

Who am I in a Traumatised Society?

London, 4th of May 2018

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‘Society’ = the outside world is the mirror of the inner world of human beings.

The condition of our human psyche determines how we live together.



How much do we know about the human psyche, and how our psyche develops?



5/1/2018

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What is our aim?

- A good life for myself
- A good life for those who live together with me on this planet
- A global society of autonomous and self-responsible subjects who take responsibility and enjoy their communities



The primary human condition:

Our relationship with our mother is our first 'society'.

This 'we' provides the imprint for our experiences with all further social affairs.



What happens, then, if our mother is traumatised?

We become traumatised too!



The same is true for the relationship between fathers and their children:

Traumatised fathers produce traumatised sons and daughters.



Trauma of being a Perpetrator



Trauma of Sexuality



Trauma of Love



Trauma of Identity

The Psychotrauma Biography

The Trauma Trio for many of us:

Being unwanted!

Being unloved!

Being unprotected!

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Splitting of the human psyche after a traumatising experience

Section 2:
Traumatised parts,
in a helpless,
overwhelmed state



Section 3:
Surviving parts,
Under permanent stress



Section 1:
Healthy parts



Psychotrauma Surviving Strategies

- Denying reality
- Creating illusions



Trauma of Identity

- Being unwanted
- Healthy 'I' and personal will is split-off
- Adaptation to the 'No' of the mother
- Serving the mother's surviving strategies
- Accepting other's attributions (e.g. psychiatric diagnoses)
- Identifying with external entities (e.g. nationality, religion, values, other people, sport clubs ...)

Trauma of Love

- Feeling abandoned and unloved
- Idealisation of parents, partners, children ...
- Trying to rescue others
- Identifying with relationships ('we' rather than 'I')
- Constant disappointment and attempts to be seen
- Denying the own trauma

