

# Sexual Psychotrauma

Human Sexuality  
defined by Identity oriented  
Psychotraumatheapy (IoPT)

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# Identity oriented Psychotraumatheory (IoPT)

- **Theory:** Identity oriented Psychotraumatheory
- **Methode:** Intention Method
- **Technique:** Resonance Technique

## Most important aspects

- Human Psyche
- Psychotrauma
- Identity
- Love
- Sexuality

Trauma of being a Perpetrator



Trauma of Sexuality



Trauma of Love



Trauma of Identity



# The Psychotrauma Biography

# Healthy Human Sexuality

- Is a life force and deeply connected with the psyche and the body of a woman or a man
- Is connected with pleasure and the desire to love and to be loved
- Is a basic element for long lasting partnerships



# Healthy Sexual Identity

- My healthy I
- with my free will
- in my own body
- with my own feelings
- with my own phantasies
- with my own practises
- in my relations



# Types of a Sexual Psychotrauma

- Sexual psychotrauma during childhood in different degrees
- Incest, i.e. sexual intercourse with relatives
- Rape inside and outside of a partnership
- Rape as a strategy of soldiers
- Pornographie
- Prostitution
- Ritual sexual sadism



# Sexual Psychotrauma

## Aspects of Bonding

- I am made an object by a perpetrator
- My love and confidence is misused
- love and aggression seem the same
- Boundaries between the older and younger generation are destroyed
- Responsibility is turned upside down
- Trust in others is lost



# Sexual Psychotrauma

## Aspects of a Shock-Trauma

- 1. State: freezing, numbing, behaving like dead
- 2. State: leaving the body, observing oneself from outside
- 3. State: giving oneself and the own will up

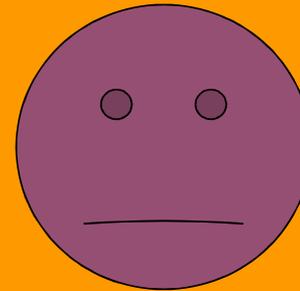


# Splitting of the Human Psyche after a Traumatising Experience

Section 2:  
Traumatised  
parts in a  
helpless,  
overwhelmed  
state



Section 3:  
Surviving parts  
under permanent  
stress



Section 1:  
Healthy  
parts



# Symptoms of Sexual Psychotrauma

- Nightmares and sleeping problems
- Various anxieties
- Learning difficulties
- Extreme clinging
- Extreme retreat
- Depression, lack of feelings
- Physical illnesses



# Symptoms of Sexual Psychotrauma

- Disliking one own's body
- Disgusting sexuality
- Shamelessness
- Promiscuity
- Prostitution
- Masochism, Sadism
- Drug Abuse
- Hostility
- Criminality
- Confusion and Madness



# „Eating Disorders“ as Trauma Surviving Strategies connected with a Sexual Psychotrauma

- So called „Anorexia“: Attempt to controll one’s body reactions, e.g. desire and pleasure
- So called „Bulimia“: vomiting out the penis and the swallowed sperms
- So called „obesity“: making one’s body inattractive for the perpetrator



# Self Harming Behaviour as Trauma Surviving Strategy

- To overcome numbness
- To resolve the inner pressure
- To make oneself inattractive
- To cry for help nonverbally
- To reinscenate the experience of violence
- Identifying the the perpetrator
- To express hate about the own weakness



# Inner Parts of sexually traumatized Children

- Splitt off traumatized parts with panic, shame, disgust
- Parts that hate the perpetrator
- Parts that do not trust anybody
- Parts with love illusions towards the perpetrator
- Parts that want to satisfy the perpetrator sexually
- Parts that disgust the own helplessness
- Parts that feel guilty
- Parts that feel shame for the perpetrator
- Still available: healthy parts

The dynamic of a sexual psychotrauma is one of the main reasons for so called mental diseases like „Borderline“, „Schizophrenia“, „Psychoses“ or „addictions“.



# Reinscenating the Sexual Psychotrauma

- Is done unconsciously by the Surviving parts
- Hoping to free oneself from the intolerable inner states and
- To gain controll over perpetrators



The victims of Sexual  
Psychotrauma can easily  
become the perpetrators  
in the next generation.

Women with love illusions  
relate with men with  
power and sex illusions.

