

Health, Illnesses & Psychotrauma

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

Basics of
Identity oriented Psychotraumatheory and –therapie (IoPT)
Oslo, 9th of March 2018

www.franz-ruppert.de

Agenda

- The living human organism in relation
- 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?

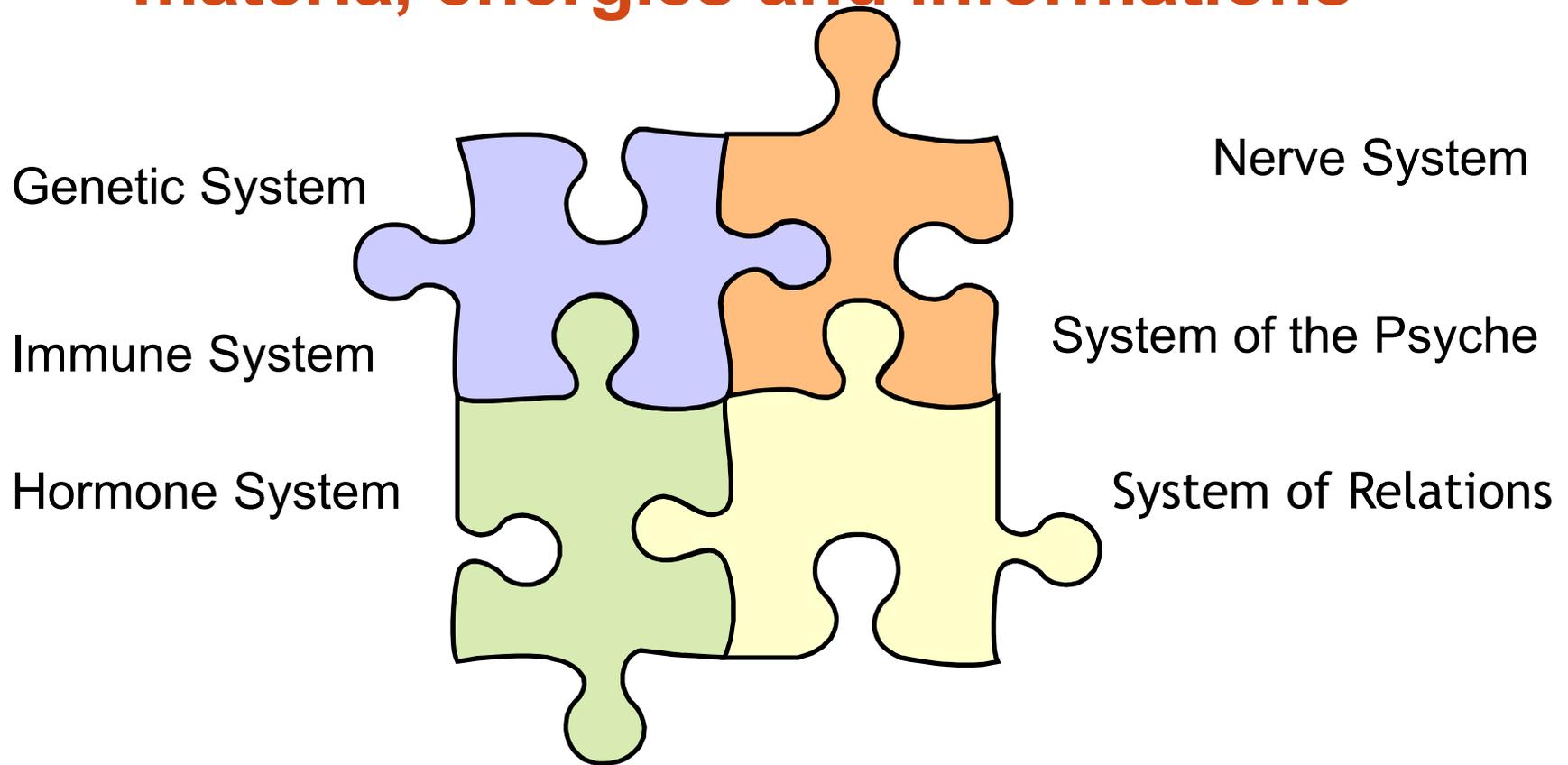
- Well-being and health or suffering and illnesses?