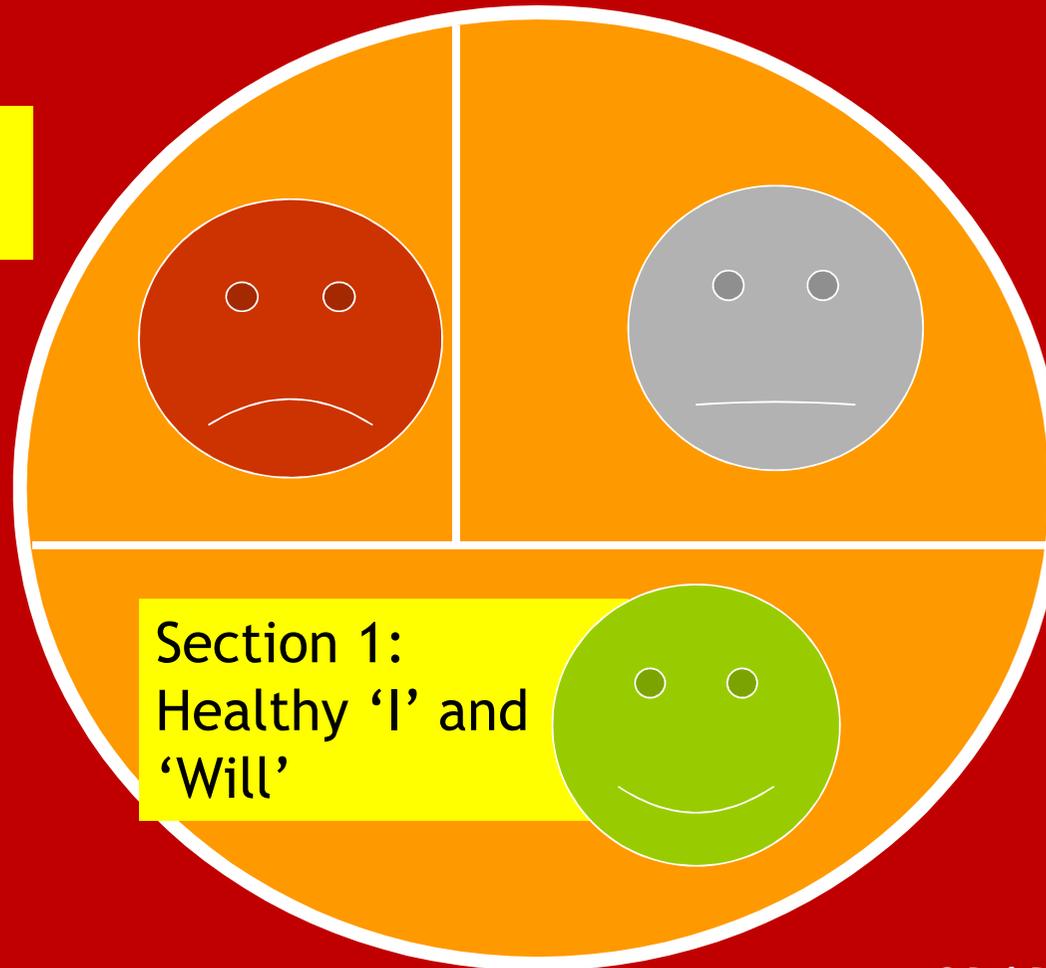
Trauma of Sexuality

- Being made an object of another persons sexual thrives
- Feelings of intense shame and disgust
- Lacking and denying memories
- Idealisation of perpetrators
- Repeating situations of sexual exploitation and vulnerability

Psychological Splitting of a Victim of Trauma

Section 2:
Being a Victim

Section 3:
Victim Attitudes



Section 1:
Healthy 'I' and
'Will'

Victim Attitudes

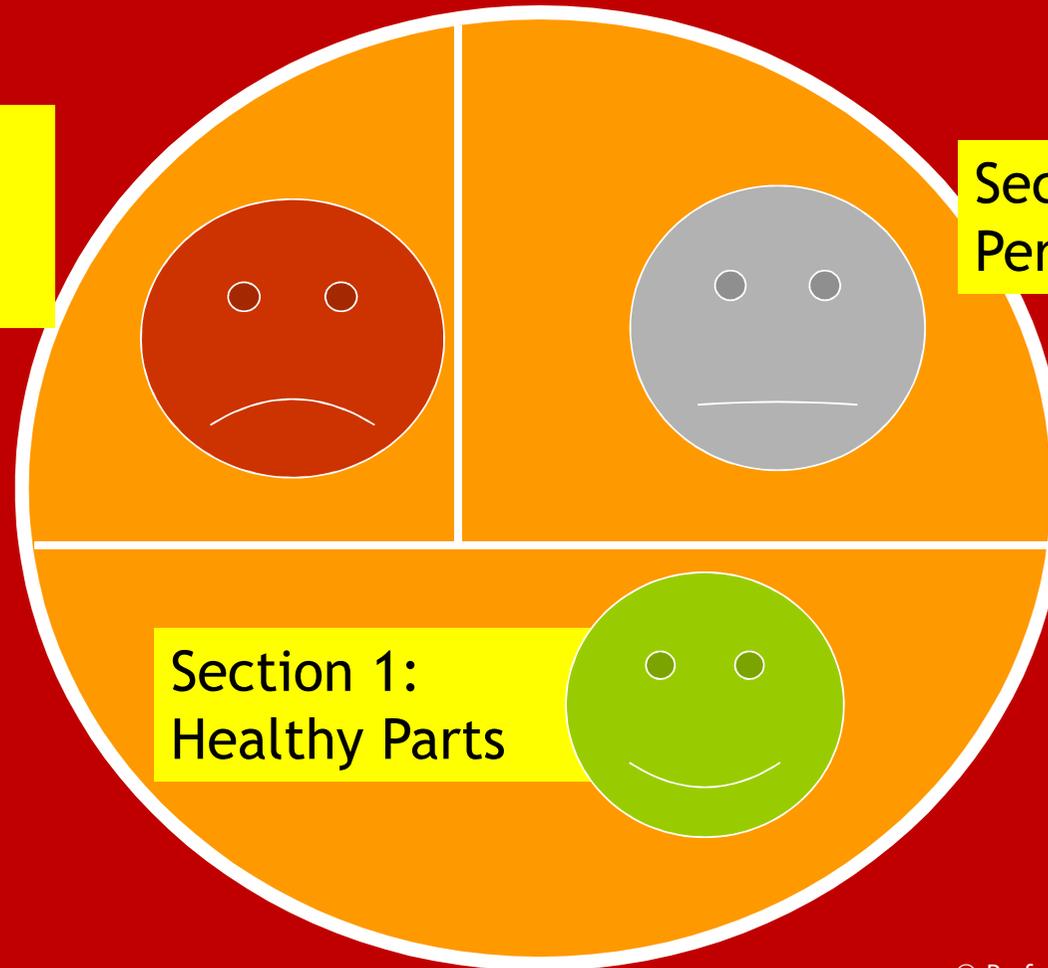
- Keep smiling!
- Obey the rules!
- Care for others, not for yourself!
- Feel guilty!
- Feel ashamed!
- Don't be weak! Be strong!
- Love and protect the perpetrators!



