

# Symbiosis and Autonomy

Trans-generational trauma:  
the unconscious connection  
between bonding and  
trauma

Friday 27th of January 2012,  
Literaturhuset, Oslo

[www.franz-ruppert.de](http://www.franz-ruppert.de)

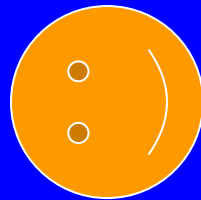
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# Agenda

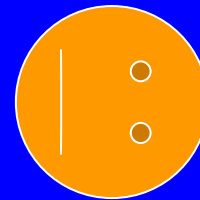
- Case study Laura
- What is the Psyche?
- Basics for a healthy Psyche
- What's a trauma?
- The trans-generational effects of the symbiosis trauma
- Constellations of the Intention

# Starting Position for Laura's constellation

intention



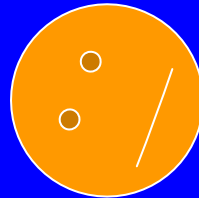
Laura



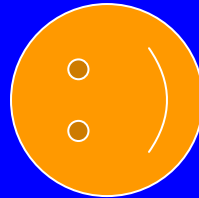
„How can I find  
a good relationship  
with a man“

# After 1st intervention

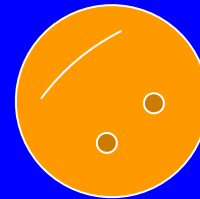
Laura



intention



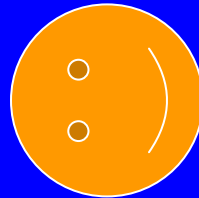
„How can I find  
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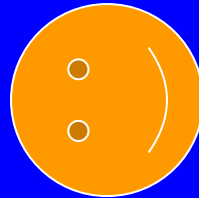
Impuls to  
run away

# After 2nd intervention

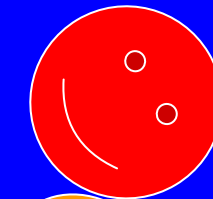
Laura



intention



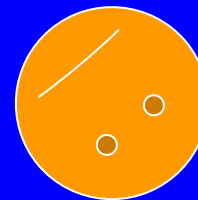
„How can I find  
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mother

