



Transgenerational Traumatizations

The perspective of the „Multigenerational
Psychotraumatology“

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Agenda

- The transgenerational phenomenon
- Definition „Transgenerational Trauma“
- Definition of Trauma
- Healthy parts, traumatized parts and surviving strategies
- „Bonding“ as the bridge between the generations
- Mother-Child-Relation
- „Trauma of Love“
- Symbiotic entanglements as a consequence of transgenerational traumatizations

Phenomena, that can be named as transgenerational:

- Daughter has pictures of war in her head that belong to her father
- Nephew has panic attacks that fit to the life experiences of his grandmother
- Daughters are sexually abused since generations in a family system
- Children behave as parents for their parents
- A woman in her labor gets a flashback into her own birth
- Children are made mad by their parents

„Transgenerational Trauma“ means:

- The lives of the offsprings are dominated by the traumata of their ancestors
- Children are traumatized by traumatized parents, grandparents and sometimes by great-grandparents
- Children bond and identify with the traumata of their ancestors
- They carry the burdens of their ancestors

A life experience becomes not only stressful but traumatic

if we face a mortal risk, and are incapable of dealing with it with the help of our stress programs.

Our stress programs make the situation even worse.

Therefore we end up in a state of helplessness and agony and the stress programs have to be stopped.



25.06.2014

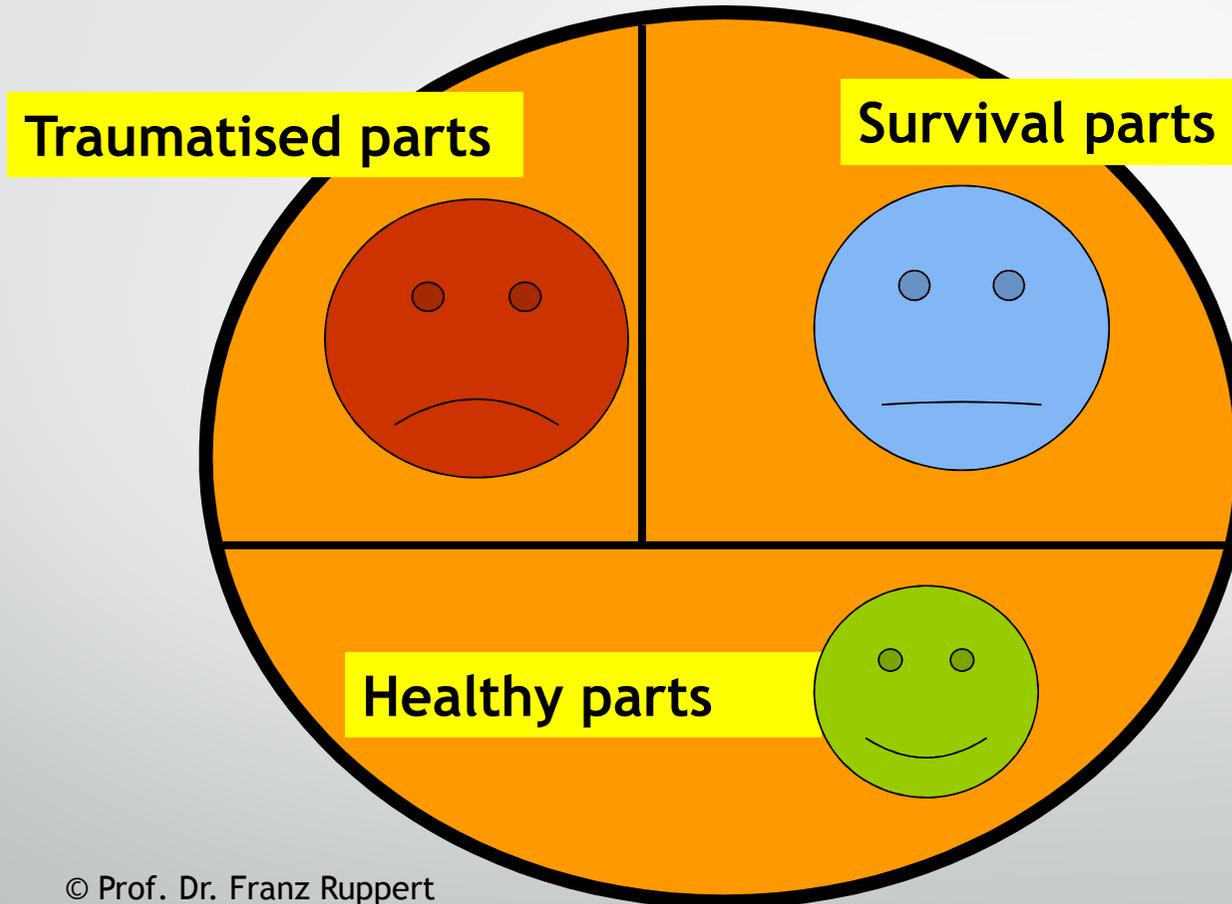
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The Trauma-emergency- mechanism consists of:

