

Health, Illnesses and Psychotrauma

What is needed to become the
Subject of your own health?

Modul 4 of the International Training in
Identity oriented Psychotraumatheory and -therapie

Agenda

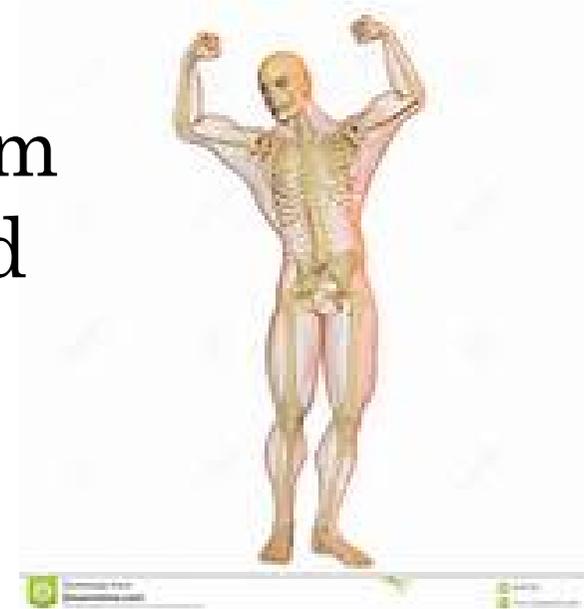
- The living human organism
- What does „full of life“ mean?
- What is needed for our health?
- What does (psycho)trauma mean?
- Consequences of psychotrauma for health and illnesses
- Strategies to deal with different traumas
- Steps towards a new culture of health

What is it all about?

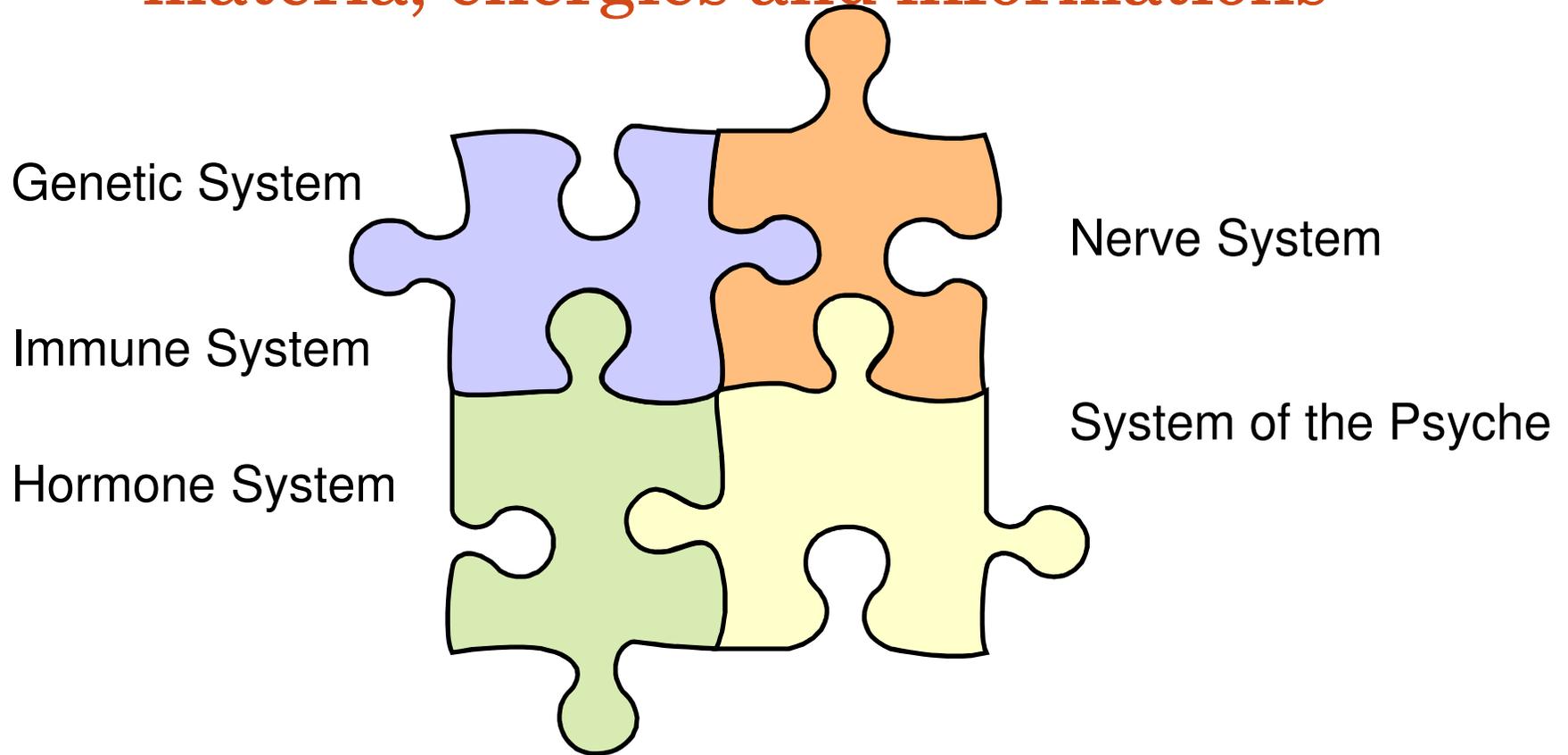
- Well-being and health or suffering and illnesses?