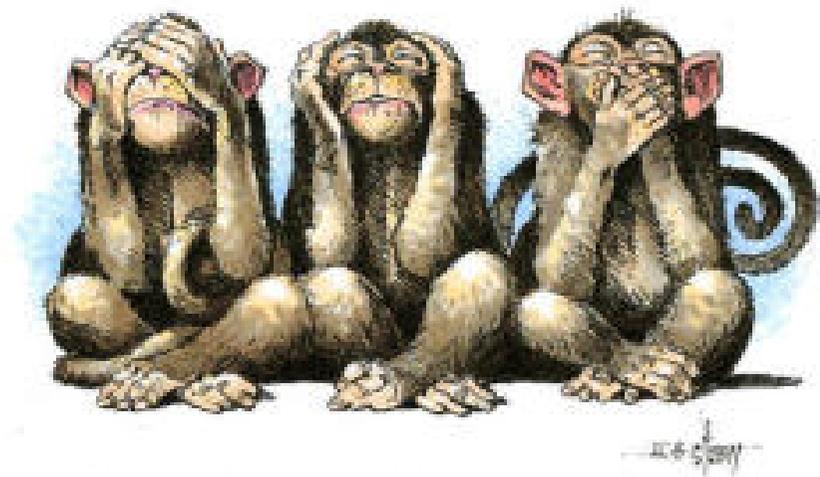
# Vicious Circle of Sexual Psychotrauma

- Sexually traumatized girls become mothers that traumatize their own children emotionally and sexually.
- The girls of sexually traumatized mothers have a high risk to become sexually traumatized too.
- Sons of traumatized mothers become emotionally confused and are in high risk to become sexually traumatized by their mothers.
- Those sons are in a high risk to become later on perpetrators in sexuality.



# Problems to seek for therapeutic support when being sexually traumatized

- Loyalty with the perpetrators is very high
- It seems impossible to accept being a victim of such cruelties
- Feelings of shame are too massive
- Closeness with a therapist produces panic
- Fear to become dependent again from a close person (the therapist)



# Principles of Identity Therapy regarding Sexual Psychotrauma

- Connecting the **symptoms** with the sexual trauma
- **First** focusing on the „Trauma of Identity“ and establishing a healthy I and a free will
- **Secondly** making aware the „Trauma of Love“ and the entanglements with the perpetrator(s)
- Making aware, that partnerships and relations with own children can be surviving strategies to avoid the realization of the sexual psychotrauma

Immediately stop to follow me!

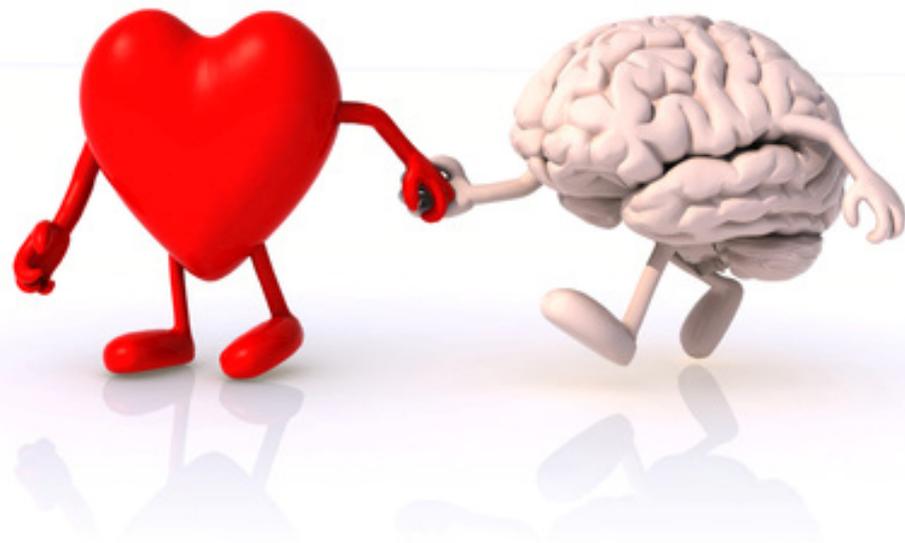


But ... I love you

# Goals of Identity Therapy regarding Sexual Psychotrauma

- Helping to realize the unthinkable: that the parents are sexual perpetrators
- Identifying the perpetrator parts within the victim
- Helping to speak out facts and truth
- Clearing responsibility and guilt
- Seeing the needs of children for closeness, love and body contact as normal
- Helping to remember
- Helping to open up for good feelings

*I want myself.*



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