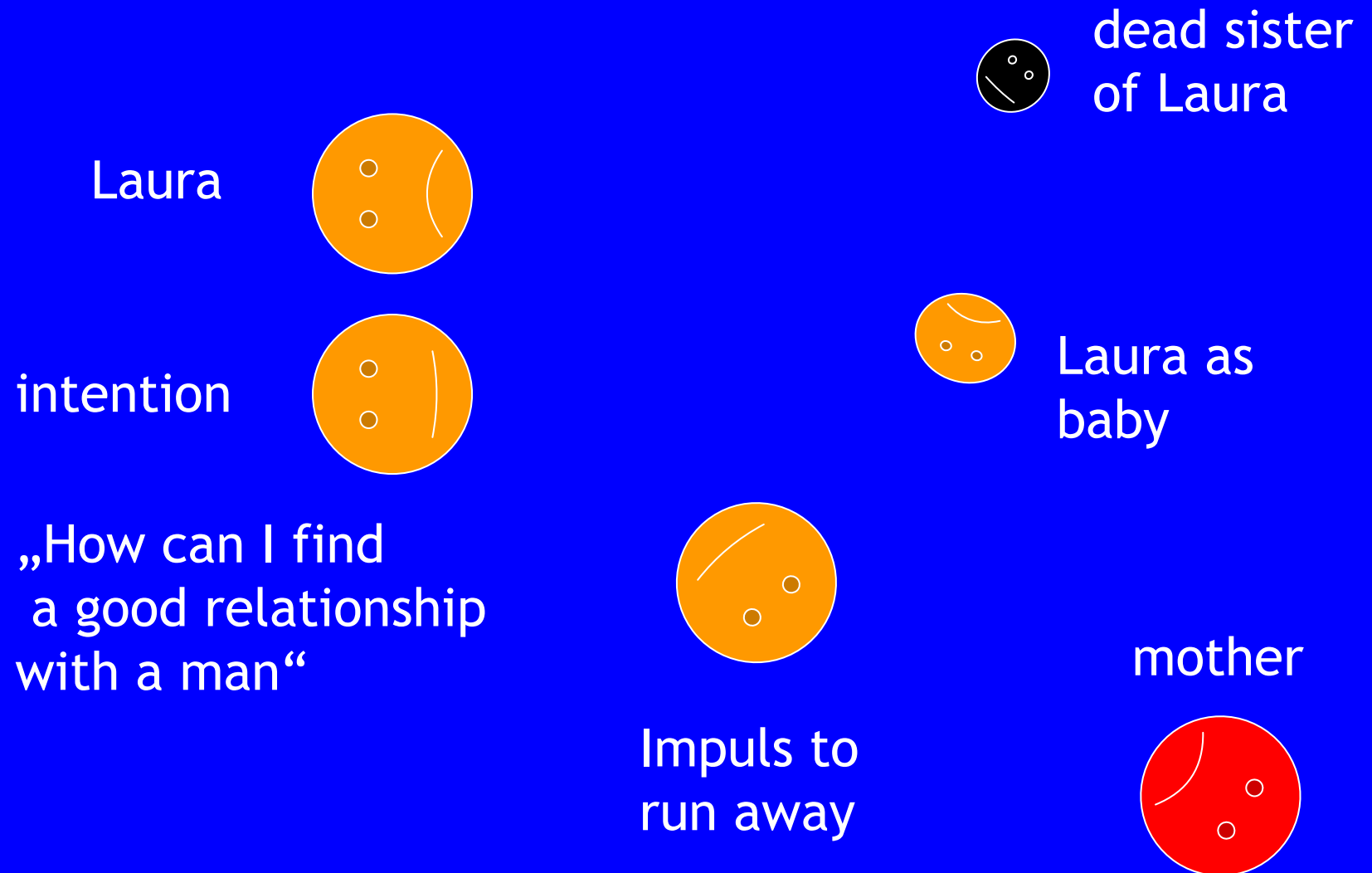


Laura as  
baby



Impuls to  
run away

# After 3rd intervention

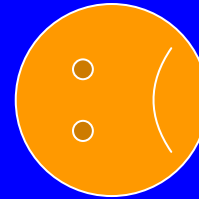
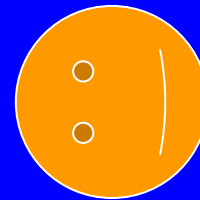


# After 4th intervention

 dead sister  
of Laura

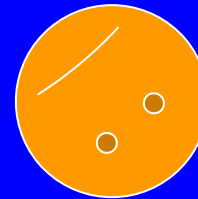
Laura

intention



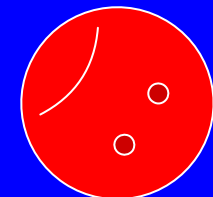
Laura as  
baby

„How can I find  
a good relationship  
with a man“



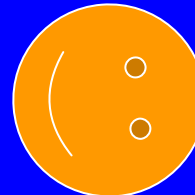
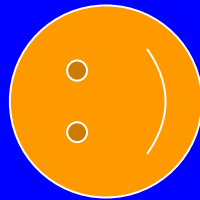
Impuls to  
run away

