

Perpetrators & Victims

Psychodynamic of the Perpetrator-Victim- Splitting

Warschaw, 14. Juli 2012



www.franz-ruppert.de

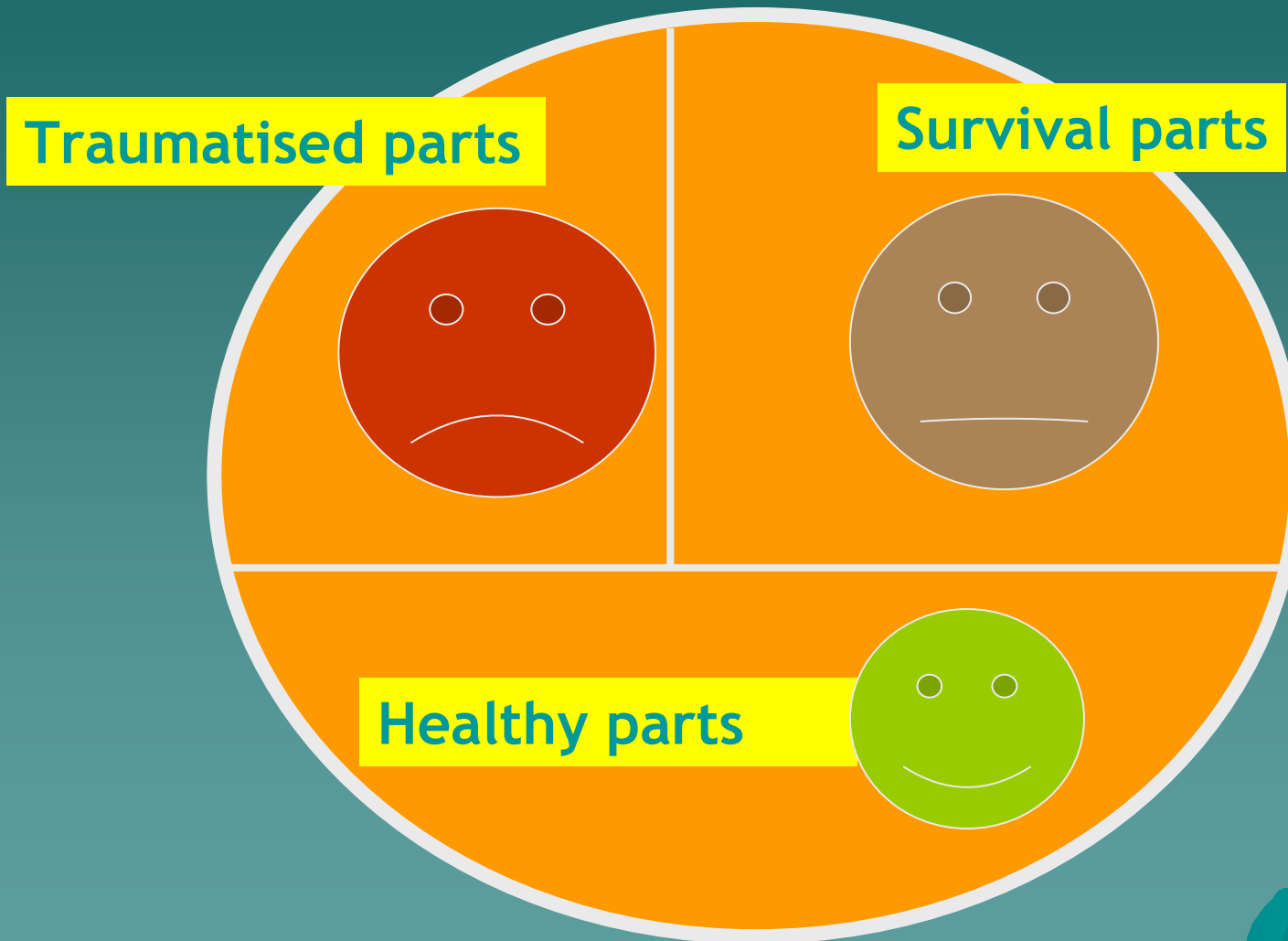
„Perpetrator“ and „Victim“

- ◆ Someone becomes perpetrator if he applies harm to someone else (by violence, murder, theft, betrayal, dishonesty).
- ◆ Someone becomes victim by receiving harm to his body and his psyche (by natural disasters, by other human beings).

