



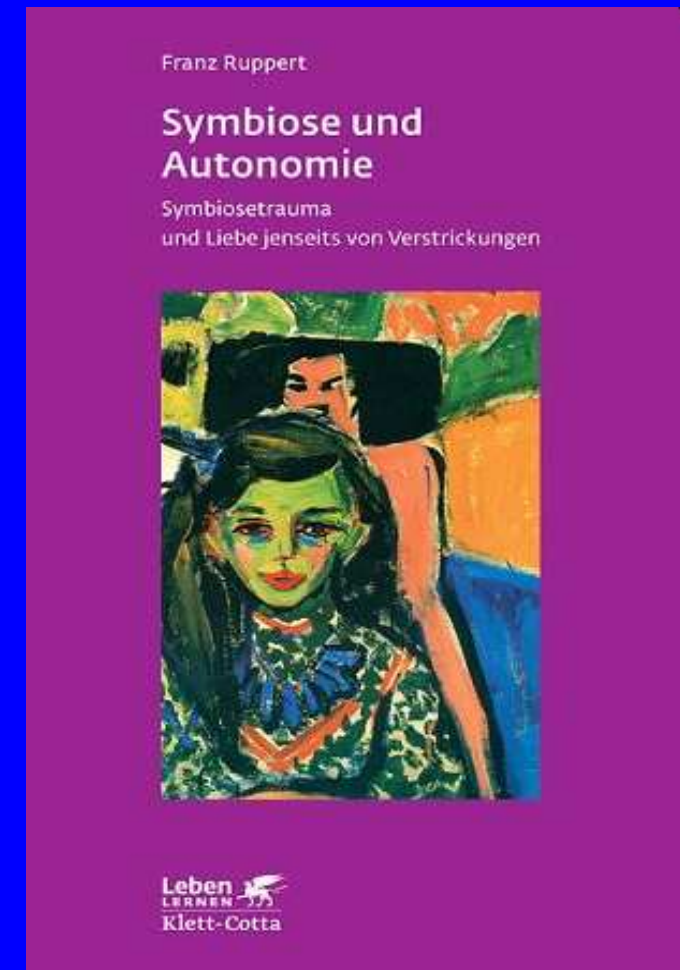
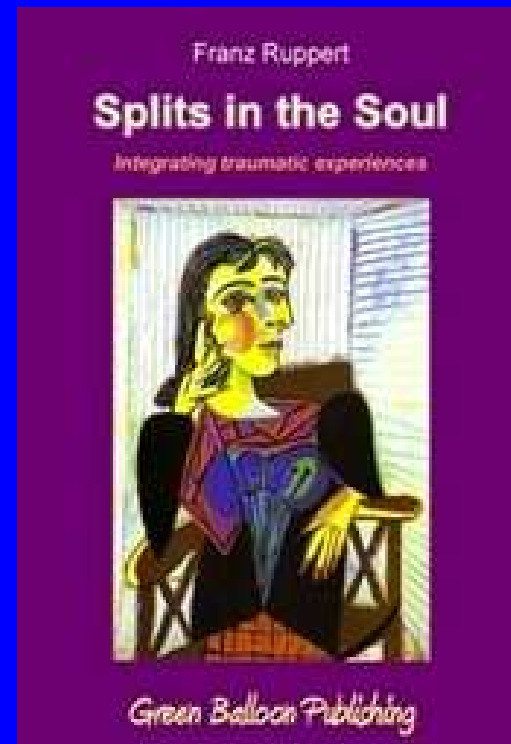
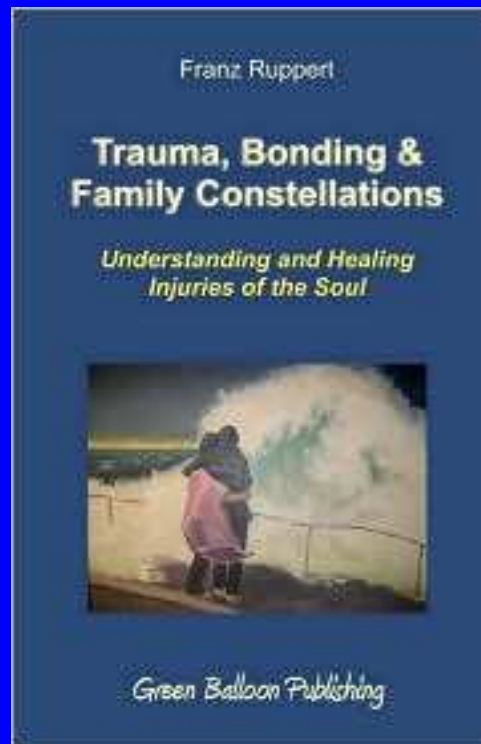
Splits in the Soul & Inner Healing

**The concept of split personality and
its consequences for psychotherapy**

Lisbon, 21th of May 2011

www.franz-ruppert.de

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- New book 2010



Main functions of the “Psyche”?