The living
human organism
in his social and
natural
environment



The living human organism is a network of systems consisting of materia, energies and informations

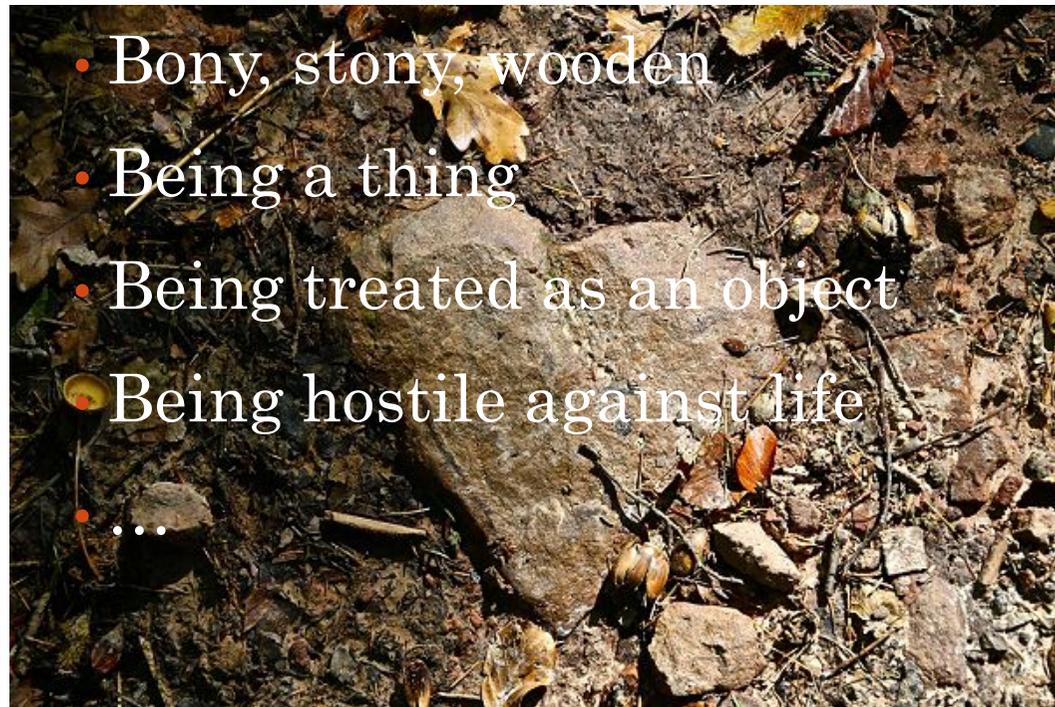


What does living = lifefull mean?

- 
- A photograph of five children jumping joyfully in the air. From left to right: a girl in a pink top and floral dress, a girl in a purple top and green skirt, a boy in a blue shirt and grey pants, a girl in a purple top and pink pants, and a boy in a yellow shirt and green pants. All children have their arms raised and are smiling.
- growing
 - moving
 - expressing
 - incorporating
 - excrementing
 - protecting
 - resting
 - changing
 - repairing
 - enjoying
 - practising sexuality
 - procreating
 - accepting death
 - ...

What does it mean not to live fully?

- Rigid muscles
- Frozen emotions
- Mentally blocked
- Socially isolated
- Functioning mechanically
- Over controlled



What is necessary to be and stay healthy?

- Clean air for breathing
- Appropriate nutrition (healthy food, pure water)
- Shelter from heat and coldness
- Space to move
- Showing emotions
- Clear mind
- Free will
- True Identity
- Constructive relationships
- Constructive social systems
- Peace on earth

Body and Psyche

- Body and psyche are interwoven within the living organism
- They develop together since conception
- E.g. „Anxiety“ and „heart“ do not exist separately



„Trauma“

- physical forces, chemical energies, biological agents
- that the living organism cannot cope with and
- overwhelm its repairing and resisting capacities
- resulting in lasting damages and impairments



„Psychotrauma“

„Psychotrauma“ includes the fact, that our relations with other human beings can have overwhelming effects that we cannot cope with emotionally and mentally



