
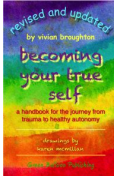


# becoming your true self

online series – 3 videos  
based on the book by  
vivian broughton

And the theory and practical developments  
of Professor Franz Ruppert –  
Identity-oriented Psychotrauma Therapy

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## 3 presentations


- 1 - talking about trauma
- 2 - beginnings
- 3 - healing trauma



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# becoming your true self




A handbook for the journey from trauma to healthy autonomy


## Talking about trauma healing trauma – part 1

Based on the book by Vivian Broughton

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our 'true self' is the state of being  
whole, being integrated...  
not psychologically  
split



Trauma causes our psyche to split, and  
then we are not whole, and not who  
we truly are.


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## our true (healthy) 'I' is:

- Autonomous
- Integrated (not split)
- Self-responsible
- Clear thinking
- Able to make good decisions and choices
- Capable of healthy relationships
- Capable of intimacy
- Capable of a good memory of personal past
- Capable of self-reflection
- Able to feel confident and comfortable
- Able to make good contact with others
- Capable of genuine empathy
- Effective, genuine, authentic
- Able to fulfil their talents and abilities

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## why do we need to talk about trauma?

one reason is because there is much  
confusion about what trauma is and  
what to do about it...

another is because many of us are  
carrying unresolved trauma without  
knowing it, and it influences every  
moment of our life...

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... and because if we have experienced a severe threat at some point in our life, a trauma, it caused our psyche to split as a life-saving strategy, and then we are no longer whole and integrated in our psyche



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... and... if we don't talk about trauma, our unresolved trauma will end up controlling us, and limiting our lives, becoming a source of frustration, dissatisfaction and disappointment...



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... and it may prevent us from succeeding in life, in our work and in our partnerships, propelling us into a repeating cycle of failed relationships, loneliness and unhappiness...

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... it may even cause us to hurt ourselves through addiction, self-harming practices, obsessions, depressions, schizophrenia, psychosis, and even the ultimate destructive survival strategy, considering suicide as a solution...

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*why do we avoid talking about trauma?*

...because avoiding the unpleasant and frightening experiences associated with trauma is our instinctive way of dealing with it

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*trauma...*

... causes the psyche to split through the process of dissociation and fragmentation, thereby impairing our ability to perceive reality clearly and to know who we really are.

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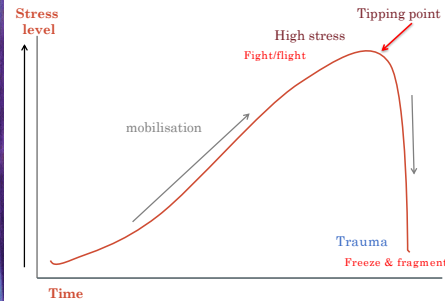
## a definition of trauma...

### TRAUMA IS A SITUATION IN WHICH:

- The forces at play are **overwhelming**
- The affected person is completely **helpless**
- The person fears that s/he will not survive
- The **strategies** for dealing with high stress (fight/flight) **fail**
- Psychological **splitting** occurs, which does not reverse.

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## From high stress to trauma



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### Reaction to High Stress:

**Fight or Flight**  
(hyper-mobilisation)



Reaction to Trauma:  
**Freeze and Fragment**  
(hypo-mobilisation)

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## difference between 'high stress' and trauma...

- High stress leads to a **hyper-mobilised** state.
- Trauma leads to a **hypo-mobilised** state.
- We can regain our equilibrium from a high stress.
- We cannot regain our equilibrium from trauma.
- Once psychological splitting has occurred it remains in place.

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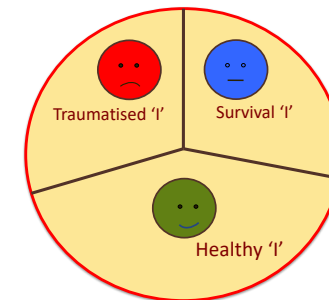
## how we survive trauma...

Our instinctive and natural reaction to the experience of trauma is to avoid it by:

- Going into a state of **shock**
- **Dissociating** from the experience
- Subsequently imposing a **structural split** against re-experiencing the intolerable feelings
- From then on living a life of continual **control, avoidance and denial**

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## split structure after trauma...