- Immobilization
- Freezing
- Dissociating
- Splitting in the psychic structure
- **It helps us to survive.**



Splits in the personality and identity structure after a traumatic experience



Psychotrauma as Shocking Trauma



- Trauma of existential Threat (being involved in a life threatening event)
- Trauma of existential Loss (losing a person to whom one is bonded)

Psychotrauma as a Relational-Trauma



- Symbiotic Trauma (being rejected by the person one needs to bond to)
- Traumatization of a bonding system (perpetrator-victim-dynamics in a bonding system caused by violence, incest or murder)

**Traumatization by
Natural Forces**

**Traumatization by
Human Violence**

**Traumatization
of Sexuality**

**Traumatization
of Love**

„Bonding“ as psychological bridge between the generations



- Starts already before birth between mother and child
- Can be extended to some other persons (father, siblings, grandparents)
- Is based on feelings and common experiences
- Is exclusive
- Is meant to last
- Means belonging together
- Basic feelings of bonding can be connected with persons, animals, objects or situations

The most powerful psychological experience of every human being is

the
symbiotic
relationship
with their
mother.



Symbiotically every child is bonded to their mother in two ways:

passively: the psychological qualities of the mother are an unconscious imprint on the child's psyche

actively: the child adapts to their mother and tries to support her needs

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Children love and bond with their mothers however they are and what they do to them

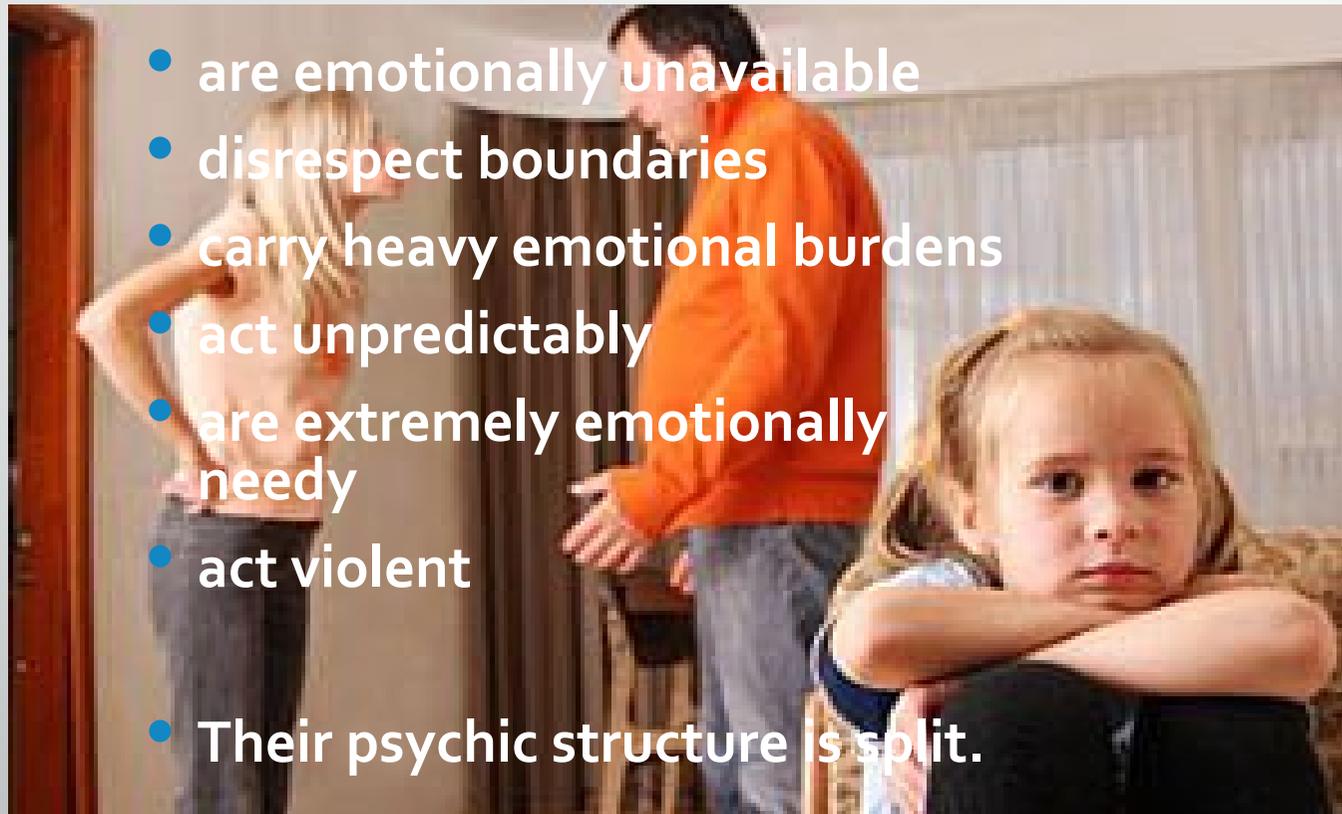
**„Trauma of Love“ means:
It is not possible to have a
secure bonding and
loving relationship with
a father and a mother
who are traumatized.**