mother



# Final picture

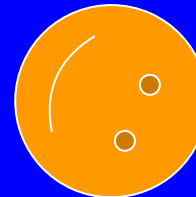
Impuls to  
run away



Laura



Laura as  
baby



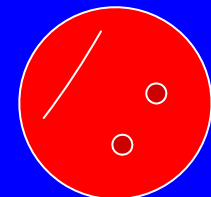
intention



dead sister  
of Laura

„How can I find  
a good relationship  
with a man“

mother

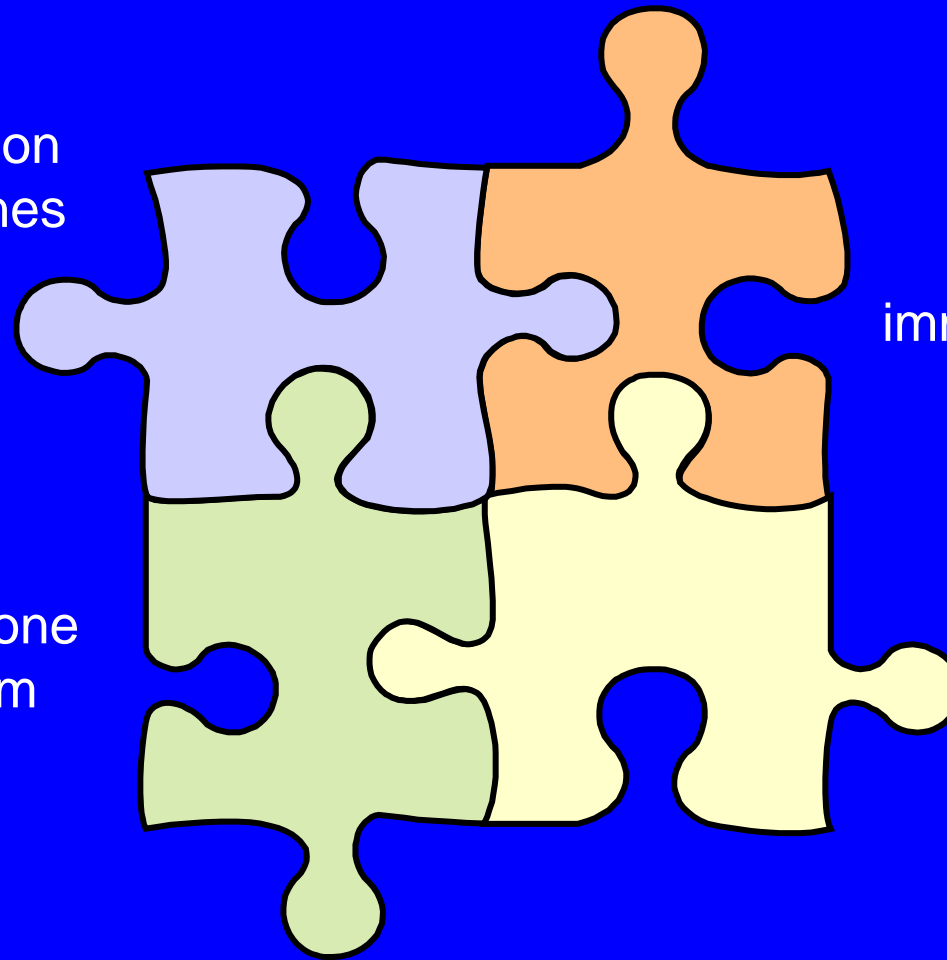


# Conclusions

- Laura's mother is traumatized by the death of Laura's sister
- The separation from her mother was a trauma for Laura as a baby
- The traumatized baby is still split off in Laura's psyche
- Close relationships are triggers for Laura's separation anxieties
- First Laura's has to integrate her splits then she can make good relationships with others

# Psyche as a part of the psychosomatic Network

cell-to-cell-  
communication  
made by genes



immune system

psychic system

hormone  
system

- multidimensional
- selective
- adaptive
- creative

# Main function of the “Psyche”

- Helping the living organism get access to reality
- outside the body
- within the body
- in order to survive and procreate.



# Main abilities of the Psyche

- to perceive
- to feel
- to think
- to remember
- to be conscious of oneself

“Psyche“ means different software programs to process information and to coordinate actions for the human body.



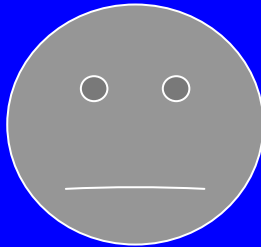
# Three main states of the Psyche

- Well being



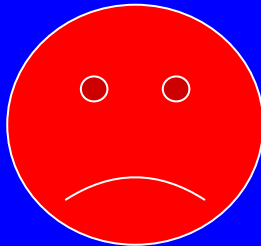
- no existential threat

- Stress programs



- **openness to reality**
- existential threats
- **focusing on the dangerous reality**