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

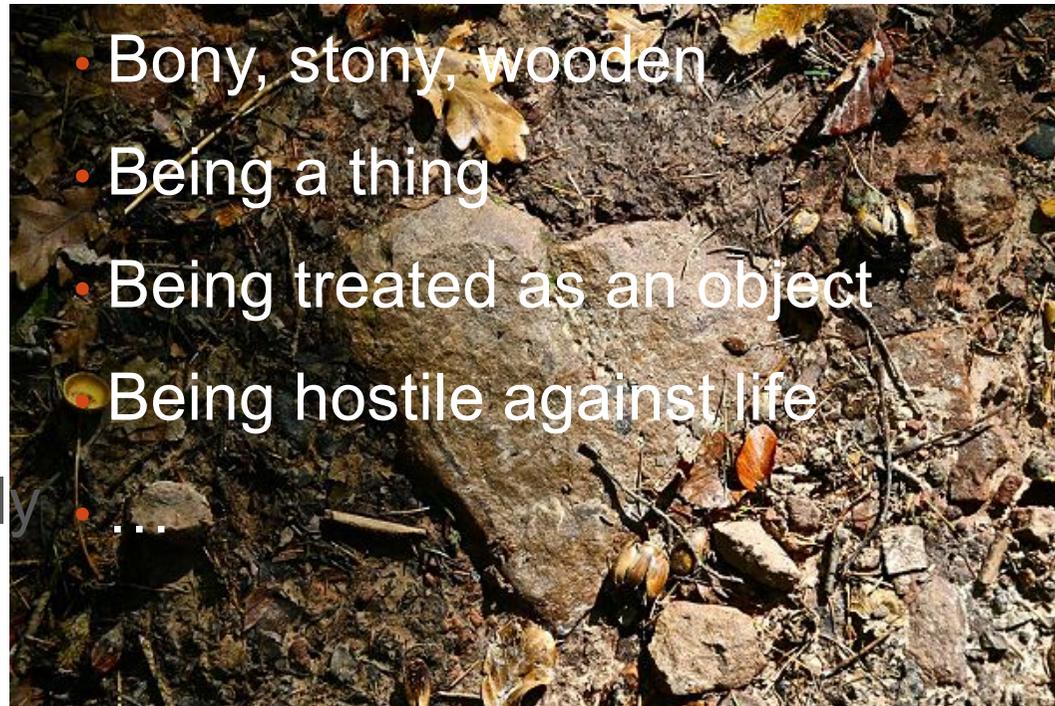


What does living = full of life mean?

- 
- 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
- Being mentally blocked
- Being socially isolated
- Functioning mechanically
- Being over controlled



What is necessary

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

to be and stay healthy?

Body and Psyche

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



„Physical 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, mentally and socially



Many of us not only suffer from one single trauma,
but from a Trauma Trias

Not wanted!

Not loved!

Not protected!

