

# Early Psychotrauma – Trauma of Identity by Marta Thorsheim April 8<sup>th</sup> 2016

At the 4° Modul Training

In Multigenerational Psycho

traumatology and Sentence of Intention



# Agenda

- Definiton of trauma
- What happens in the psychic structure
- Myths and facts
- Conception
- Womb time
- Birth and first years

# Definiton of Psychotrauma- Prof dr Franz Ruppert

Psychotrauma includes the fact, that our relations with other human beings  
can have overwhelming effects  
that we cannot cope with emotionally and mentally

# Trauma circle

- Traumatismation by natural forces
- Traumatismation by human violence
- Traumatismation of sexuality
- Traumatismation of love
- Traumatismation of Identity

# Early = deep

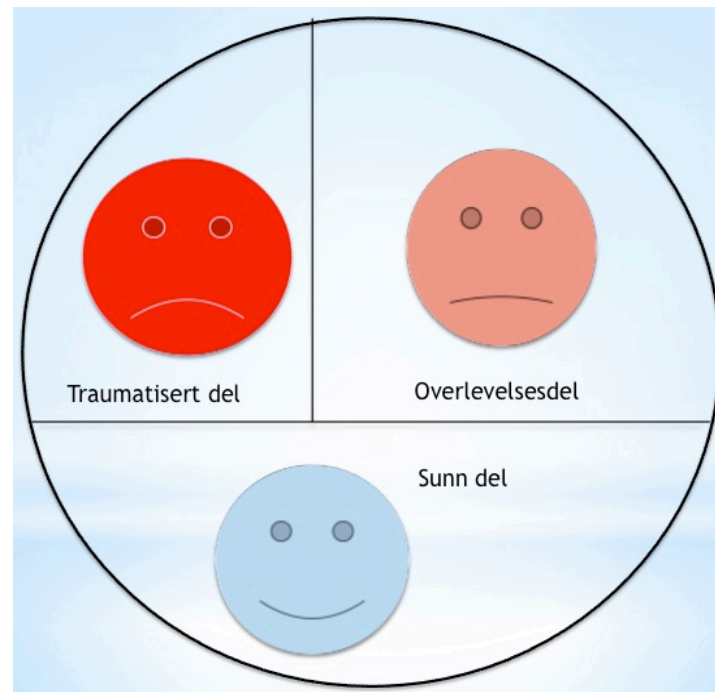
The earlier in life we make traumatising experiences  
the deeper and longer lasting are their effects  
on our health and illness - Ruppert

What did not happen just as important as what happened



# Split in the personality structure

- Healthy part
- Traumatized part
- Survival part



# Myths

All children are wanted and loved

Time in the womb is “like heaven”, warm, holding, nurturing

Birth process does not affect the child

New born cannot feel, think, connect, express

# Facts

- What do not happen in the womb affects us
- Human beings are connected by their environment
- Our first and most significant environment is our mothers womb
- Our experience in the womb is carried into adult lives





# The start of our lives are conception

Starting point for healthy Identity and for Trauma of Identity

New evidence show that infants are social beings who can form close relationships, express themselves forcefully, exhibit preferences and begin influence people from the start

From conception and all our life we are interacting with, shaping and being shaped by the environment



# Why conceived? Theme of many paradoxes

- Wanted?
- Unwanted?
- Replacement?

# Time in the womb - What should happen?

- Grow in a welcoming mother who has support from father, family and friends
- Mother and father bond warmly with the child from the start
- Mother and father is eager to get to know the new being

# What often happens

- Mother ambivalent if she wants a child
- Mothers own stress, psychotrauma emotions and pictures suppressed and transferred to the child
- When stressed:
- Stress hormones will be awakening in us to fight or activate to escape
- Adrenalin will pump through our system, causing our heart to beat faster
- Muscles tighten up, chronic afraid

# Childs environment

- Mothers nutrition and mothers emotional state are affecting the child from the very beginning
- Mothers stress level go directly into the child – via the placenta and cord
- First nine months mother is the world