Splitting of a Perpetrator

Section 2:
Being a
Perpetrator

Section 3:
Perpetrator Attitudes



Section 1:
Healthy Parts

Perpetrator Attitudes

- Lie and deny!
- Don't show feelings or compassion!
- Become superior to others!
- Compete and win!
- Ignore the subjectivity of others!
- Hide behind roles and masks!
- ...



Many traumatised humans together create a traumatised and traumatising society.



Symptoms of a Traumatized Society

- A high ratio of unwanted children
- Many women who do not want to have children, or have so many children
- A high ratio of complicated births, and birth processes that include violent intervention (caesarean section, induction ...)



Symptoms of a Traumatized Society

- High ratio of babies who are separated from their mothers too early and for too long
- Early neglect of babies and young children
- Many single mothers in poverty
- Many sexually traumatized children



Symptoms of a Traumatized Society

Violence in partnerships and marriages



Symptoms of a Traumatized Society

- Highly competitive educational system
- Highly competitive economic system
- A rich few, and a mass of poor people
- Many poor and homeless people
- No financial security in old age



Symptoms of a Traumatized Society

- High ratio of crime
- A legal system of punishment that further traumatizes by isolation and prison treatment



Symptoms of a Traumatized Society

- Pornography, prostitution, criminal gangs
- Drug abuse and addictive behaviours in many forms
- High rates of chronic health problems, and a health care system that supports this
- High rates of mental illness, and a psychiatric system that supports this
- High rate of suicide



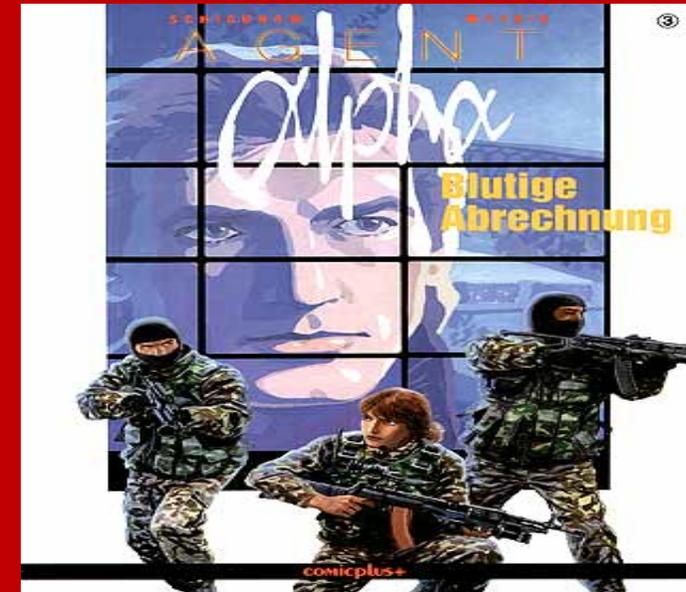
Symptoms of a Traumatized Society

- Manipulation of thinking by the mass media
- Sciences that produce ideologies
- Racism and prejudice in all its forms (race, gender, colour, religion)
- Nationalism
- Political extremism