Trauma of being a Perpetrator



Trauma of Sexuality



Trauma of Love

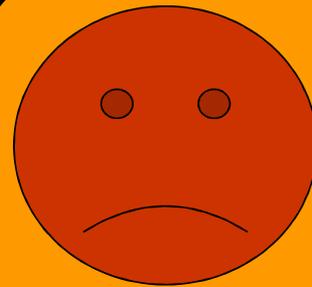


Trauma of Identity

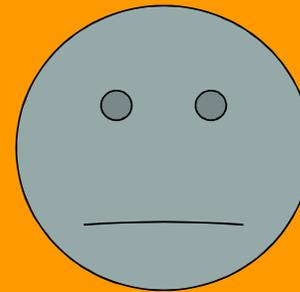
The Traumabiography

Splitting of the human psyche after a traumatising experience

Section 2:
Traumatised
parts in a
helpless,
overwhelmed
state



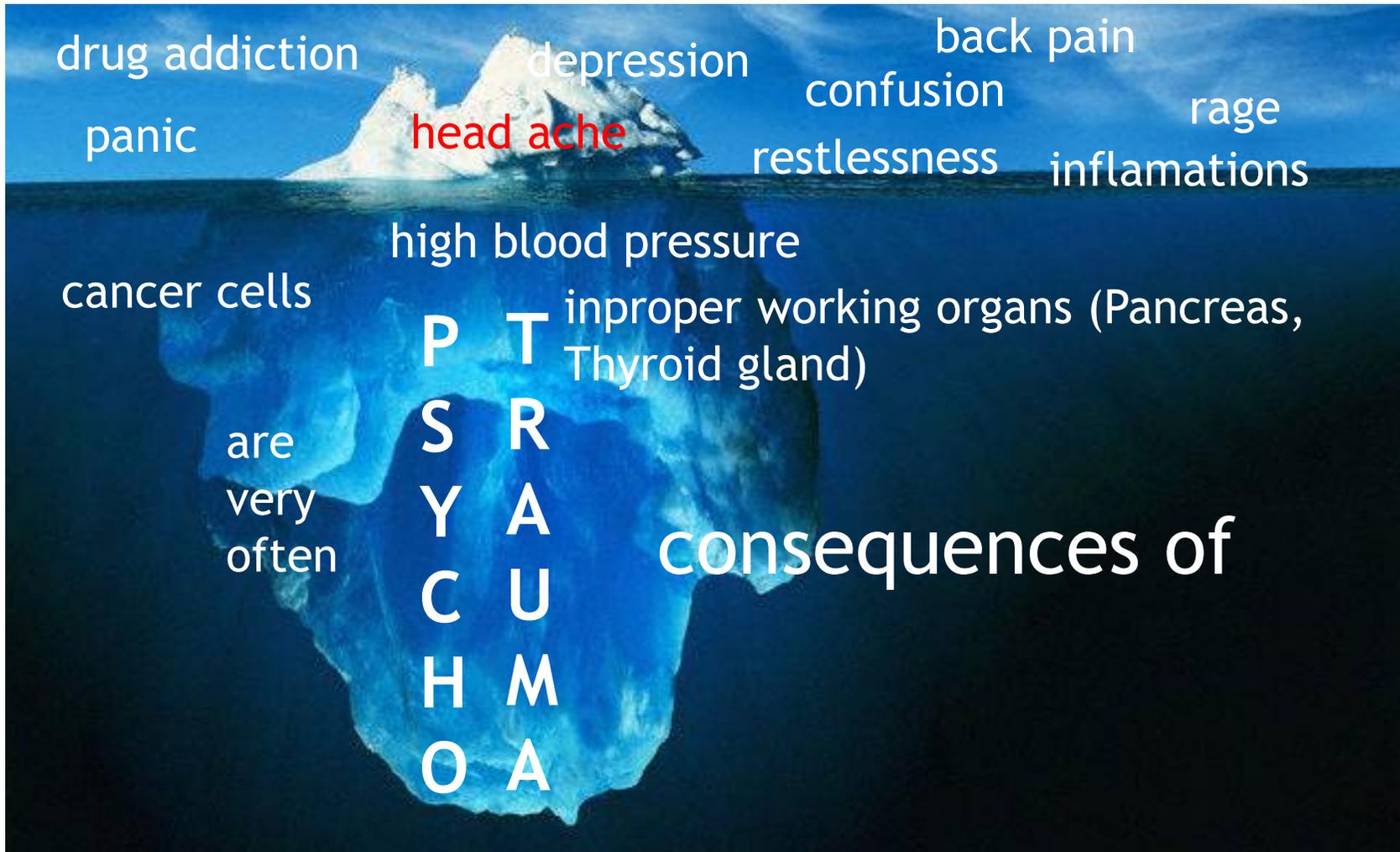
Section 3:
Surviving parts
in permanent stress