The bonding-relation with his mother and father can become traumatizing for a child, when his parents are traumatized.

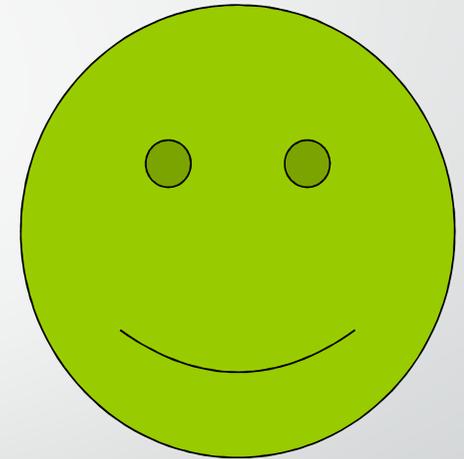
Traumatizing parents



- are emotionally unavailable
- disrespect boundaries
- carry heavy emotional burdens
- act unpredictably
- are extremely emotionally needy
- act violent
- Their psychic structure is split.

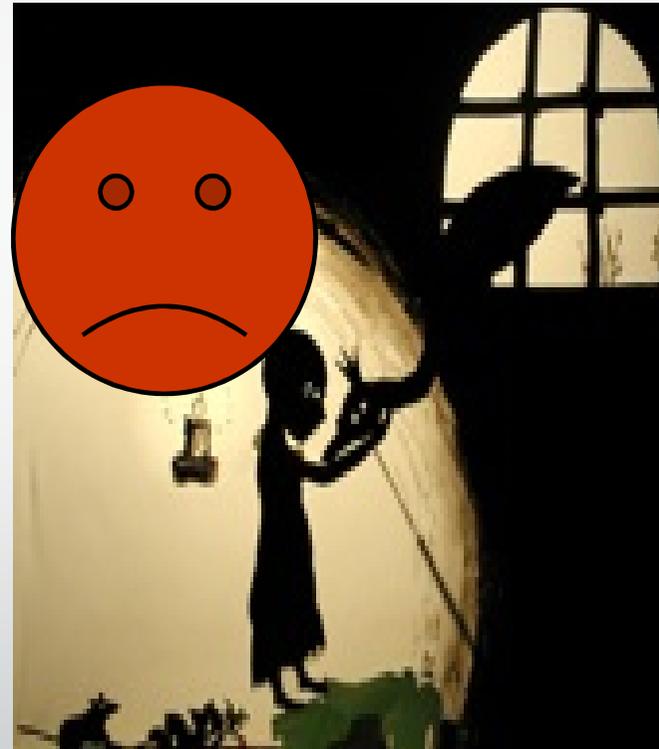
Healthy psychic structures of a child

- ❖ Own life force
- ❖ Own will to live
- ❖ Healthy basic needs
- ❖ Joy to move
- ❖ Joy to play
- ❖ Joy to learn
- ❖ Openness, creativity
- ❖ ...