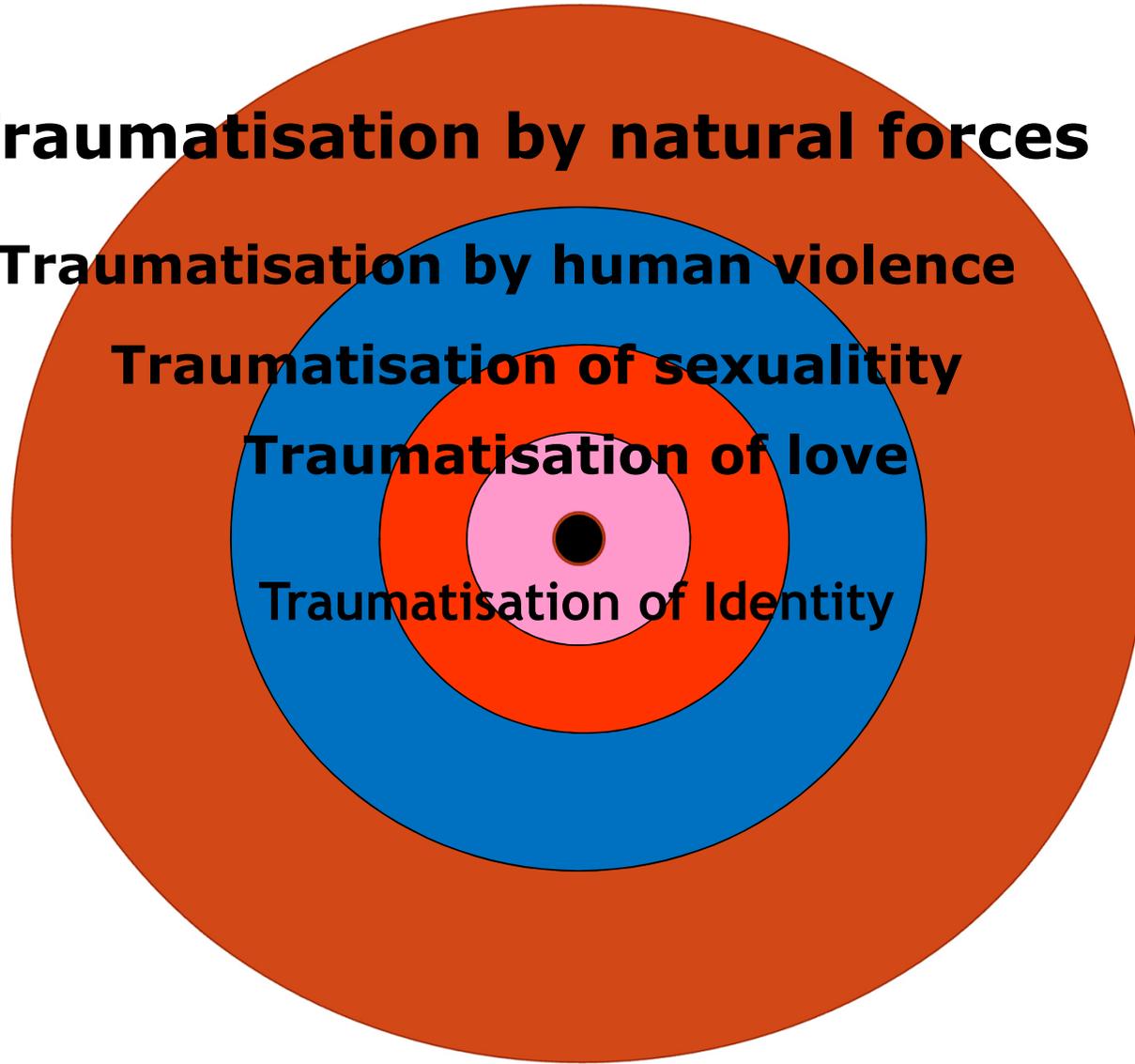
Traumatisation by natural forces

Traumatisation by human violence

Traumatisation of sexuality

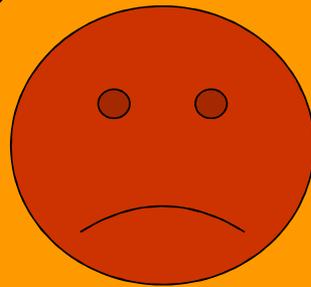
Traumatisation of love

Traumatisation of Identity