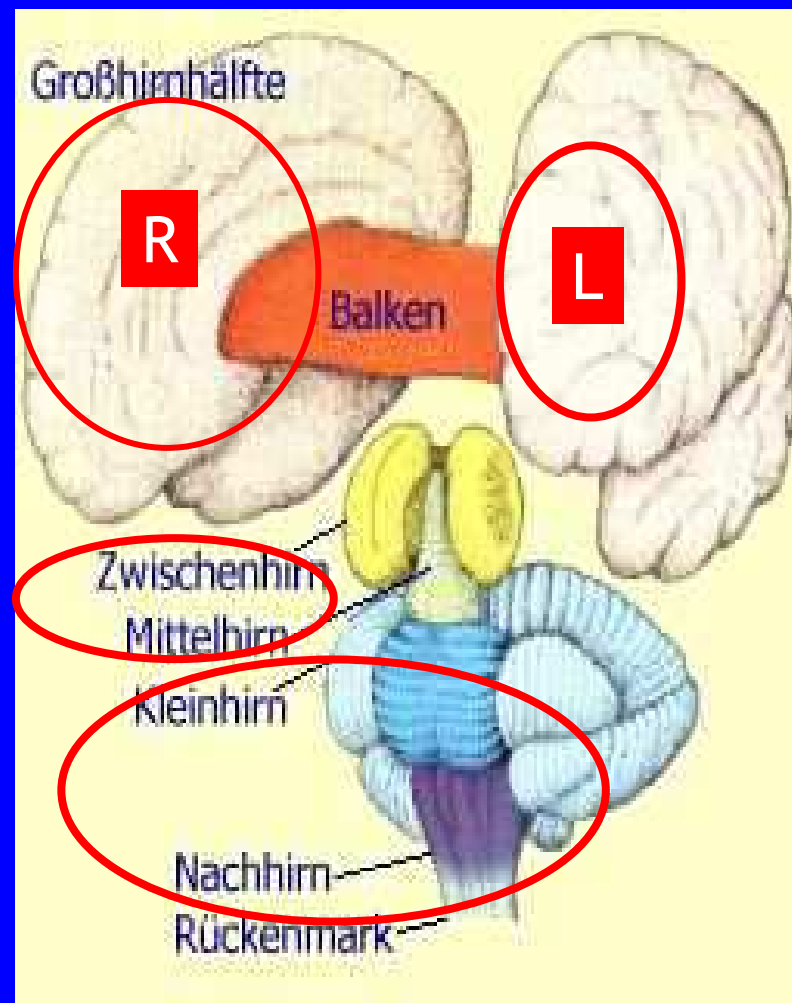
- Trauma reactions



- threats are overwhelming
- **denial of reality**

# Four human brains and their psychological programs

- left hemisphere: Speak!  
Think rationally! Be yourself!
- right hemisphere: Imagine and associate! Invent and create your own world!
- the mammal brain: Love your relatives! Keep close contact with your social groupings!
- the reptile brain: Fight or flight! Anxiety and aggression

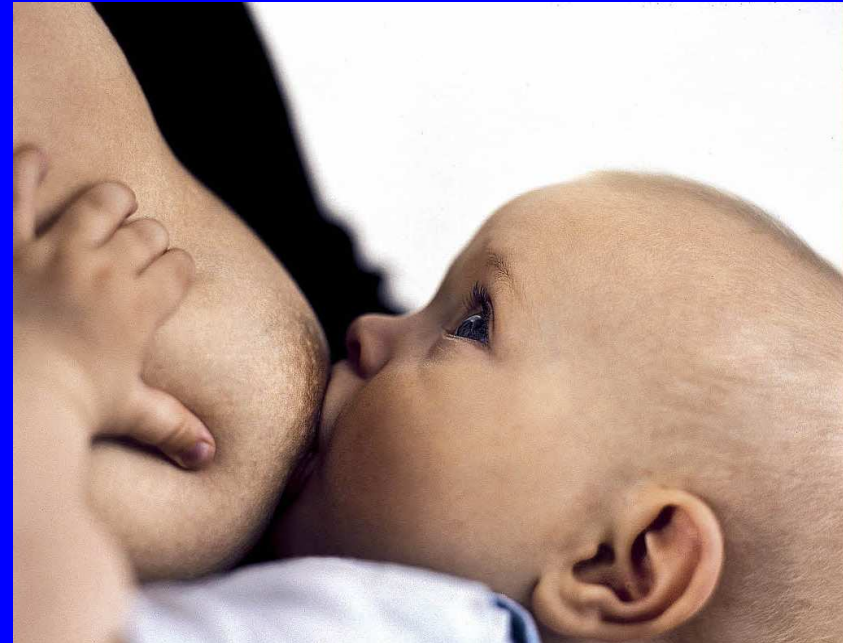


Human development takes places between the polarities of symbiotic needs and the desire for autonomy.



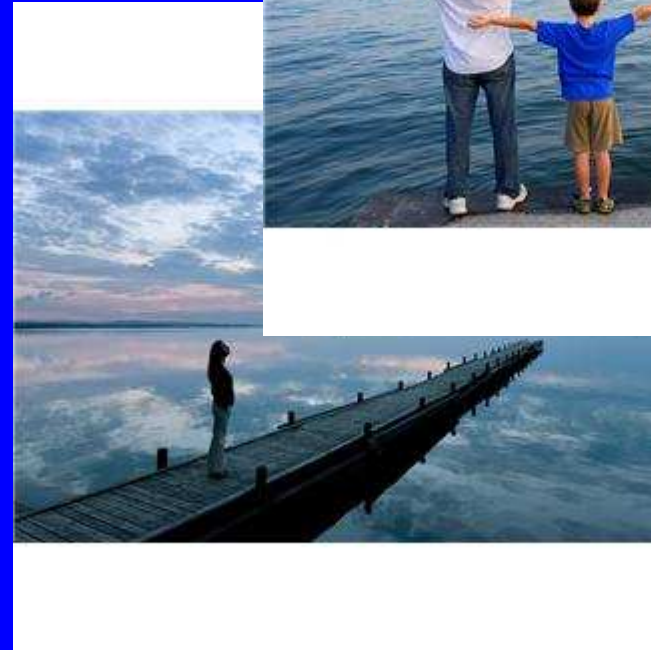
# Symbiotic necessities

- being nurtured
- being kept warm
- contact with bodies
- contact with eyes
- being understood
- being supported
- belonging exclusively to another person



# Desire for Autonomy

- to gain confidence in one's own perceptions and feelings
- to develop independent thoughts and opinions
- to rely on one own's abilities to act
- to become self-responsible
- to become self-sufficient



For children “safe bonding” (J. Bowlby) to their parents is fundamental for self-confidence, confidence in human relations and mental health.