Characteristics of the traumatised part in a trauma of love

- Desperation that there is no love from the parents
- Feeling abandoned and extremely lonely
- Terrified it has to die
- Suppressed rage
- Suppressed mourning
- Extreme withdrawal
- Tendency to give up





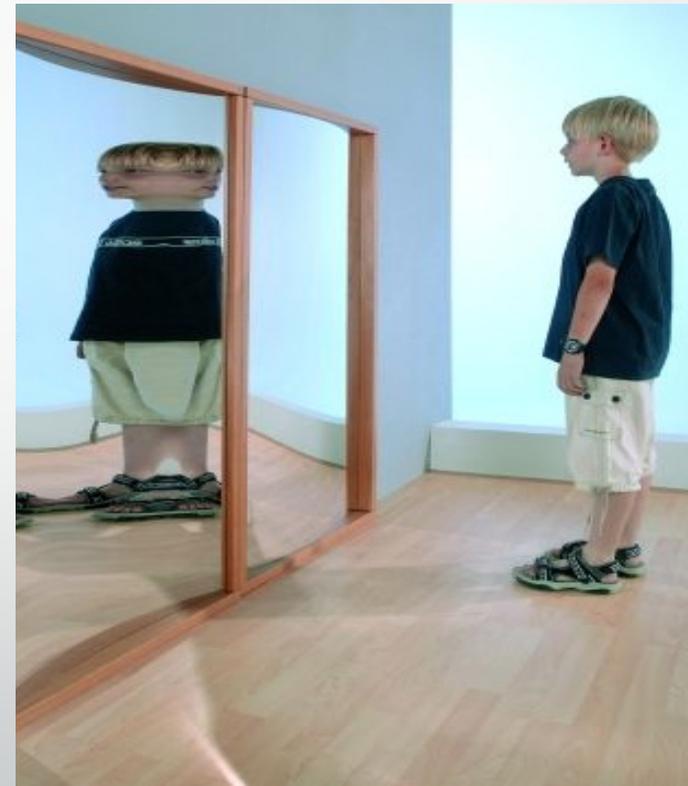
Characteristics of the survival parts in a symbiotic trauma

- Constant fighting and arguing to get into contact with the parents
- Idealising the mother or the father
- Identifying with the survival mechanisms of the mother/father
- Feeling responsible for the parents
- Identifying, merging and resonating with the traumatised parts of the mother/father or grandparents
- Repressing and denying one's own trauma



Consequences of a Trauma of Love

- Inability to distinguish between ones own feelings and those taken over from others
- Living another person's identity
- Lifelong symbiotic entanglement with the parents
- Symbiotic entanglement in all other close relationships
- Psychic problems of all sorts (anxiety, hyperactivity, depression, addictions, psychosis ...)