„Harm“ as a traumatic experience

- ◆ The victim feels helpless and powerless
- ◆ His stress reactions (fight or flight) make the harm even bigger
- ◆ Blocking, freezing, dissociating, splitting as psychic emergency reactions in order to survive

Splits in the personality and identity structure after a traumatic experience



Sorts of Trauma

- ◆ Trauma of Existential Threat
- ◆ Trauma of Loss
- ◆ Symbiotic Trauma
- ◆ Traumatization of a whole bonding system

Being a Victim

- ◆ Having made a traumatic experience
- ◆ Surviving it by splitting
- ◆ Being a victim stays present in the psychic structure
- ◆ Making trauma-surviving strategies necessary

Attitude as Victim as a Trauma-Surviving-strategy (1)

- ◆ Denying being a victim
- ◆ Suppressing memories
- ◆ Suppressing impulses to fight back or run away
- ◆ Feeling guilty
- ◆ Feeling punishment justified
- ◆ Being angry towards one own's weakness

Attitude as Victim as a Trauma-Surviving-Strategy (2)

- ◆ Seeing perpetrators not as perpetrators
- ◆ Clinging emotionally towards the perpetrators
- ◆ Protecting perpetrators
- ◆ Identifying with the needs of perpetrators

Attitude as Victim as a Trauma-Surviving-Strategy (3)

- ◆ Suffering, lamenting, complaining without mentioning the real reasons behind
- ◆ Self destructive behavior
- ◆ Chronic depression
- ◆ Chronic diseases

Being a perpetrator as a traumatic experience

- ◆ Bad consciousness, having done a huge and consisting harm towards another person
- ◆ Being guilty
- ◆ Being accused by the victim
- ◆ Being socially despised

Attitude as Perpetrator as a Trauma-Surviving-Strategy (1)

- ◆ Not perceiving the harm that has been done to another person
- ◆ Denying deeds and facts
- ◆ Not feeling guilty, feeling right and fair
- ◆ Demonstrating a good consciousness in social situations and in the public

Attitude as Perpetrator as a Trauma-Surviving-Strategy (2)

- ◆ Blaming victims
- ◆ Feeling oneself being the victim
- ◆ Insulting victims
- ◆ Claiming the ideology to act in favour of a higher and socially justified duty

Victim-Perpetrator-Splitting

- ◆ Split off victim experiences create perpetrator attitudes as surviving-strategies
- ◆ Numbness towards oneself becomes unempathetic behavior towards others
- ◆ Victims become perpetrators that are not aware of their victim and perpetrator attitudes

Consequences of the Victim-Perpetrator-Splitting (1)

- ◆ False atonement
- ◆ Revenge against unguilty others
- ◆ Penduling between victim- and perpetrator attitudes
- ◆ Alternating feelings of powerlessness und rebellious fury
- ◆ Aggression and depression as normality in relations
- ◆ Illusions of love and that we belong together become the fundament of living together

Consequences of victim-perpetrator-Splitting (2)

- ◆ Victim-perpetrator-vicious circle turns on and on sucking in more and more others
- ◆ Victim-perpetrator-vicious circle goes on for generations
- ◆ Violence, murder, incest and sexuell abuse becomes normality
- ◆ Personality disorders, Psychosis, Schizophrenia, Delusion, Self destruction, Dissoziative Identity Disorder, Cancer, Suicide
- ◆ Chronic diseases, e.g. autoimmune diseases

How to overcome the victim attitude?