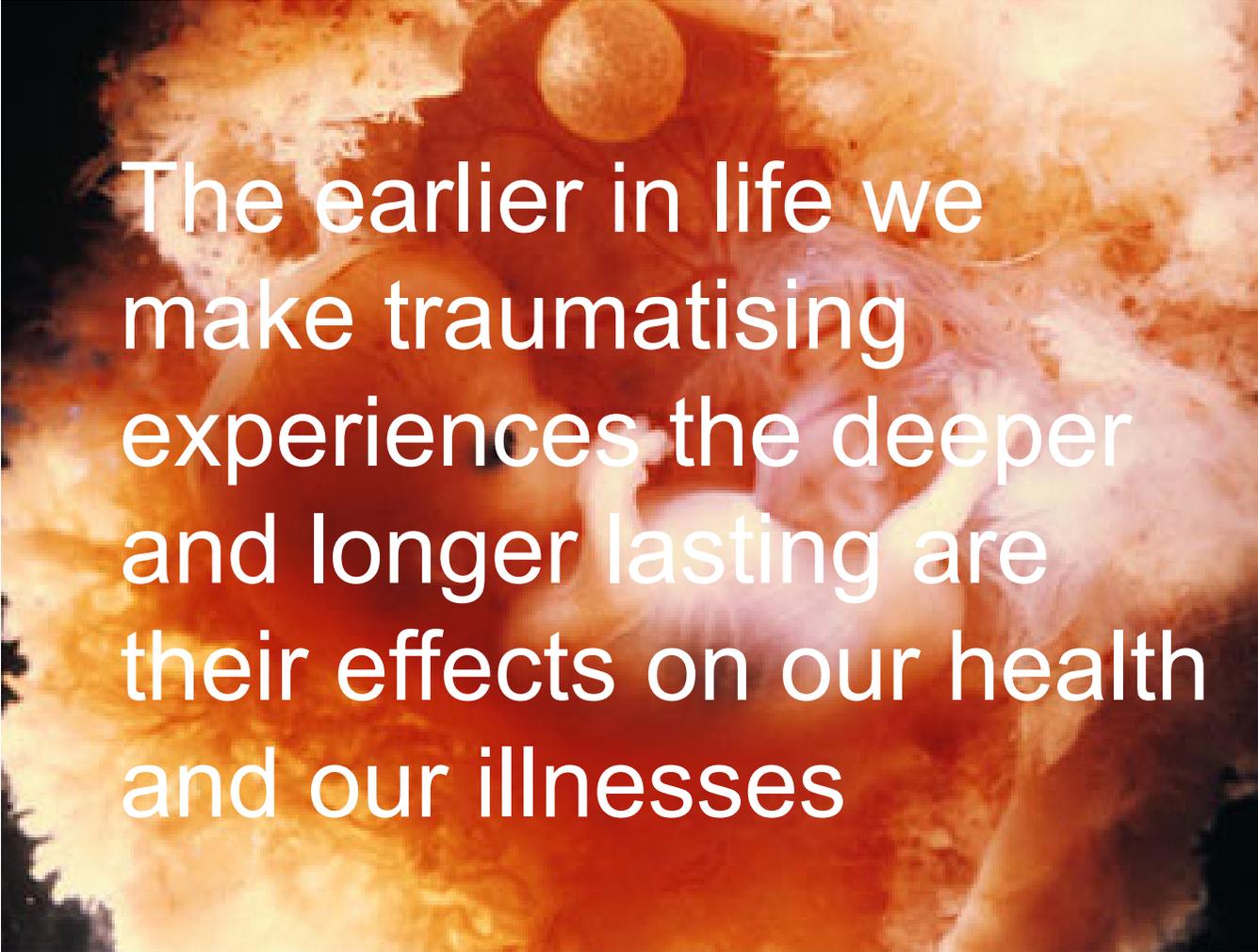


Section 1:
Healthy parts



Symptoms like





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

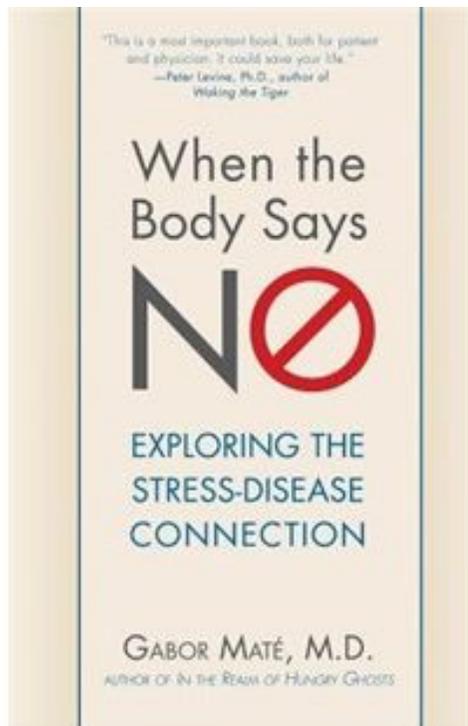
Adverse Childhood Experiences Study (Vince Felitti & Bob Anda 1998)

- 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>

Gabor Mate's experience:



Your body says
no, when you
don't say no!