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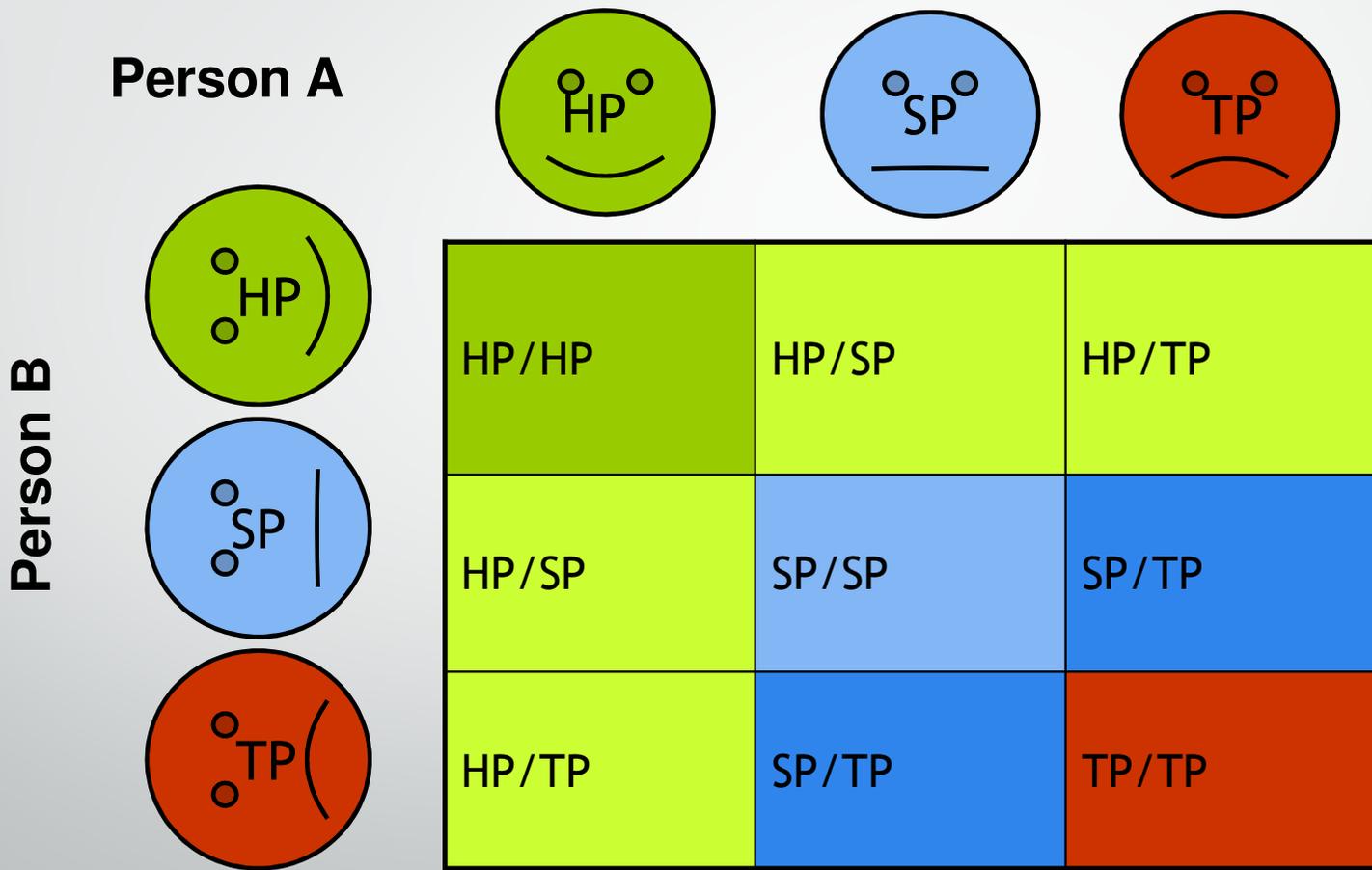
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Characteristics of symbiotic entanglements

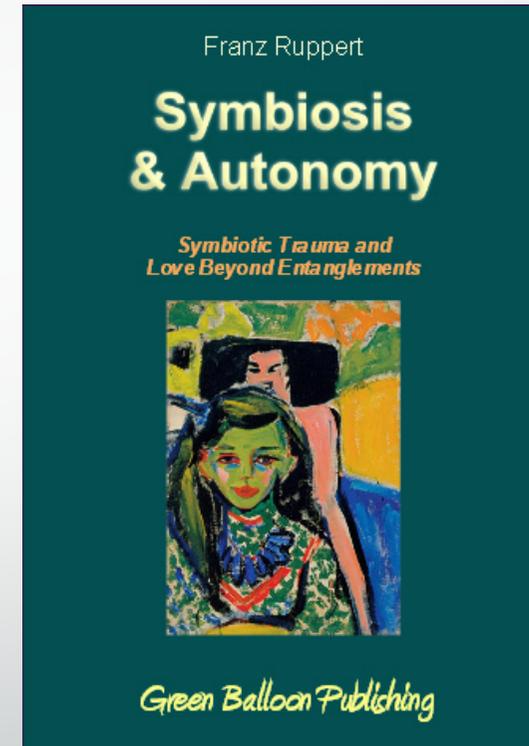
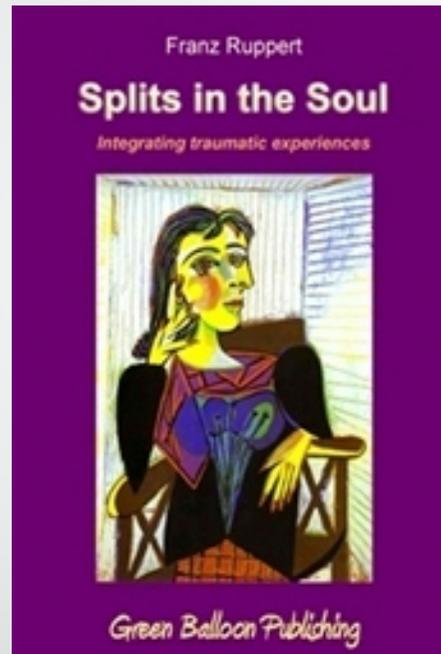
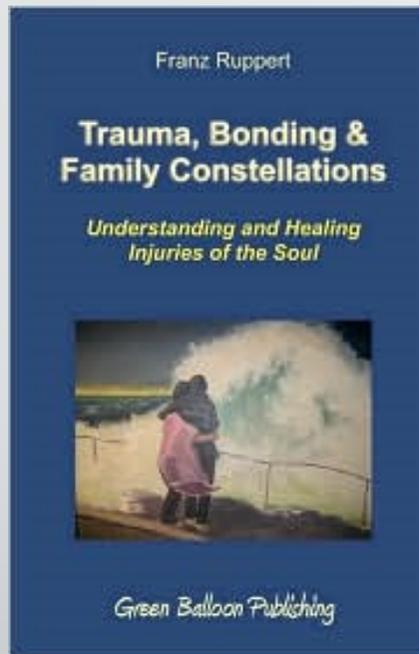
- ❖ Interactions between SP/SP, SP/TP
- ❖ Possessive and clinging behaviour
- ❖ Pushing the other to change
- ❖ Disapproval, high weight of expectations
- ❖ Inability to understand each other
- ❖ Rage, hate and aggression
- ❖ Dominance, rebellion, submission
- ❖ Exploitation and abuse
- ❖ Illusions of love, forgiving and reconciling



