapist position transparent
The ultimate goal of IoPT