Symptoms of a Traumatized Society

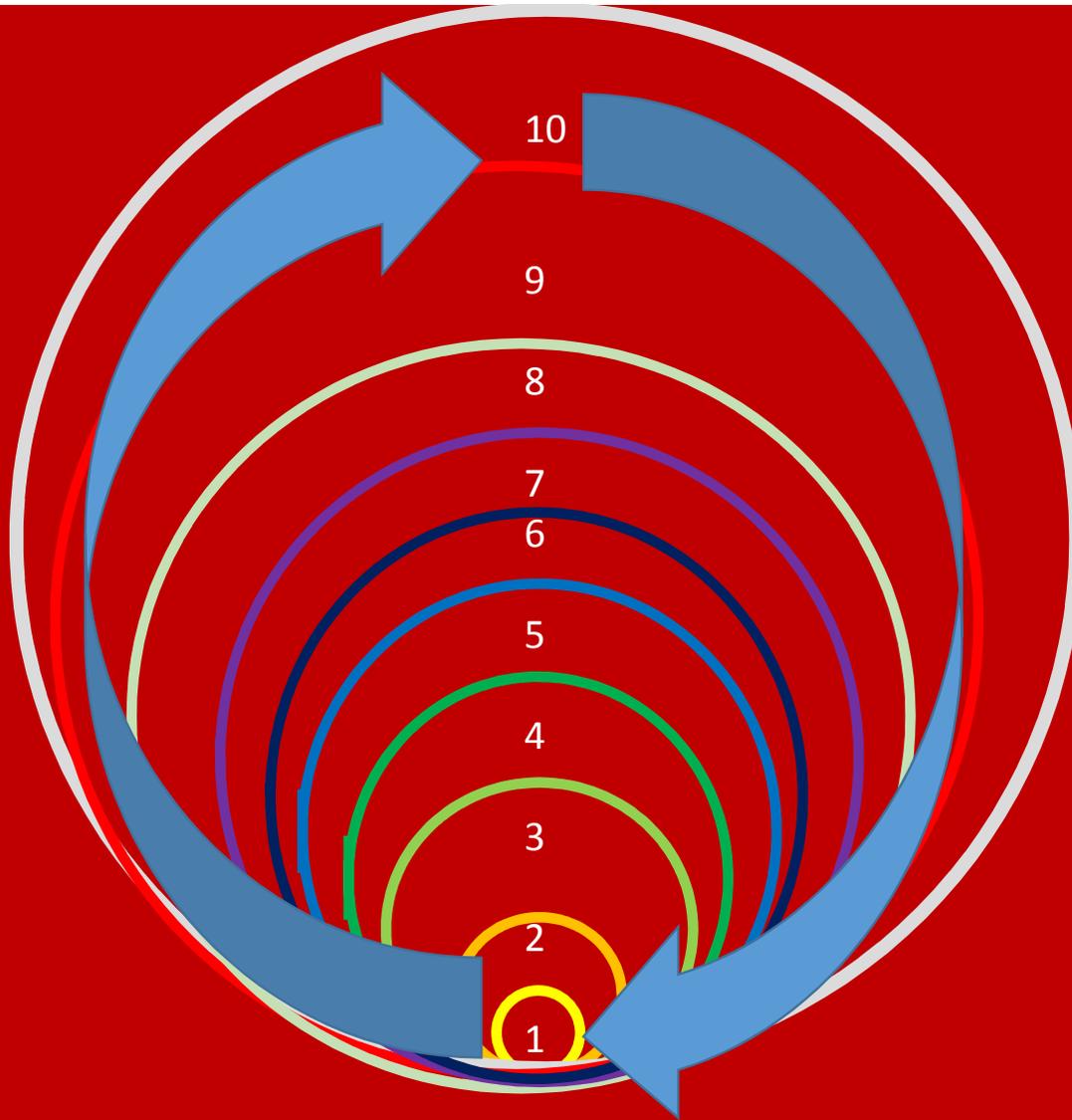
- Terrorist acts executed by states, organised terrorist groups and individuals
- High financial commitment to military and secret services
- Permanent readiness for military conflicts
- Millions of refugees