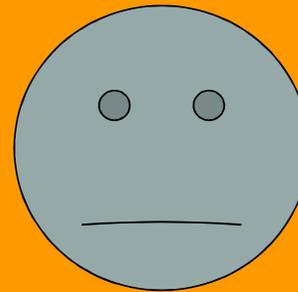


The Splitting of the human psyche after a traumatising experience

Section 2:
Traumatised
parts in a
helpless,
overwhelmed
state



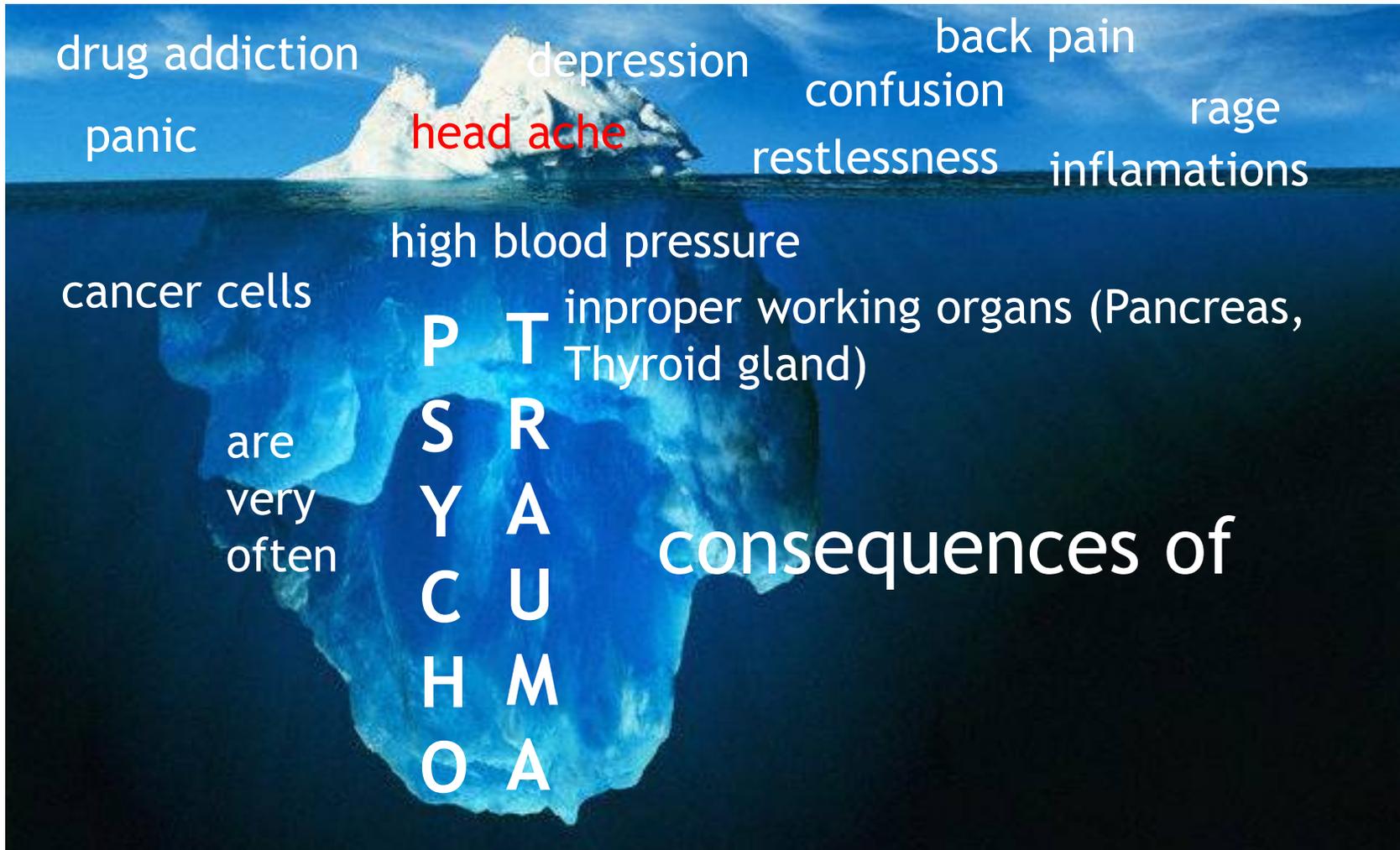
Section 3:
Surviving parts
in permanent stress