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### qualities of the healthy 'I'




- ▶ Open to reality
- ▶ Capable of expressing and regulating feelings
- ▶ Has capacity for genuine empathy
- ▶ Is able to make safe bonds
- ▶ Is able to resolve destructive bonds
- ▶ Sexual desire and behaviour is appropriate
- ▶ Has a good memory of personal past
- ▶ Is capable of self-reflection
- ▶ Has a good memory of personal past
- ▶ Is capable of being self-responsible
- ▶ Seeks clarity and truth
- ▶ Has basic confidence
- ▶ Makes good contact
- ▶ Feelings of guilt are appropriate

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### qualities of the traumatised 'I'



- Stores the memory of the trauma
- Stores the emotions and experiences of the trauma
- Is always the same age as when the trauma occurred
- Is continually engaged with the traumatic experience
- Can unpredictably and suddenly be triggered

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### qualities of the survival 'I'



- Is not who we really are
- Constructs and guards the split
- Denies and suppresses the trauma experience
- Develops avoidant behaviour
- Develops controlling behaviour
- Develops compensating behaviour
- Fosters illusions
- Produces new splits if necessary to maintain suppression of trauma

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### basic categories of trauma

- natural events
- relational traumas




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### relational trauma is influenced by...



- **Intention:** whether what is perpetrated is perceived as intentional or unintentional (for example an accident)
- **Relationship:** whether 'perpetrator' is a stranger or someone known. The closer the relationship, the more devastating and shocking the effect is likely to be.

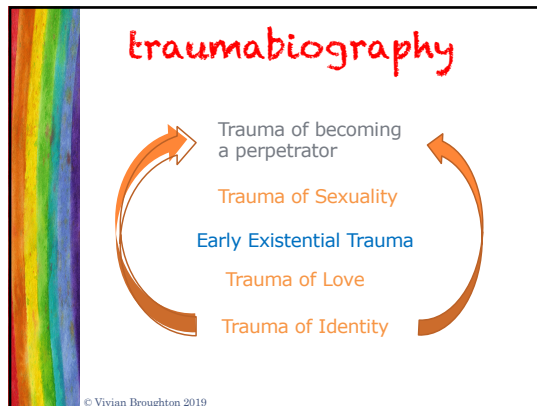
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### types of trauma

- **Existential Trauma** – accidents, attacks, assault, rape, torture, operations, birth trauma etc.
- **Trauma of Identity** – very early, even pre-birth: loss of identity due to the baby not being wanted by the mother
- **Trauma of Love** – very early: the baby is unable to establish a loving connection with the mother
- **Trauma of Safety** – the child is not protected by the mother from trauma of violence and sexual exploitation.
- **Trauma of Becoming a Perpetrator** – trauma of becoming a perpetrator oneself, causing harm to another

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If we are carrying unresolved trauma we are living through our traumabiography...

and that is not really living...

that is not who we really are...

we are much, much more than that...

and there is a way out

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## To finish... for now

This is the start of a journey... and this presentation is intended to provide you with a 'handbook' beginning for your own journey from a trauma-dominated life to a life where you can fulfil your potential, be who you really are, and form enduring, loving and healthy relationships with others...

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## And remember...

Healing trauma doesn't mean the damage never existed

It means the damage no long controls your life

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## healing trauma

Means asking the questions

"Who am I"...

And...

What do I want?

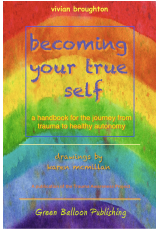
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## Next presentation

healing trauma part 2

### Beginnings of Life

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Stiltaan  
bij trauma

Dutch


German

Russian

**becoming your true self**  
a handbook for the journey from trauma to healthy autonomy  
by Vivian Broughton  
drawing by Karen McMillan


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Dr Franz Ruppert

This presentation and Vivian's work is based on **Identity-oriented Psychotrauma Therapy**, the theoretical and practical developments of Professor Dr Franz Ruppert of Munich University.



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By Vivian Broughton

- **The Heart of Things: understanding trauma – working with constellations**, October 2013.
- **Becoming your true self a handbook for the journey from trauma to healthy autonomy**, updated and revised 2016

By Franz Ruppert








- **Trauma, Bonding & Family Constellations: Understanding and healing injuries of the soul**, 2010.
- **Splits in the Soul: Integrating Traumatic Experiences**, 2011.
- **Symbiosis & Autonomy: Symbiotic Trauma and Love Beyond Entanglements**, 2012.
- **Trauma Fear & Love: How the Constellation of Intention Supports Healthy Autonomy**, 2014
- **Early Trauma: Pregnancy, Birth and First Years of Life**, 2016
- **My Body My Trauma My I: Setting up Intentions, Exiting our Traumabiography**, 2018
- **Who am I in a Traumatised & Traumatizing Society?**, 2019

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