All their capacities can develop in a healthy way.



**The most powerful emotional  
experience of every human  
being is the**

**symbiotic  
relationship**



**with the mother.**

**Symbiotically every child is doubly bonded to their mother:**

**passively: the emotional qualities of the mother are an imprint in the child's soul**

**actively: the child adopts to their mother and tries to support their mother**



**The symbiotic love of a child towards her mother is one of the most powerful emotional forces.**

# A life experience becomes not only stressful but traumatic

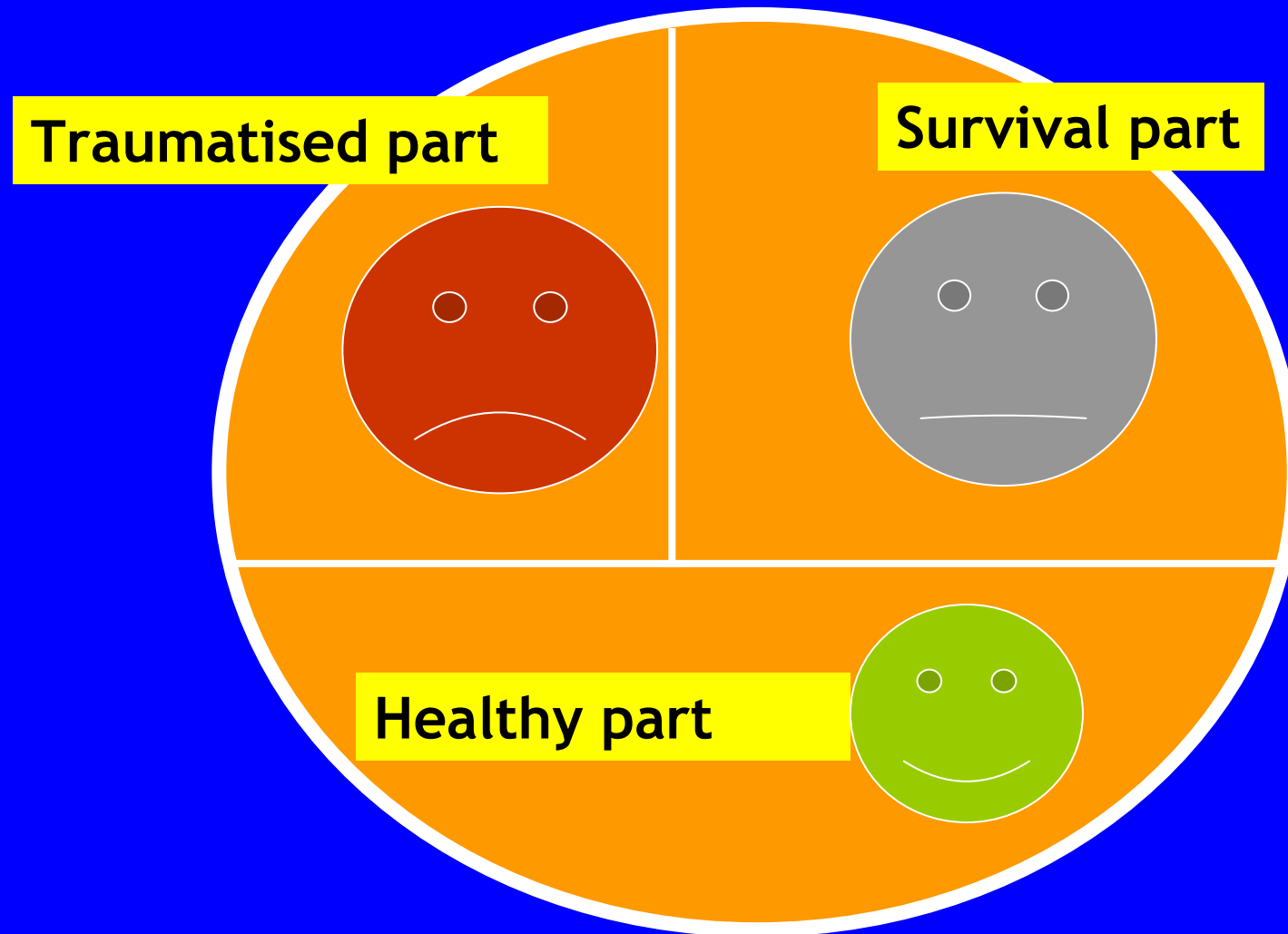
- ... if we face a mortal risk and are incapable of dealing with it with the help of our stress programs and end up in a state of helplessness and agony.