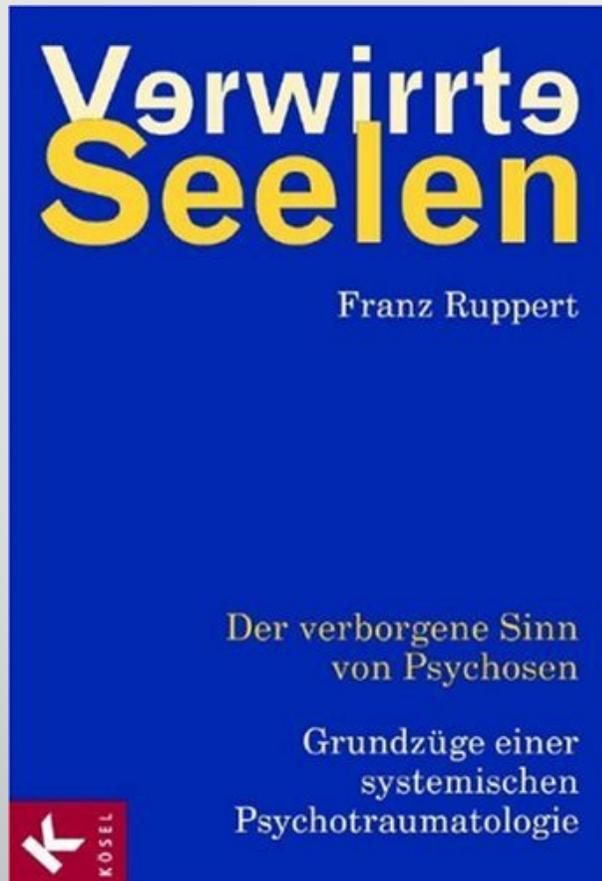
Healthy or symbiotically entangled relationship?