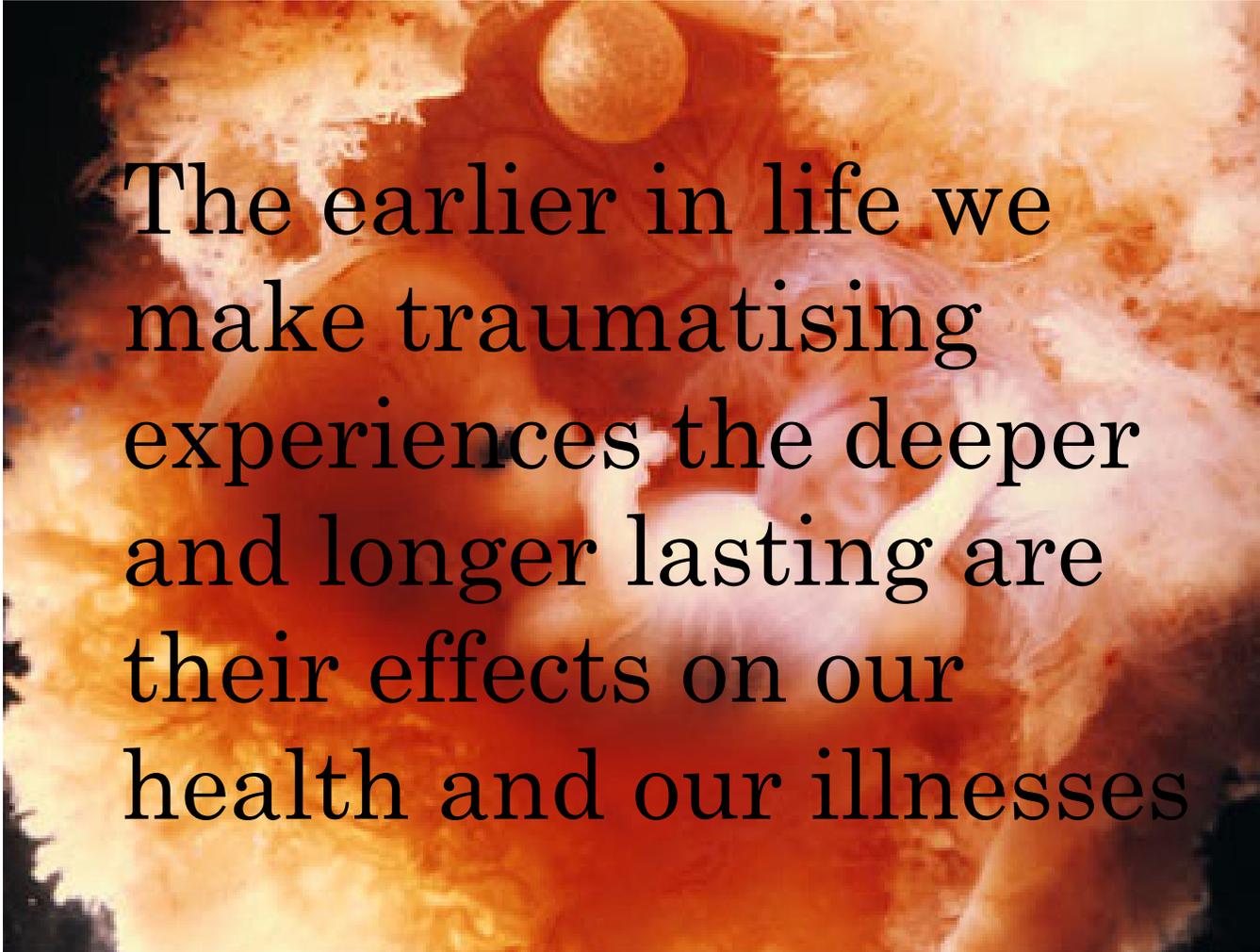


Section 1:
Healthy parts



Symptoms like





The earlier in life we
make traumatising
experiences the deeper
and longer lasting are
their effects on our
health and our illnesses

Adverse Childhood Experiences Study (Vince Felitti & Bob Anda 1998)

- Sample: 17.500 adults, mainly white and educated
- 67% with minimum one ACE (physical, emotional, sexual abuse, neglect, parents with mental illnesses, substantial dependencies, incarceration, separation and divorce, domestic violence)
- 12,6 % with four or more
- The more ACE the more health problems
- 7 ACE and more: 3 times more lung cancer, 3,5 more heart attacks
- Even without risk behavior the toxic stress damages the brain (amygdala, frontal cortex)

<http://acestoohigh.com/2012/10/03/the-adverse-childhood-experiences-study-the-largest-most-important-public-health-study-you-never-heard-of-began-in-an-obesity-clinic/>

<https://www.youtube.com/watch?v=95ovIJ3dsNk>

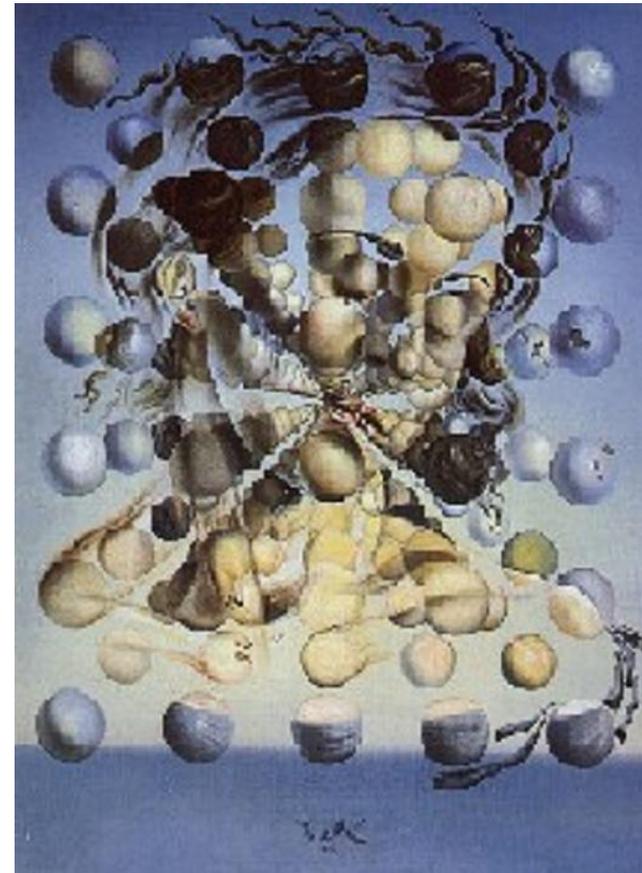
How does Psychotrauma influence the living human organism

Trauma-emergency-reactions are

splitting the unity of the organism

separating movements, emotions and thoughts

disrupting the flow of energy and emotions within in system



How does Psychotrauma influence the living human organism

Patterns of trauma reactions (immobilisation, states of shock) are stored unconsciously in the muscles and the organs and are fixating body postures



How does Psychotrauma influence the living human organism

Patterns of trauma reaction can be easily and often triggered beyond the original trauma situation, especially during the night and in our dreams



How does Psychotrauma influence the living human organism

The surviving mechanisms and strategies are working hard to control and suppress the trauma reactions and keep them unconscious (e.g. by reduced breathing)



How does Psychotrauma influence the living human organism

- The suppression of trauma reactions and memories causes a state of permanent stress within the organism
- Stress means: reduced immune reactions and digestion activities, increased blood clotting
- There is no complete recovery state