- Helping the living organism get access to reality
- outside the body
- within the body
- in order to survive and procreate.
- The „psyche“ is a part of the psychosomatic network of the human body.



Main abilities of the Psyche/Soul

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



„Psyche“ means different software programs to process informations and to coordinate actions within the human body.

The Psyche/Soul is ...

- very specific for each species
- highly adaptive to natural and social environments
- highly selective in relation to available information
- in a process of continual development

Types of psychic programs

- Normal functioning
- Stress reaction
- Trauma reaction

Potential errors of the psychological software

- wrong selection of information
- maladaptation
- developmental disruption
- confusing different realities

The normal psychological software will be severely damaged by traumatic experiences.

A life experience becomes not only stressful but traumatic

- ... if we or others face a mortal risk and are incapable of dealing with it ending up in a state of helplessness.



Two “classical” types of trauma

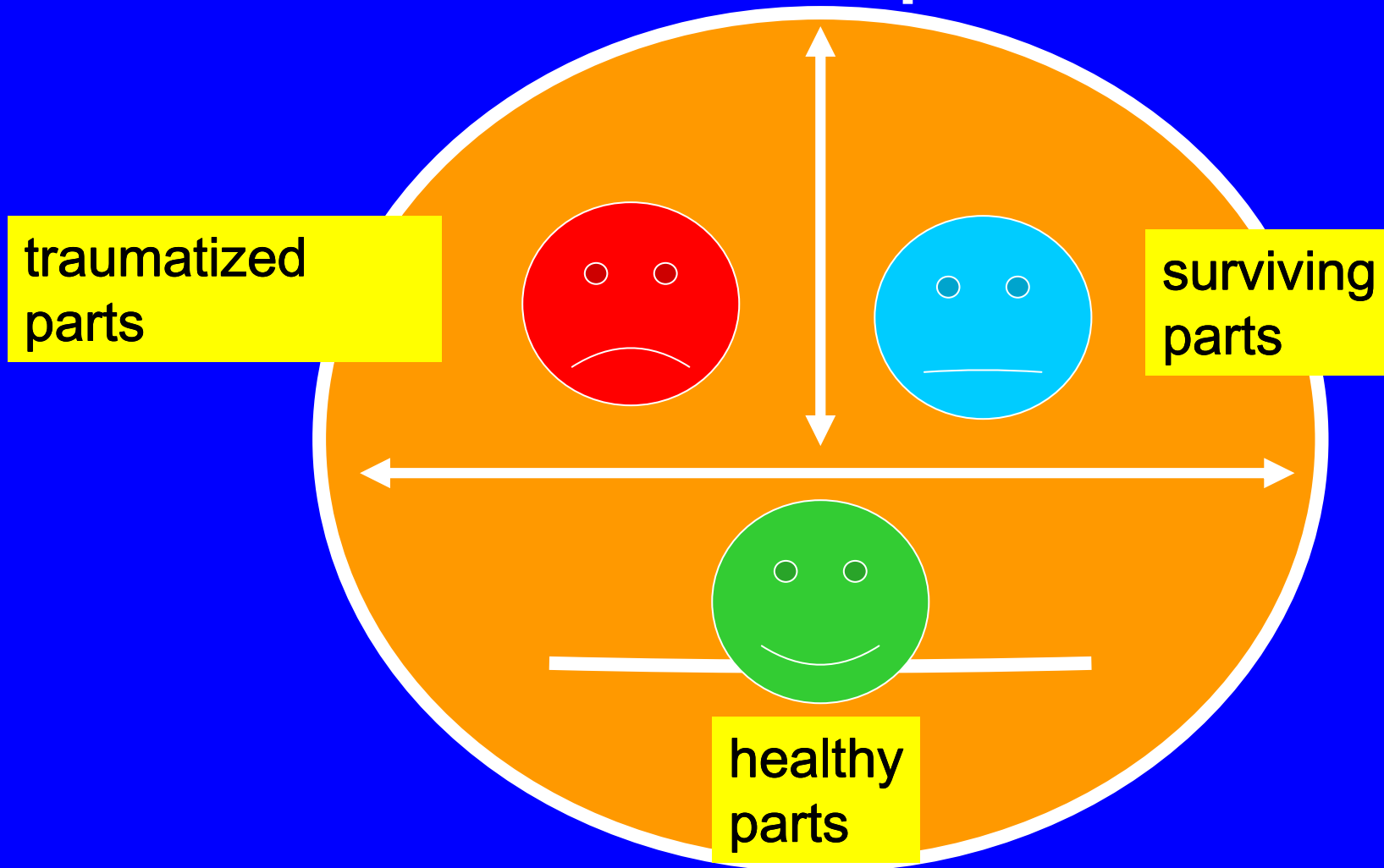


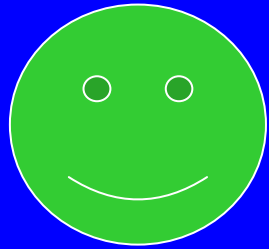
- caused by life threatening events (e.g. war, accidents, rape, natural catastrophies)
- caused by loss of a person (e.g. early death of parents, loss of children, adoption)



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.

