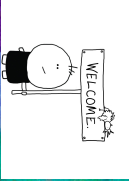


Becoming Your True Self

A Handbook for the Journey from Trauma to Healthy Autonomy



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

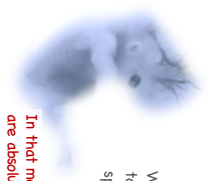
3 presentations

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



beginnings





We are created at the coming
together of the egg and the
sperm, our conception.

In that moment of coming into being we
are absolutely unique, whole, and utterly
dependent on the host body, our mother.

We cannot be separate from her. We
absorb her entirely, the food she eats,
what she drinks, any medication she takes
and... and her psychological and emotional
state.

Three primary issues for the newly created child

Am I wanted?
Am I loved?
Am I safe?



our basic needs include...

- Nurturing
- Nourishment
- Warmth
- Safety & protection
- Physical contact
- Visual contact
- Emotional contact
- To be loved and to love
- Belonging
- To feel welcomed

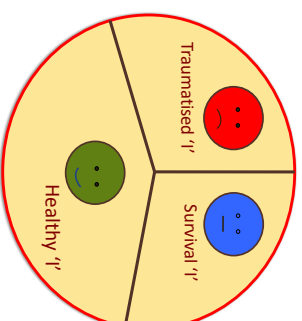


Three basic traumas



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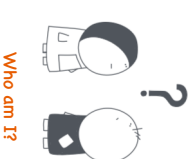
split structure after trauma...



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the trauma of identity

Wanted or unwanted?



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the trauma of identity

The trauma of identity is likely to be the earliest and most primary trauma we have experienced.

It usually occurs before birth, in the very beginnings of the making of our relationship with our mother:



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- Does the mother say a clear "YES" to her baby?
- Or does she say "NO" to her baby?

- "YES" - Does the mother see her baby as a unique individual, with her/his own identity, needs and wants...
- "NO" - or does she see her/him as a means to gratification of her own needs and wants?
- "YES" - Is the baby wanted for who s/he actually is and will become...
- "NO" - or is s/he wanted for what s/he can do for the mother in her delusory ideas?

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The unwanted child

Some reasons why a mother may not want her child:

- The mother is frightened of being pregnant and giving birth
- The mother has too many children already
- The child is the wrong gender ("we want a son")
- The mother wants the child to gratify her own unconscious wants and needs: as a replacement 'mother' for the mother, to replace a 'lost' child, to relieve the mother of her own trauma feelings, as a grandchild 'gift' for her mother, as a scapegoat for the mother's inner perpetrator
- The conception was coercive or rape
- The relationship between mother and father is not good...
- And many, many more...

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Unwantedness continuum



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The basic dilemma of the unwanted child:

"My mother doesn't want me... and to survive that I must put her wants and needs before mine... and if her want is that I should not exist... what can I do?"

Not exist in any meaningful way.

And this takes place before the child has any thinking capacity at all. It is deeply unconscious and reactive in order to survive.

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Surviving the trauma of identity means

- Giving up on my identity and my own wants
- Identification with the mother's wants and needs
- Disguising myself so that my mother mistakes me for part of her, so that she doesn't reject me
- Putting everyone else's wants before mine
- Giving up on my will to be me
- Pretending to be something I am not
- Hiding myself & making myself not exist – even to the point of extreme self-destructive behaviour, even suicide
- Identification with others: groups, clubs, societies, religions, politics, in order to gain some kind of identity
- Projecting truth, reality and value onto others' opinions & ideas

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Trauma of love

Is a consequence of the trauma of identity:

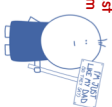


- If a mother does not want her child she does not love the child
- If the mother has suffered a trauma of identity and a trauma of love with her mother she herself is confused as to her identity and her ability to love
- Love can only exist when a person is in their 'Healthy I' – if mother is constantly in survival 'I' she cannot feel love

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Basic survival strategies of the trauma of identity

- **IDENTIFICATIONS** – I find an identity through identification with others' and their ideas about me (attributions), initially my mother and father; later with other people, music or film heroes, sports teams, model figures, projected authorities, political entities, religious groups etc...
- **ATTRIBUTIONS** – the things my parents tell me about myself: "you are stupid"; "you are a nuisance"; "you are a difficult child"; "you are intelligent"; "you will be a lawyer/doctor"; "you are a failure"; "you must make us proud"; "you are a Christian/Muslim /Hindu etc"; even your name is a potential attribution etc...



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Surviving the trauma of love

- Developing illusions of love – "If I am just good enough"; "love heals everything"; "if I just find the right person/clothes/job/home/partner..."; "one day my mother will love me";
- Making excuses for the mother's lack of love: "my mother loves me in her way"; "she tried..."
- Constant life-long efforts to gain the love of the mother
- Constant efforts to gain love from others
- Constantly looking for approval (confused with love)
- Love is confused with what one is used to eg violence, sexuality, perpetration, control, manipulation... any kind of attention

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Trauma of sexuality (non-protection)

Is a consequence of the trauma of identity and the trauma of love, and takes two forms:

- If a mother does not want her child and does not love her child, she is not protective of her child
- If the mother is sexually confused in herself she is not a safe mother for her child

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Surviving the trauma of sexuality (non-protection)

- Confusion about sexuality
- Confusion about physical contact
- Confusion between loving touch and sensual/sexual touch
- Inability to distinguish between love and sex
- Tries to get love and loving physical contact through sexual contact
- Vulnerable to allowing oneself to be sexually abused as an adult
- Can become sexually aggressive
- Sexuality used as a weapon: objectification, perpetration and sexual exploitation

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some other issues of trauma

- **Betrayal** – by the perpetrator/parent. Splitting is sometimes experienced as a self-betrayal, even though it is not within our control.
- **Trust** – is destroyed, or at least seriously damaged by trauma; trust in others and trust in the self is diminished or distorted (we trust those we shouldn't, and we are unable to distinguish healthy impulses in ourselves from survival impulses)
- **Shame** – at not being able to manage one's life, but also often entangled with mother's shame, and perpetrator/victim dynamics of control.
- **Guilt** – often undefined, which is likely to be the result of symbiotic entanglement with trauma of others, and perpetrator/victim dynamics of control

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Trauma of becoming a perpetrator

Perpetration is a major survival strategy as a way of avoiding feeling the deeper internal pain by making someone else feel pain instead.

All perpetrators are traumatised.

Becoming a perpetrator is traumatising in itself.

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Definitions of 'perpetrator' & 'victim':

A 'perpetrator' is someone who causes harm to someone else.

A 'victim' is someone who is harmed by another person.

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'Victim-attitude' as a survival strategy

We can use our 'victimhood' as a survival strategy in order to *avoid* our trauma. This is not the true victim in us... it is an attitude that avoids coming into real contact with ourselves and our trauma.

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