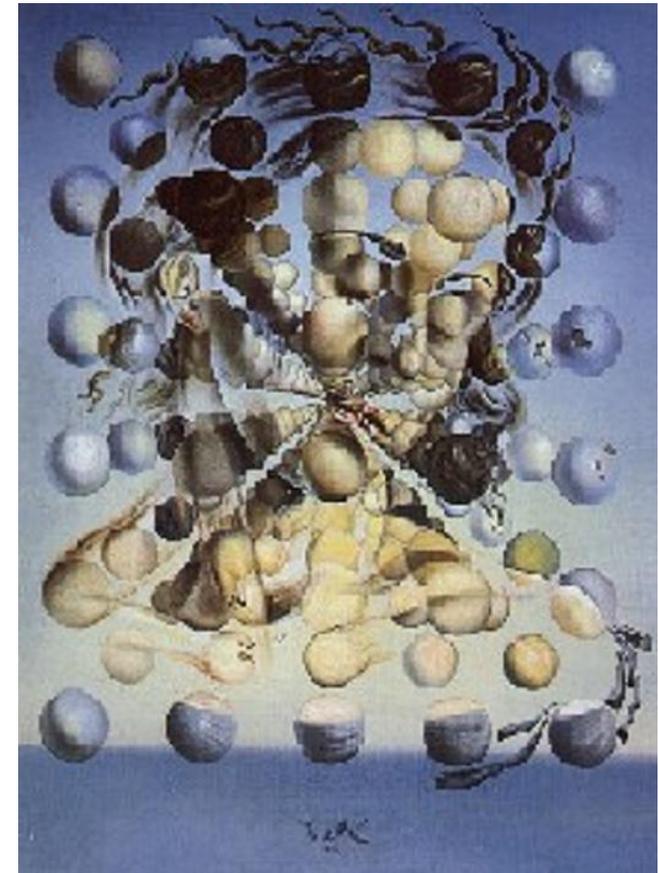
How does Psychotrauma influence the living human organism?

Trauma-emergency-reactions are

splitting the unity of the organism

separating movements, emotions and thoughts

disrupting the flow of energy and emotions within all relevant systems within the living organism



How does Psychotrauma influence the living human organism?

Patterns of trauma reactions (immobilisation, states of shock) are stored unconsciously in the muscles, the organs and the cells and are fixating patterns of psychic reactions and 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 unconscious and surviving mechanisms and conscious trauma-surviving-strategies are working hard to control and suppress the trauma reactions and keep them as unconscious as possible (e.g. by reduced breathing, suppressing emotions, use of medication and drugs)



How does Psychotrauma influence the living human organism?

- The suppression of psychotrauma 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