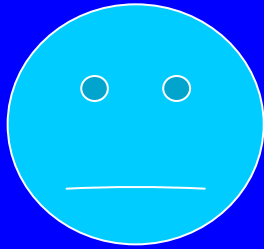
Splits in the personality structure after a traumatic experience





Characteristics of the healthy parts of an adult personality

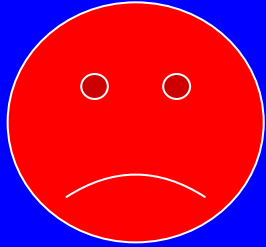
- true realism
- capable of regulating feelings
- contact with oneself
- ability to make safe bonds and dissolving bonds if necessary
- ability of self-reflection
- self-responsibility
- love of truth
- optimism and basic confidence
- true autonomy
- strong enough even to confront traumatic experiences



Characteristics of the surviving-parts

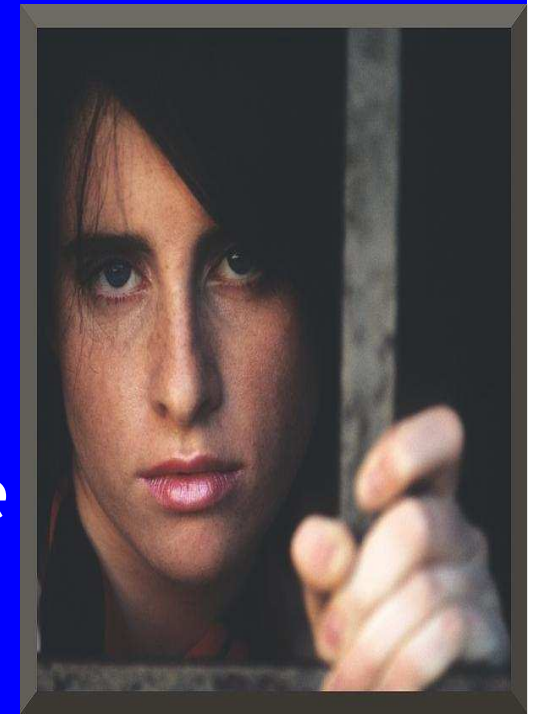
- constructing and guarding the splits in the psyche
- denying the trauma experience
- suppressing the traumatized parts
- avoiding memories
- controlling oneself and others
- looking for compensations
- making illusions
- producing new splits





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



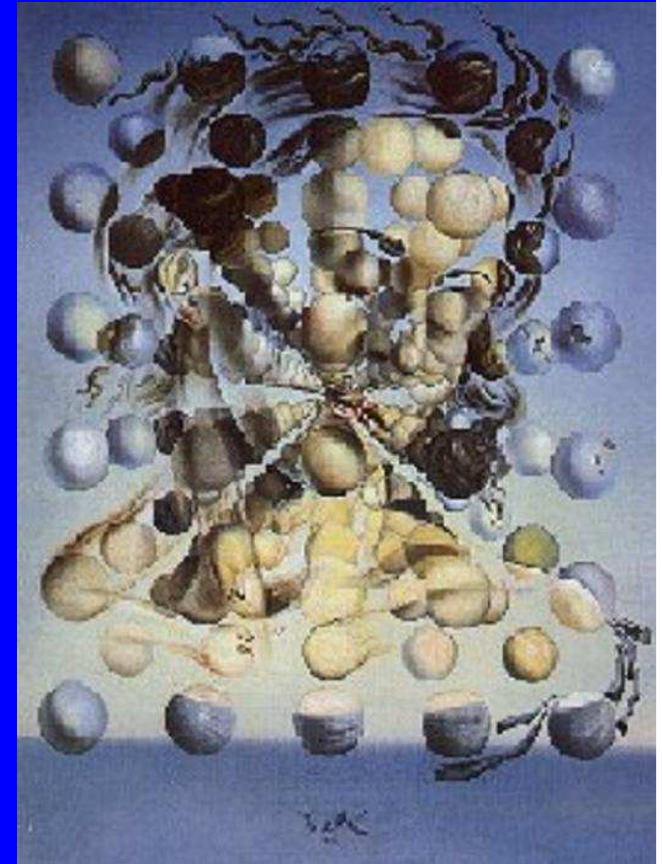
Relationships with traumatized people produce two specific types of trauma