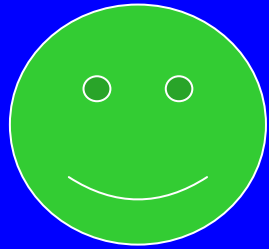




**When traumatised we are torn by the contradictions of our stress reactions and so we freeze, dissociate, and in the end split the whole personality in order to survive.**

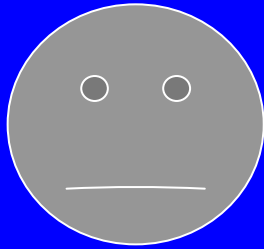
# Splits in the personality and identity structure after a traumatic experience





## Characteristics of the healthy parts of an adult personality

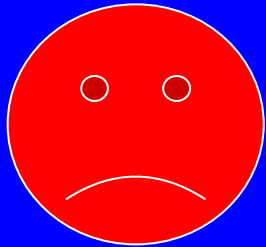
- clear realism
- capable of regulating all feelings
- contact with oneself
- ability to make safe bonds and to dissolve bonds if necessary
- ability of true self-reflection
- self-responsibility
- love of truth
- optimism and basic confidence
- true autonomy
- strong enough to confront even traumatic experiences



## Characteristics of the survival-parts

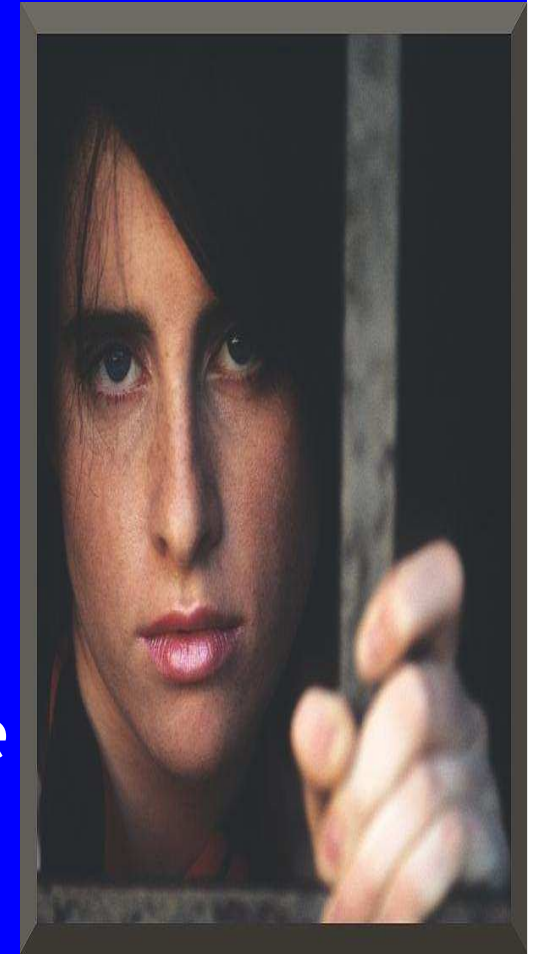
- constructing and guarding the splits in the psyche
- denying the trauma experience
- suppressing the traumatised parts
- avoiding memories
- controlling oneself and others
- looking for compensations
- creating illusions
- producing new splits