Books in English

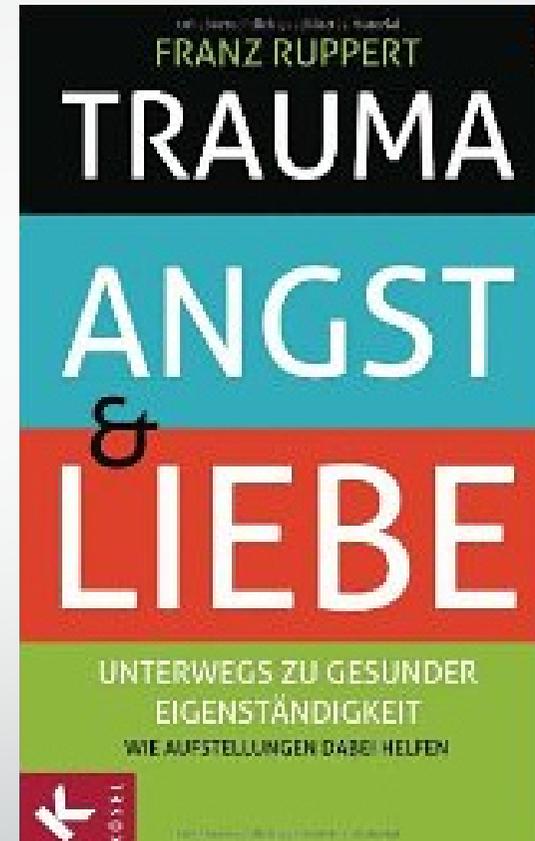


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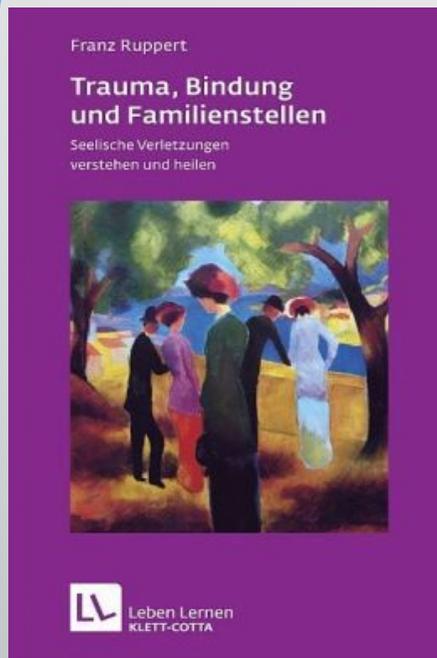


2012

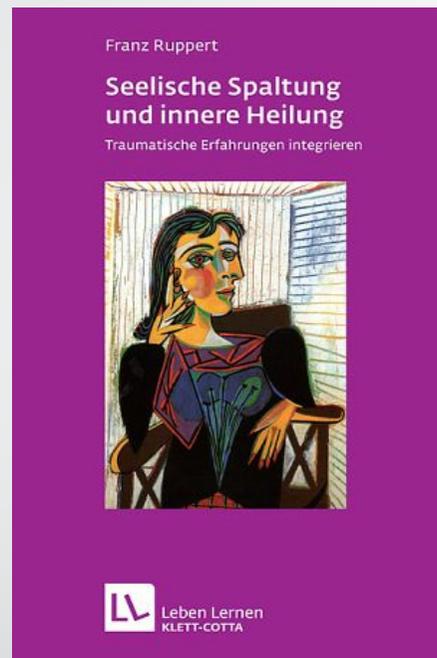
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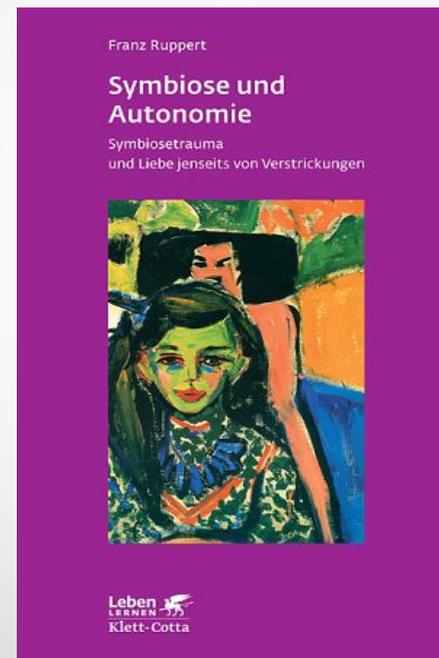
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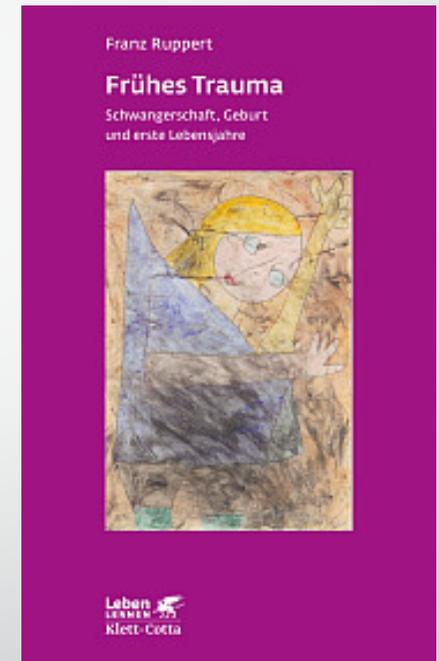
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