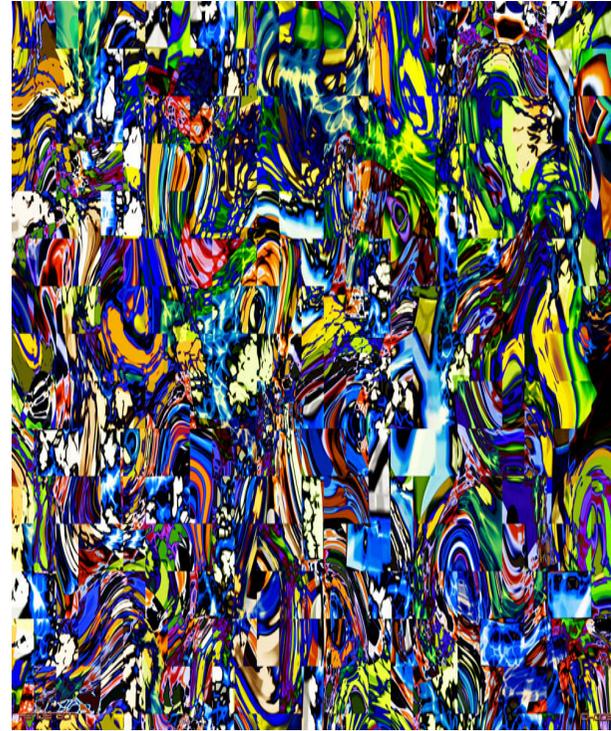


How does Psychotrauma influence the living human organism

The autonomous growth and repair systems of the organism will lack interaction, coordination and cooperation

They may even work against each other

The activity of the immune system is reduced by cortisol and cannot distinguish between friendly and hostile cells within the body



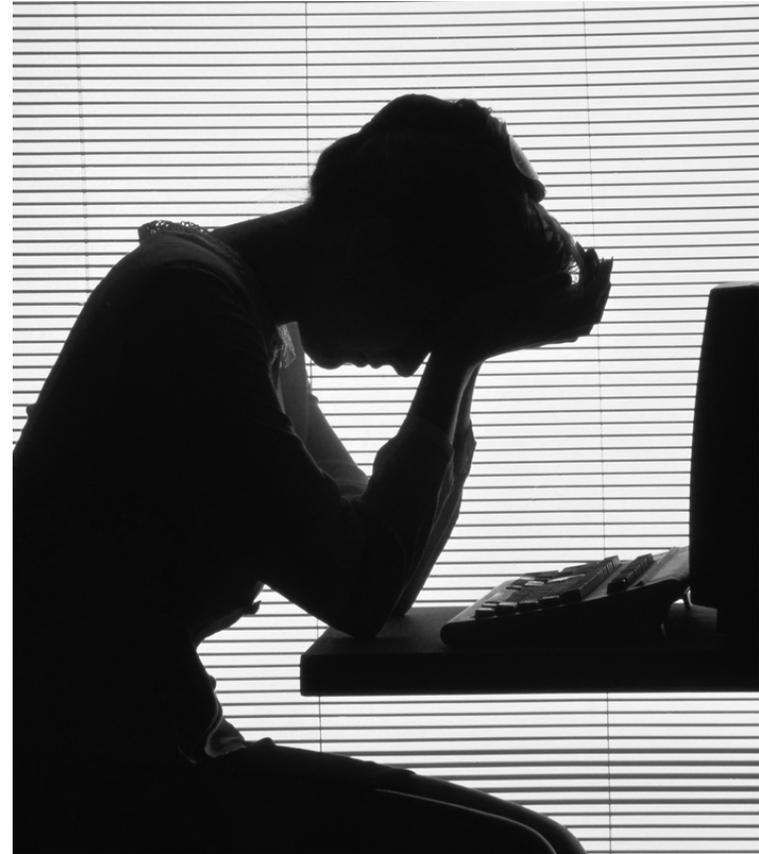
How does Psychotrauma influence the living human organism

Trauma surviving strategies are burdening and exhausting and are seen as a solution

Because of the permanent stress we suffer from lack of concentration

The symptoms even get worse the older we become

We become even more aggressive and unpredictable



How does Psychotrauma influence the living human organism

There is a lack of healthy I and free will that in case could intervene in favor of health and well being