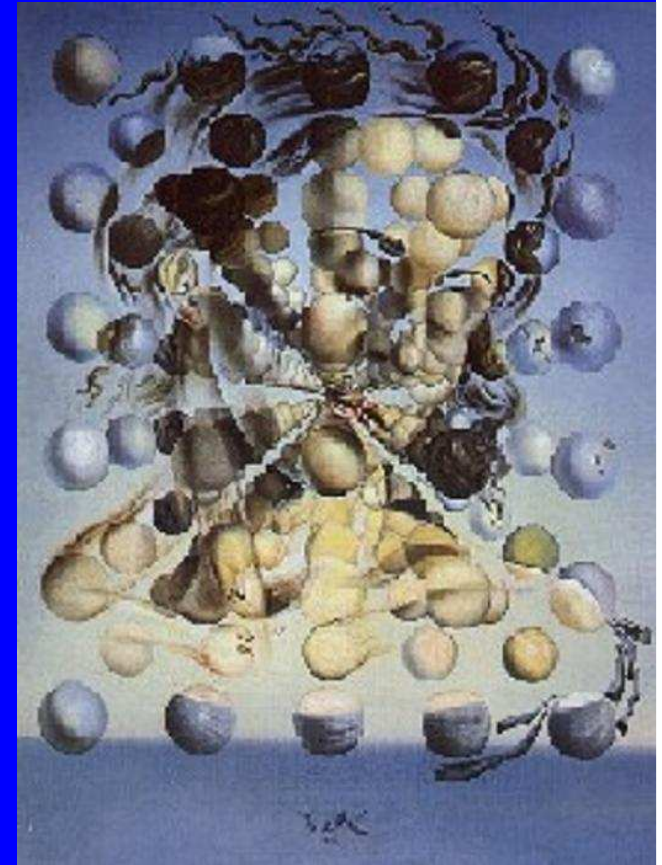
## Characteristics of the traumatised parts

- store the memory of the trauma
- are always the same age as they were when the trauma occurred
- are still engaged with the traumatic experience
- can unpredictably and suddenly be triggered
- want to be released



# Trauma and parental love & care

- Traumatic experiences destroy the capacities of parents to love and care and be emotionally supportive
- Because of their survival mechanism, traumatised parents avoid deep emotional contact with the child.



For a child the relationship to his mother can become a symbiotic trauma.

The child is helpless and incapable of establishing a safe, holding relationship with a mother who is traumatised (by loss of a baby, by violence, by wars, by sexual abuse).



# Traumatised mothers

- are emotionally unavailable
- carry a high emotional stress within them
- are emotionally needy
- can't respect boundaries
- act unpredictably
- act aggressively
- carry splits in their psyche





## Healthy structures within a child

- Own life force and energy
- Own strong will to live
- Healthy basic needs
- Joy of movement and exercising the body
- Joy of playing
- Joy of learning and solving problems

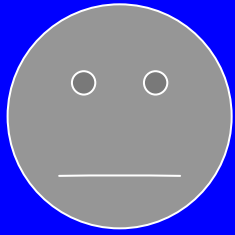




## Characteristics of the traumatised part in a symbiotic trauma

- despair that there is no love from mother
- deep loneliness
- fear of dying
- Intense but suppressed anger
- Intense but suppressed sadness





# 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 and resonating with the traumatised parts of the mother/father
- repressing and denying one's own trauma



# Consequences of a symbiotic trauma for a child

- No ability to distinguish between own feelings and those of the mother
- not living one's own identity
- lifelong symbiotic entanglement in relationships
- mental illnesses like hyperactivity, depression, psychotic states.



# Four steps to heal traumata

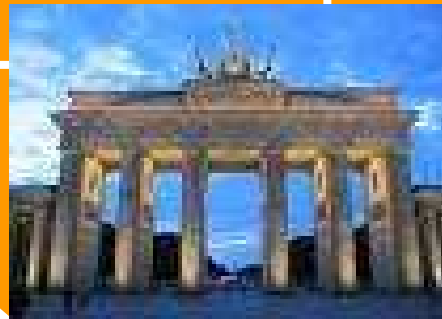
breaking through the  
gates of fear and pain