- ◆ Acknowledging being a victim, e.g. feeling one's own trauma
- ◆ Perceiving and accepting the harm that has been done
- ◆ Feeling compassion for oneself
- ◆ Claiming compensation from the perpetrator
- ◆ Renouncing revenge

Symbiotic entangled attempts to find solutions

- ◆ Blind rebellion against the perpetrator
- ◆ Wanting to destroy the perpetrator
- ◆ Reconcile with the perpetrator without integrating one's own trauma

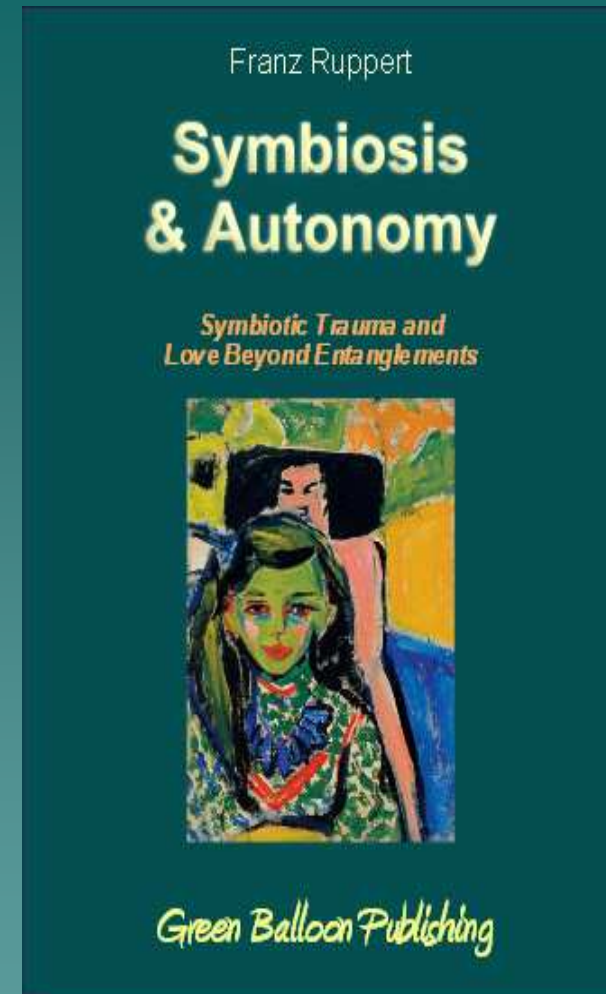
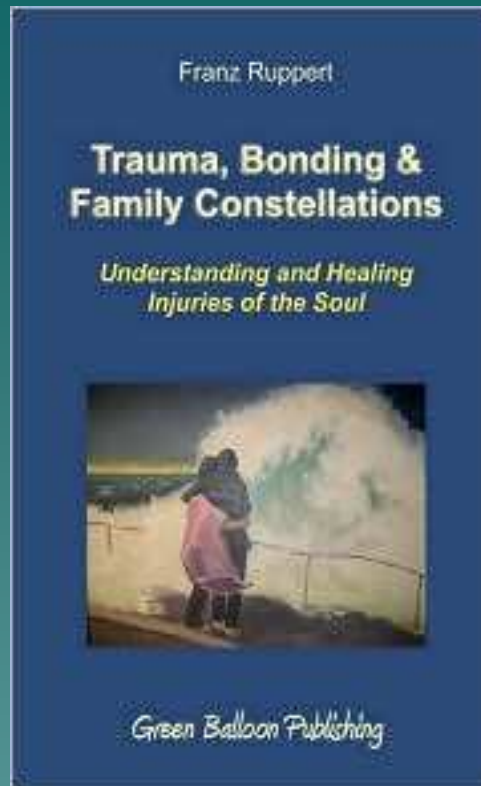
How to overcome the perpetrator attitude?

- ◆ Acknowledging facts and deeds
- ◆ Feeling the own trauma
- ◆ Acknowledging the suffering of the victim
- ◆ Accepting guilt and responsibility
- ◆ Offering Compensation
- ◆ Renouncing atonement

Living beyond victim-perpetrator attitudes

- ◆ Healthy contact with oneself
- ◆ Healthy autonomy
- ◆ Leaving systems that are caught up in perpetrator-victim-dynamics
- ◆ Creating win-win- instead of win-loose-situations
- ◆ Living in constructive symbiotic relations

Books



Literatur

- ◆ Ruppert, F. (2008). Trauma, Bonding and Family Constellations. Frome (Uk): Green Ballon
- ◆ Splits in the Soul (2010). Frome (Uk): Green Ballon.
- ◆ Ruppert, F. (2012). Symbiosis and Autonomy. Frome (Uk): Green Ballon.

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