Because we have to suppress our memories we cannot develop our true identity

We become even more stressed and are losing self discipline and self care



How does Psychotrauma influence the living human organism

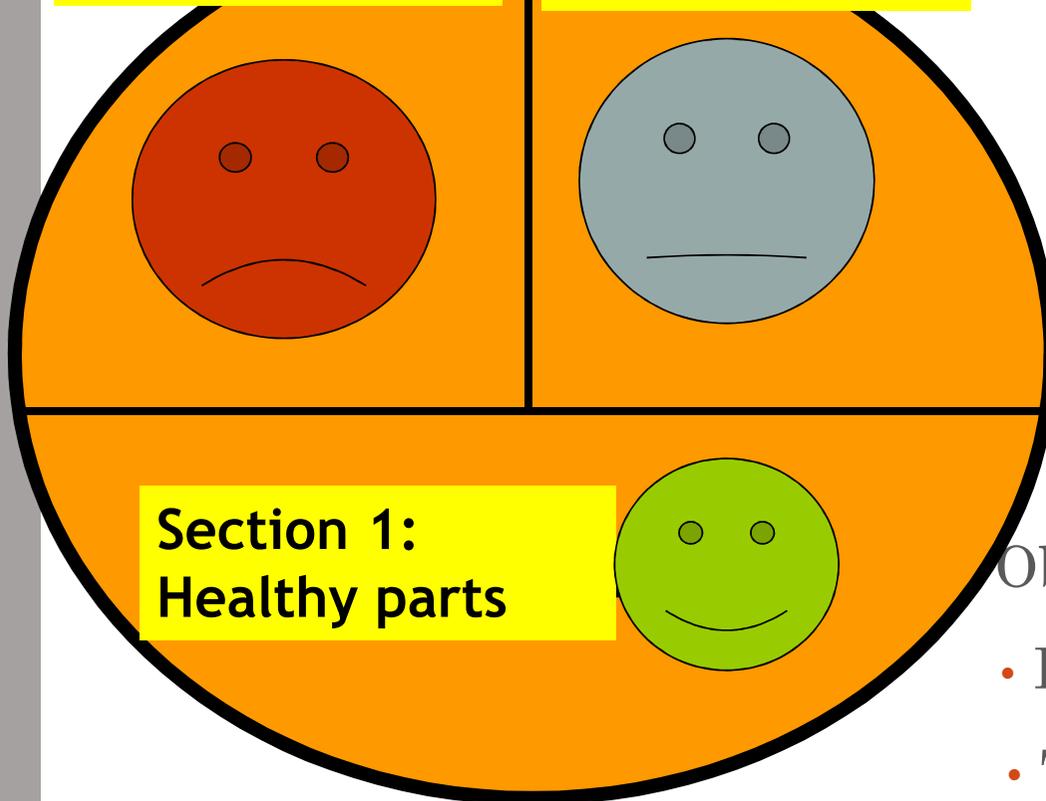
- Traumatized human beings stay in destructive relations and – even worse – seek them actively
- They are not able to leave perpetrator-victim-systems



The reduced concept of health and illnesses within section 3

**Section 2:
Traumatised
parts**

**Section 3:
Surviving parts**



**Section 1:
Healthy parts**

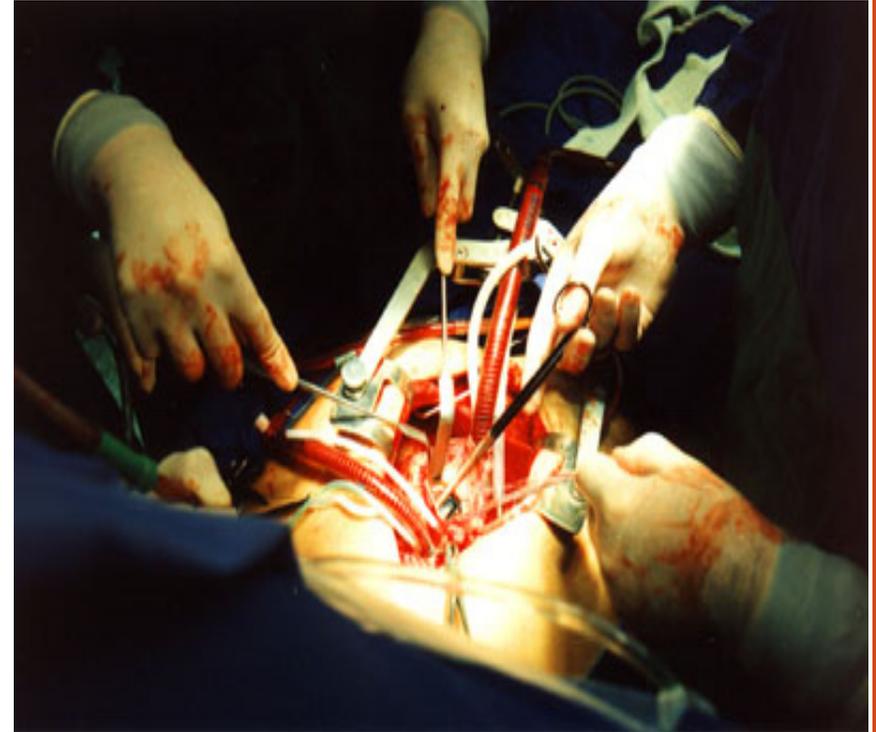
- Identifying symptoms with illnesses
 - Separating body from psyche
 - Objectifying the human body
- Curing illnesses not human beings
- Delegating responsibility to experts
 - Accepting the role of a „patient“
- Obeying the rules of an expert system
- Defining health as lack of symptoms
- Trying to produce health technically
 - Ignoring trauma

Disadvantages of being a „patient“

- It is not about you but about your „illnesses“
- You are highly dependent on the experts and the whole system
- Your problems behind are not seen and addressed
- Treatments themselves can be traumatising and can deepen the fragmentations of the psyche and the organism



- Erasing, suppressing or diminishing the symptoms of illnesses
- does not heal a trauma behind
- but can destroy usefull informations and
- make the understanding of the deeper and real causes even more difficult.