passing the  
gates of illusions



using the gates  
to freedom



developing the  
healthy parts



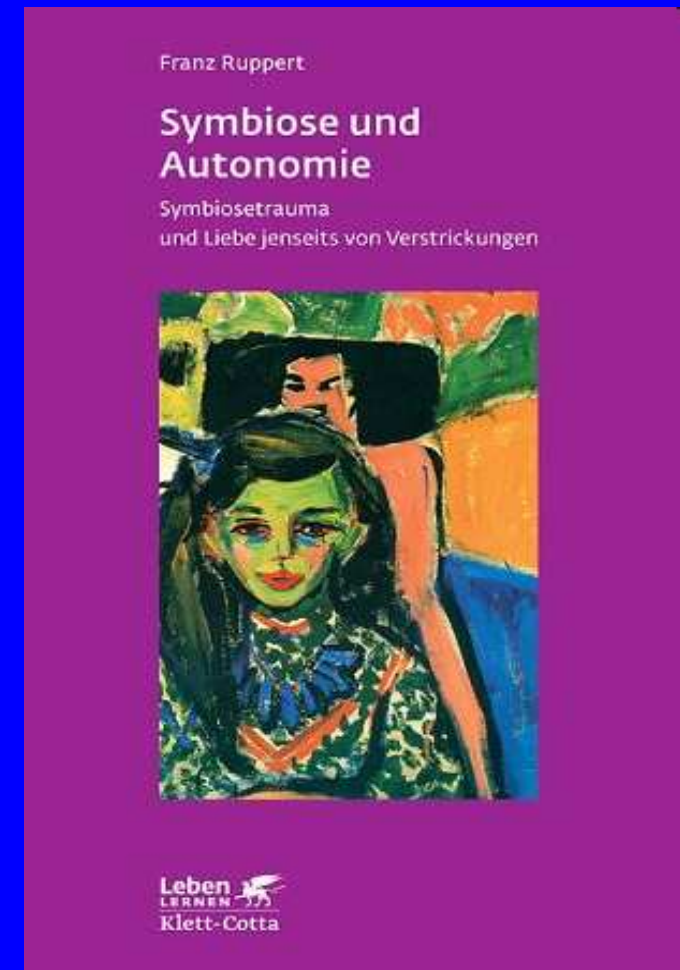
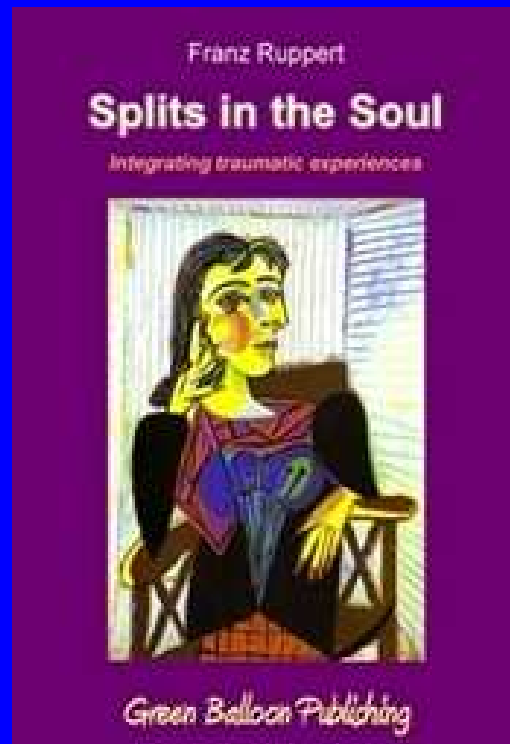
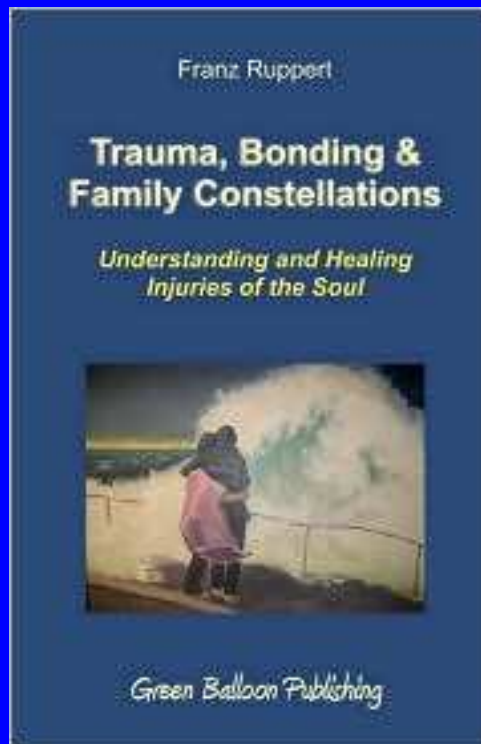
# “Constellation of my Intention\*”

- ❖ show the amount of symbiotic entanglement and survival strategies caused by trauma
- ❖ minimise the risk of retraumatisation
- ❖ strengthen the development of the healthy structures of the psyche
- ❖ support the integration of the traumatised parts of the soul

\* intent, purpose, goal of a constellation



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- New book 2012



# Literature

- Franz Ruppert (2008). Trauma, Bonding & Family Constellations. Understanding and Healing Injuries of the Soul. Frome/UK: Green Balloon Publishing.
- Franz Ruppert (2011). Splits in the Soul. Integrating traumatic experiences. Steyning/UK: Green Balloon Publishing.
- Franz Ruppert (2010). Symbiose und Autonomie. Symbiosetrauma und Liebe jenseits von Verstrickungen. Stuttgart: Klett-Cotta Verlag.

# 1st International Conference Symbiosis and Trauma

- Constellation work based on Bonding and Trauma
- 26th to 28th of October 2012 in Munich
- [www.healthy-autonomy.de](http://www.healthy-autonomy.de)