- Trauma of bonding (being rejected by the people one needs to bond to)
- Trauma of confusion in a bonding system (caused e.g. by murder, sexual abuse, incestuous relationships within the bonding system)

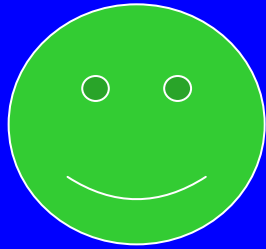
Trauma and parental love

- Traumatic experiences destroy the capability of parents to love and care and be emotionally supportive.
- Because of their surviving mechanism, traumatized parents avoid deeper emotional contact with the child.



Traumatized parents produce a psychic field in which their children suffer from a “Symbiotic trauma”.

The child is helpless and incapable of getting a stable and safe emotional contact with his parents.



Healthy structures within a child

- Own lifepower 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 traumatized part in a symbiotic trauma

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





Characteristics of the surviving parts in a symbiotic trauma

- fighting to get into contact with the parents
- idealising the mother or the father
- identifying with the surviving mechanisms of the mother/father
- feeling responsible for the parents
- repressing and denying one's own trauma
- identifying and resonating with the traumatized parts of the mother/father



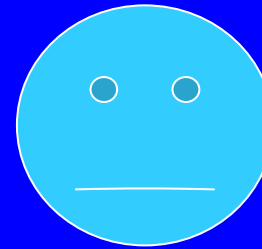
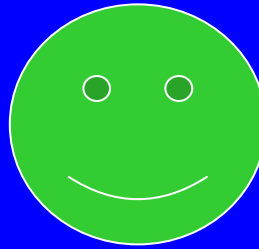
Consequences of a symbiotic trauma for a child

- 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

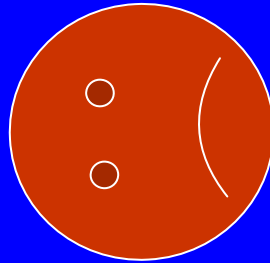
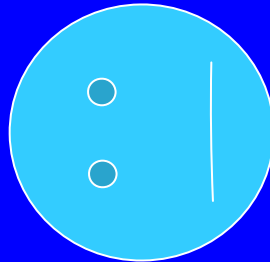
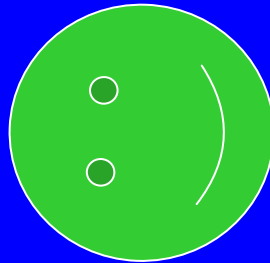


Who is interacting with whom?

Person A



Person B



HP/HP	HP/SP	HP/TP
SP/HP	SP/SP	SP/TP
TP/HP	TP/SP	TP/TP

Characteristics of a symbiotic entanglement

- always looking to others
- distraction from one's own problems
- clinging and merging
- weight of expectations on others
- anger, hate and violence in relationships
- illusions of love



Constructive and destructive types of relationships

- Equality
- Giving and taking is in balance
- Empathy and love as predominant feelings
- Parting is possible
- The partners can stay in their healthy parts
- Dominance and submission
- Exploitation
- Anxieties and aggression as predominant feelings
- Parting is forbidden
- To stay in the relationship is only possible if one splits

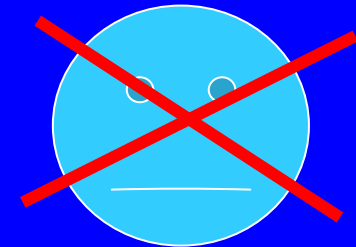
“Constellation of my Intention*”

- show the amount of symbiotic entanglement and surviving strategies caused by trauma
- minimize the risk of retraumatization
- strengthen the development of healthy structures of the psyche
- support the integration of the traumatized parts of the soul

* intent, purpose, goal of a constellation

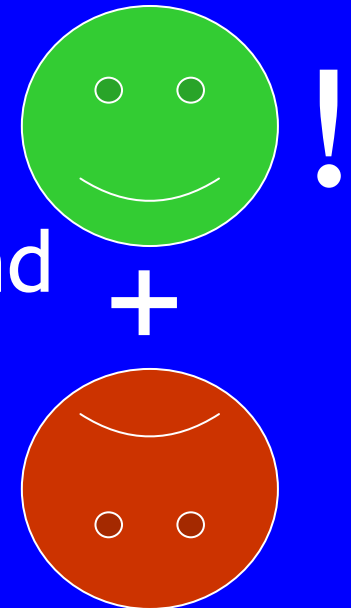
What does “inner healing” mean?

- Giving up surviving strategies



- Understanding the difference between surviving strategies and healthy structures

- Bringing together healthy parts and traumatized parts





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Literature

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