Symptoms of a Traumatized Society

- Partners are Perpetrators
- Parents are Perpetrators
- Economic leaders are Perpetrators
- Political leaders are Perpetrators
- Violence and competition are glorified





1. Traumatized mothers and fathers traumatising their children
2. Traumatizing obstetrics
3. Traumatizing early care systems
4. Highly competitive educational system
5. Highly competitive economic system
6. Conflict between the sexes
7. Symptom-oriented health care system
8. Symptom-oriented legal system
9. Symptom-oriented political system
10. Competition between nations with permanent readiness for war

Most obvious Trauma Symptoms

WARS

Destruction of Nature
Violence against Children
Rape

Disguised
perpetrator
and victim
attitudes

Corruption, Arms Trade
Money Laundering,
Secret Services
Dark Net

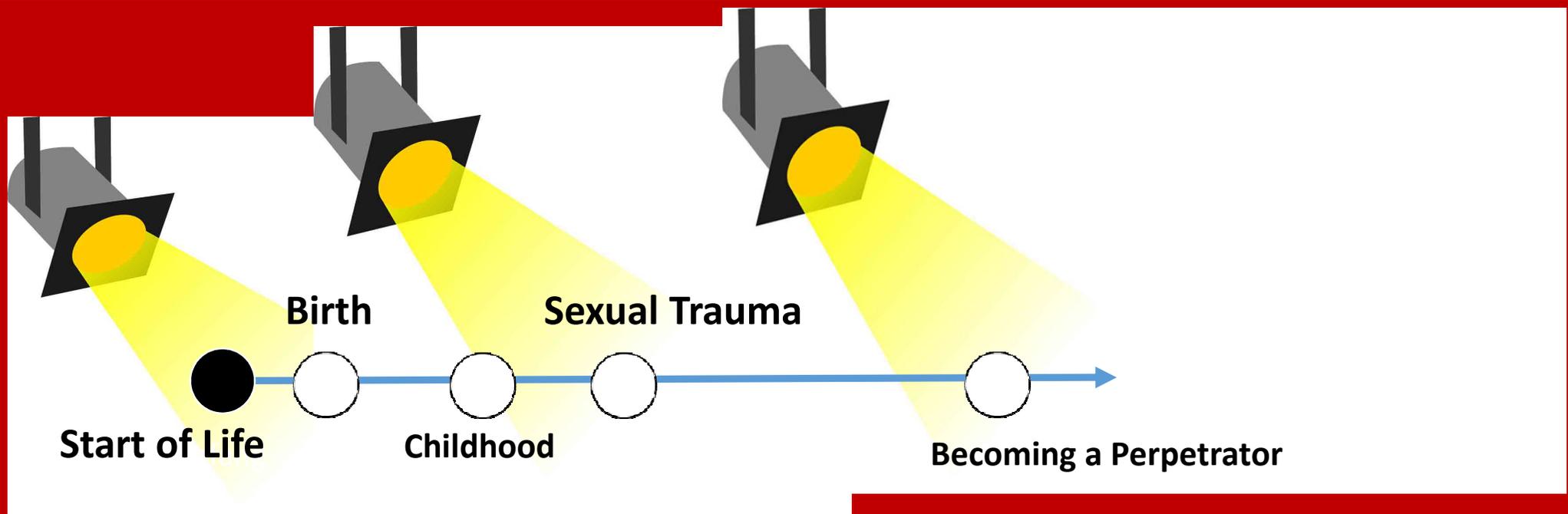
Trauma of Sexuality
Trauma of Love
Trauma of Identity

Pre-, peri-, post-natal trauma

In a traumatised and
traumatising society it is
'normal' to experience
your healthy needs as
something alien to you,
and to see what is
contrary to your interests
as if it is in fact yours.