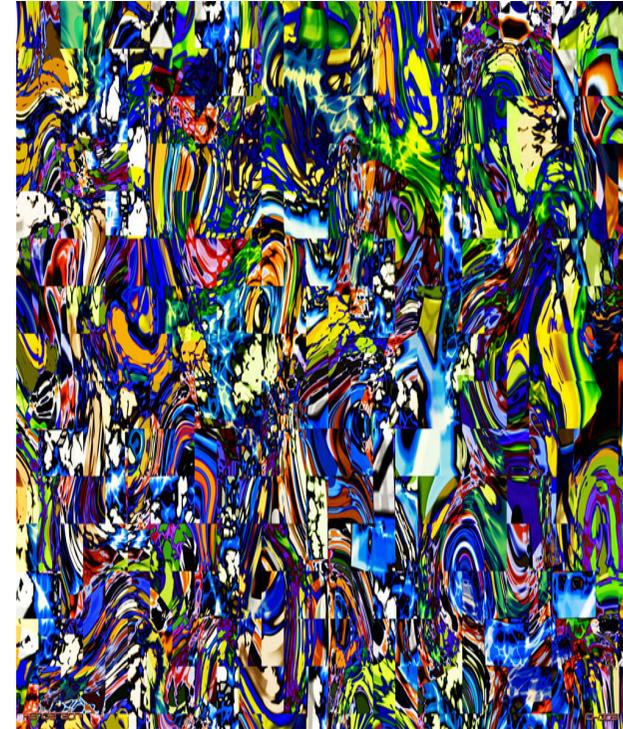


How does Psychotrauma influence the living human organism?

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 leading to autoimmune diseases and cancer



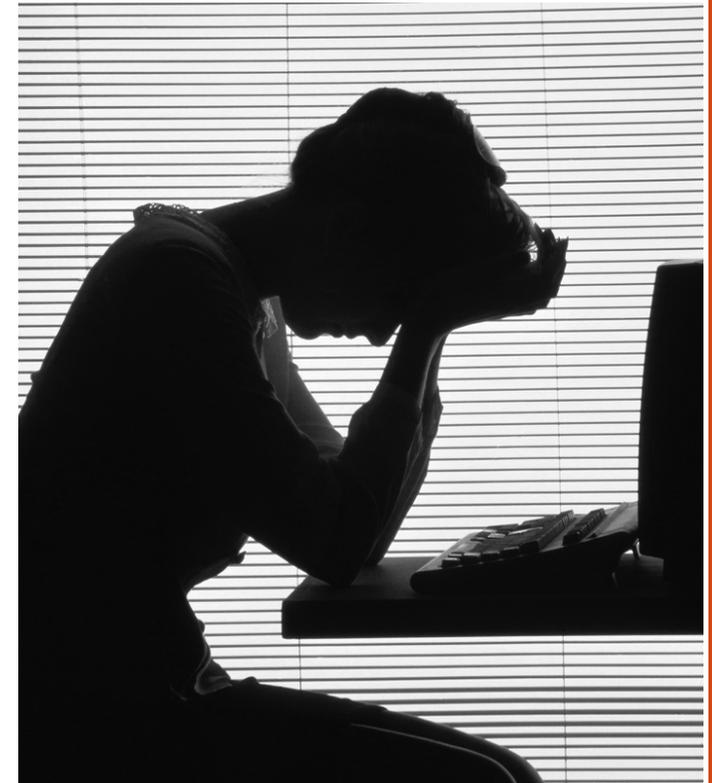
How does Psychotrauma influence the living human organism?

Trauma surviving strategies from our past are burdening and exhausting but are seen as a solution for present problems

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 for ourselves and for others



How does Psychotrauma influence the living human organism?

There is a lack of healthy I and free will that can manage the internal emotional chaos

There is no I 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
- We behave as perpetrators and feel as victims