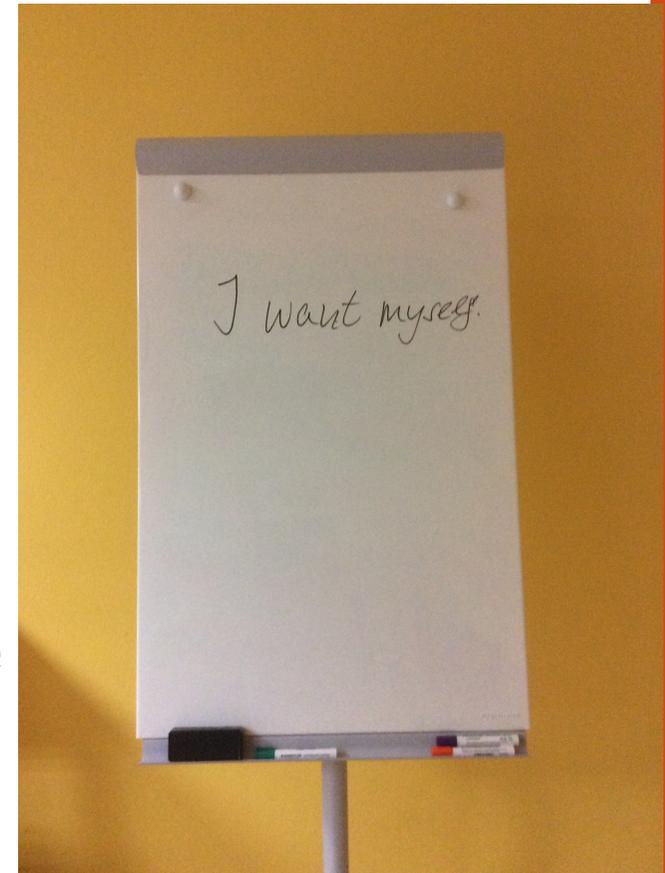


Healing the roots of trauma

- **Early Trauma:** identifying attempts of abortions, lack of contact with the mother in the womb, life threatening birth processes, separation from mother
- **Trauma of Love:** disentangling from traumatized parents, accepting that they will not love you in a healthy way
- **Trauma of sexuality:** identifying victim and perpetrator attitudes, getting rid of the perpetrators, leaving perpetrator-victim relations and systems, going in a loving contact with the split off and numbed parts of the body
- **Trauma of Identity:** focusing on one self, developing a free will and owning your body

Basic Method of Identity oriented Psychotraumatotherapy

- Getting a free space for...
- Self Encounter...
- By exploring the sentence of your intention...
- Word by Word...
- by use of points of resonance outside of you (other people or objects)



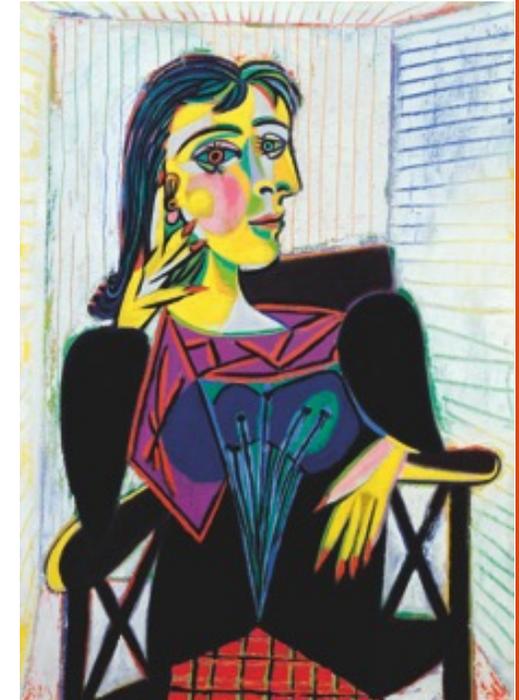
Steps towards a new Culture of Health

- Accepting that psychotrauma is wide spread in every society
- Preventing health damages by stopping traumatisations as best as possible
- No longer investing such huge amounts of time and money in a reduced concept and trauma ignoring systems of illness and health care
- Taking your health in your own hands



Invitation

- 3rd International Conference
“Love, Trauma and I“
- 21-23 October 2016 in Munich
- The Sentence of Intention as a
new Way to Encounter
Yourself
- www.healthy-autonomy.de



Pablo Picasso „Porträt of Dora Mar
© Sucession Picasso/VG Bild-Kunst, Bonn
2015

Literature

- Ruppert, Franz (2010). Symbioses and Autonomy. Steyning: Green Balloon Publishing.
- Ruppert, Franz (2015). Trauma, Fear and Love. Steyning: Green Balloon Publishing.
- Ruppert, F. (2014). Frühes Trauma. Schwangerschaft, Geburt und erste Lebensjahre. Stuttgart: Klett-Cotta Verlag.
- All books are available in Norwegian!
- <http://www.cdc.gov/violenceprevention/cestudy/about.html>