# As mother – as child. Child marinades in the feelings of mother

- If mother feels well, the world feels like a safe place
- If mothers is stressed – the world feels stressed
- Mothers stress level affects childs immunesystem from the very beginning

# Birth - Imprint of time in the womb

Natural vaginal

Cesarean, should only be done if life saving

Complications

Let the umbilical cord pulsate out, immediate breast feeding

Let mother and child be in a soft, warm environment  
without stress



# Birth complications – often a consequence of psychotrauma before and/or during birth

Transverse or breech presentation

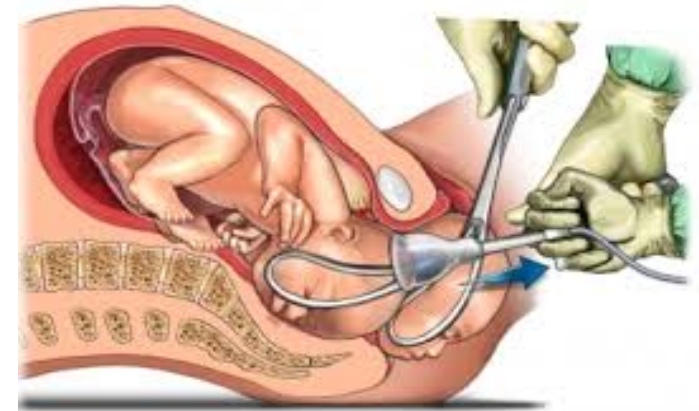
Rupture of the amniotic sac too early

Child gets stuck in the birth channel

Umbilical cord is wrapped around the child's neck

Vacuum and forceps extraction

Cesarean section





# Child is born very helpless

Essential for child- welcoming mother, eyecontact, her breast, milk and nurture

Extremely important time for further good bonding

Do not need photographers, mobile telephones and the whole clan to visit the first days



# And the next months and years – Prof dr Franz Ruppert

Parents fullfill symbiotic needs of being welcomed, good body contact, being held, being seen, being exclusive to another person, nurtured, understood, loved, belong, be someone....support the adaption to You

Parents fullfill autonomy needs like perceiving, own feeling, thinking by yourself, vitality, receiving feedback, to rely on one's own ability to act, to be free, to decide by yourself... ....support the delimitation from You



# If what should happen does not happen

Child gets stressed, wired for stressful environment, hyper, immunesystem decreases, child may split – become traumatised

- All kind of symtpoms may develope due to lack of needs met
- In the further bonding after birth the childs may go on to adopt to mother – later other close person - looses itself

# When what should not happen happens

- Like violation, neglect, abuse, sexual abuse
- A child that has not got it needs met, becomes vulnerable, perhaps contact seeking
- Easy target for grown ups frustrations
- Childs psyche splits further – to adapt and survive – memories go into uncounscious

# Early Psychotrauma means – Prof dr Franz Ruppert

Losing early contact with one`s own life forces

Losing early the contact with one`s own body

Feeling homeless from the very beginning

Losing early the potential to feel

Losing early trust in others

Lose early a sense of the meaning of life

Losing early contact with reality

Losing early one`s own identity

# Imprint of memories

Everybody has imprint of traumas passed on from generation to generation

And from early traumas

To recall this memory in therapy is essential for developing own healthy I and free will

# The way out = Encounter yourself

- Prof dr Franz Rupperts latest development:
- Encounter yourself by help of the sentence or picture of intention



# Litterature

Prof dr Franz Ruppert:

Early Trauma (in English 2016)

Symbiosis & Autonomy

Lectures Oslo

Movie: INUTERO

Dr Gabor Mate: When the body says no

Dr Janov: The life before birth - the script that rules your life

Own practice and research, among other the project: Correlation between illnesses and psychotrauma



# Announcement

3° International congress Love, Trauma and I

In Munich 21-23 October 2016

[www.healthy-autonomy.de](http://www.healthy-autonomy.de)

Thank you.