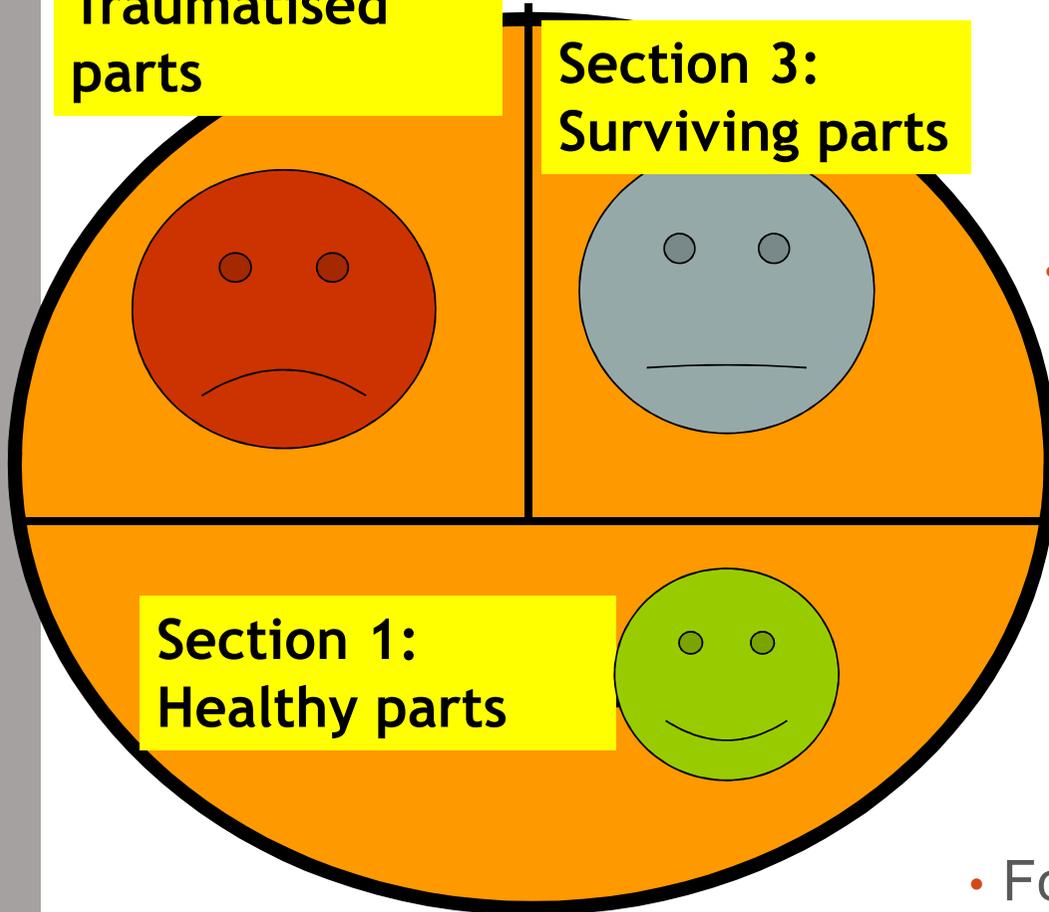


The reduced concept of health and illnesses within section 3

Section 2:
Traumatised
parts

Section 3:
Surviving parts

Section 1:
Healthy parts



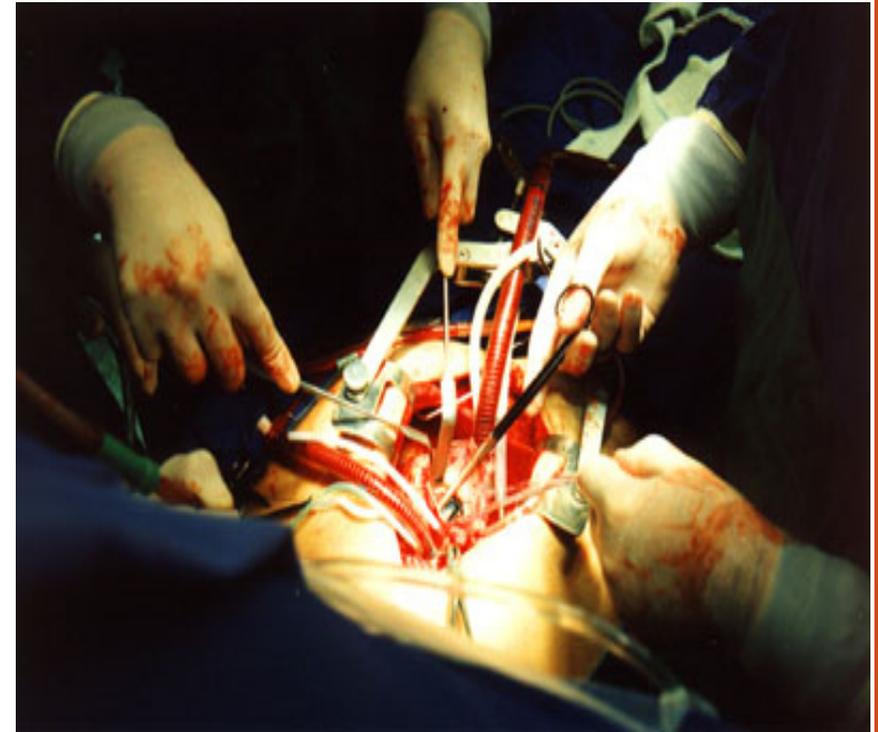
- Ignoring psychotrauma
- Identifying symptoms with illnesses
- Defining health as lack of symptoms
 - Separating body from psyche
 - Objectifying the human body
- Trying to produce health technically
- Curing illnesses not human beings
- Delegating responsibility to experts
- Forcing to accept the role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

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 psychological problems behind are not seen and adressed
- 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
- makes the understanding of the deeper and real causes even more difficult.