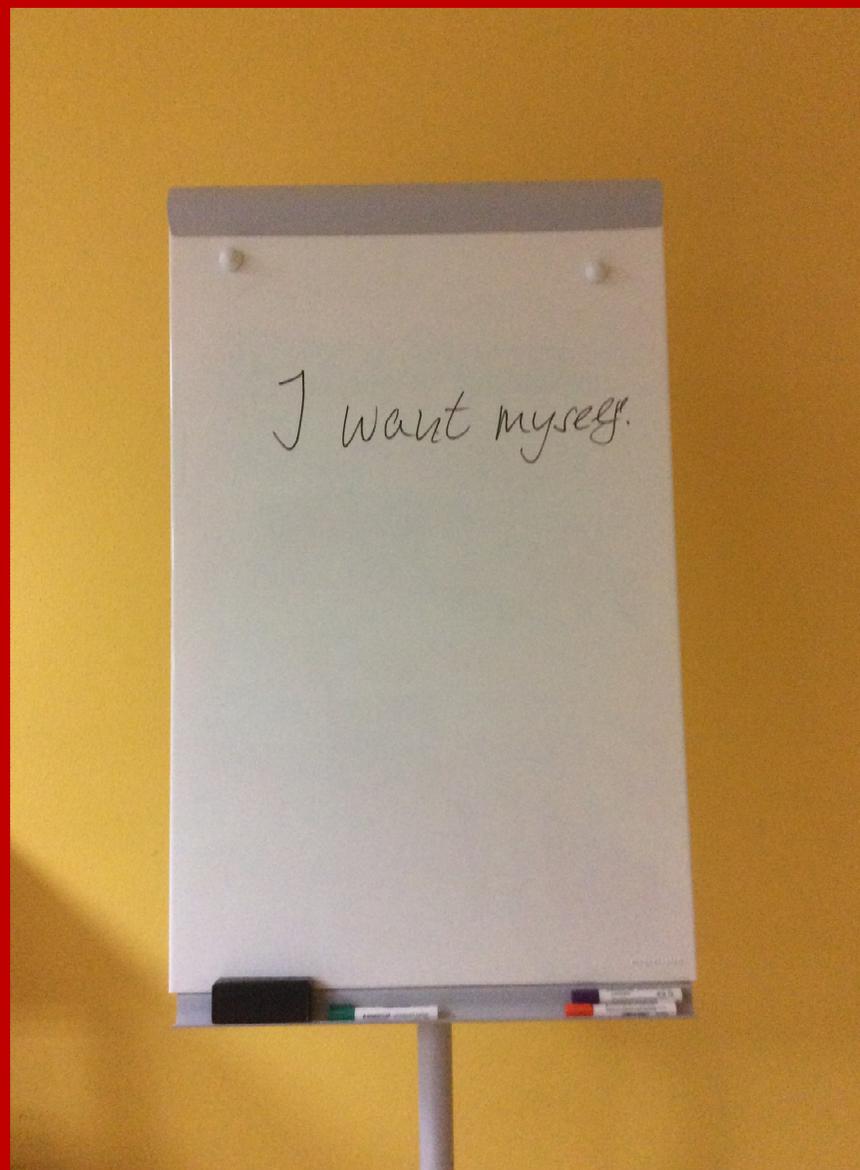


In traumatised societies the reality of psychotrauma is the most neglected and ignored fact.



The way out:

- Look at yourself – exit your trauma biography
- Make use of the potentials of Identity oriented Psychotrauma theory and therapy (IoPT)



- Become yourself the Society you want to have.
- Encourage others to do the same.
- Together we can support each other.
- If you want to take a leading role in society **please** make the effort to exit your trauma biography.



Literature

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