Healing the roots of trauma

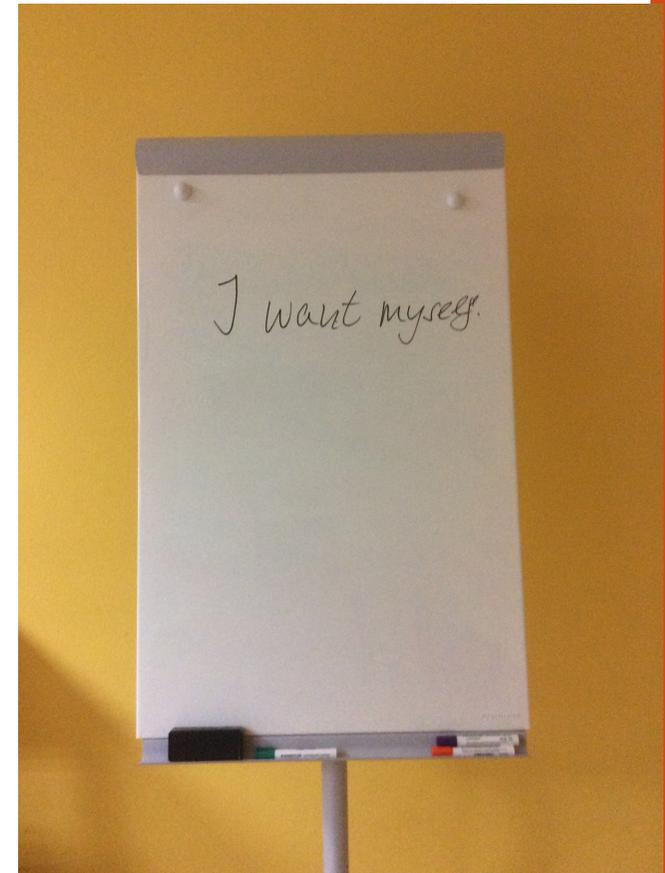
- **Trauma of Identity:** Acknowledging attempts of abortions, lack of contact with the mother in the womb, life threatening birth processes, immediate separation from mother after birth, finding out, when we first split of from our self, did not develop a free will and could not own our body
- **Trauma of Love:** understanding the entanglement with traumatized parents, that are not able to love their children in a healthy way, identifying our illusions of love

Healing the roots of trauma

- **Trauma of Sexuality:** identifying the relevant symptoms, admitting the fact of being made a psychotrauma-victim, naming perpetrators, understanding our self perpetration, leaving perpetrator-victim relations and systems, going in a loving contact with the split off and numbed parts of the body
- **Trauma of own Perpetration:** admitting being a victim of psychotrauma as basis for admitting being a psychotrauma-perpetrator, learning to accept the feelings of shame and guilt

Basic Method of Identity oriented Psychotraumatheapy (IoPT)

- Creating a free space for
- Self Encounter
- By exploring the sentence of our intention
- Word by Word
- by using points of resonance outside of us (other people or floor markers)



Picture of
an Intention
of a client
suffering from
HIV-infection



1. Conception
2. Attempt of abortion
3. Surviving state

Steps towards healthy Identity and 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 huge amounts of time and money in a reduced concept and psychotrauma ignoring system of illness and health care
- Becoming the subject of your health



Literature

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- Ruppert, Franz (2017). Early Trauma. Conception, pregnancy and birth and the first year of life. Steyning: Green Balloon Publishing.
- Ruppert, Franz & Banzhaf, Harald (2018). My trauma, my body, my I. Constellating intentions – exiting our trauma biography. Steyning: Green Balloon Publishing.
- All books are available in Norwegian!
- <http://www.cdc.gov/violenceprevention/cestudy/about.html>