

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

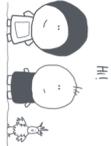
And the theory and practical developments of Professor Franz Ruppert – Identity-oriented Psychotrauma Therapy

becoming your true self

healing trauma? – part 3

What you can do yourself... And what you need help with

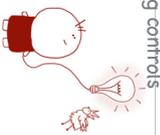
with Vivian Broughton



a starting point

Healing doesn't mean the damage never existed

It means the damage no longer controls your life



Who am I?

The starting question...

If you cannot answer this question other than by invoking *attributions* and *identifications* (profession, mother/father, daughter/son, nationality, religious affiliation, sports affiliations etc.) then you must consider that you do not really know who you are.

Remember the trauma of identity? It can destroy your sense of who you are.



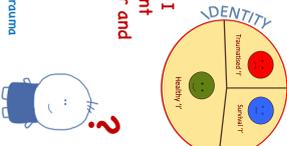
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What is identity?

I am the sum total of everything I have experienced since the moment the sperm and egg came together and created me. That is my identity.

- pre-birth and post-birth
- remembered or forgotten...
- both conscious and unconscious
- including what has been split off due to trauma

If I deny any of it then I am split and incomplete

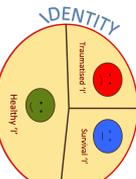


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healing the splits from traumatised

Is a process of...

- *Disintegration* of the traumatised split structure by...
- bringing the fragmentation and entanglements into full awareness, which then allows for...
- *Integration* of the splits by...
- bringing the split-off aspects into good contact and relationship with each other



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Healing happens by...

- o Increasing **awareness** of survival strategies, which...
- o **Strengthens** the healthy 'I', which allows for...
- o Increased **safe connection** with the unresolved trauma, which results in...
- o **Integration** through better connection between different parts

Healing trauma is a step by step process... it cannot be rushed.



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step one...

Are you carrying unresolved trauma?
How would you know? Here are some questions...

- o are you unhappy, even frightened, when alone?
- o do you crave company and companionship... -- but also are frightened of relationship and intimacy?
- o do you feel safer, even though unhappy, when alone?
- o do you easily feel abandoned?
- o do you seek the approval of others?
- o do you find it hard to make decisions and think clearly at times?
- o do you often devote decision-making and authority to others?
- o when with other people do you tend to feel 'merged', 'non-separate' and confused?
- o do you often feel helpless and easily overwhelmed?
- o are you sometimes authoritarian, arrogant and overly opinionated?

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And some more questions...

- o do you feel out of control in your life?
- o do you easily feel scared?
- o do your relationships continually fail and follow repetitive patterns?
- o are you addicted to anything – alcohol, cigarettes, eating, drugs, sex, work, gaming, television, shopping etc etc?
- o do you sometimes feel like a child?
- o do you have a diagnosed psychological 'disorder', eg anorexia, bulimia, schizophrenia, psychotic episodes, depression, bi-polar, obsessive-compulsive, borderline, narcissistic etc.
- o are you constantly getting sucked into perpetrator-victim dynamics? (remember video number 2)

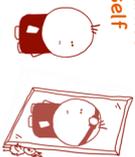
All of these are common survival strategies and symptoms of traumatisation. If we see survival strategies then there is trauma.

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step two...

Taking your unresolved trauma seriously... This means taking yourself seriously.

This may be hard, particularly if your life experience has been of not being taken seriously by others, specifically your parents and family, because this means that you have not learned what it means to take yourself seriously.

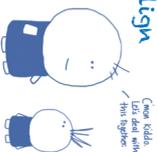


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step three...

Taking your trauma seriously involves **will** and **commitment** to yourself

Bear in mind that if you have experienced the very early traumas, you had to give up on your will and commitment to yourself, in order to align yourself with your mother's and father's will and wants.



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step four...

Become aware of your survival strategies...

Remember... your survival strategies are the many ways in which you protect yourself from feelings... specifically painful feelings. Keeping the traumatised parts of you out of consciousness.

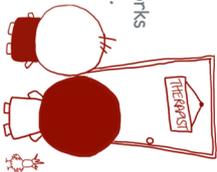
The more you become aware of these, the more you strengthen your healthy 'I'.

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step five...

Now the reality is that because of our survival strategies we can only go so far on our own.

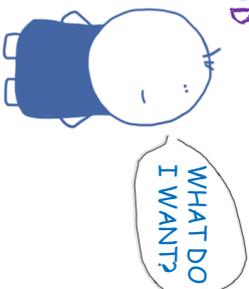
So Step 5 is to find a therapist/facilitator who understands trauma and works with the **Intention Method**...



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step six...

THE INTENTION METHOD



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the intention method

- Is a process taken from the 'family correlations' tradition
- allows access to the your psyche and your unconscious, split off, pre-verbal and pre-birth experiences and information
- offers the opportunity to explore your psyche
- the word 'intention' implies an intent to action. It is a dynamic word
- it requires the will to engage with your process...
- ...and a clearly stated intention
- it includes the failsafe mechanism of your survival strategies so the process does not go further than the your current ability to manage

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Important to know...

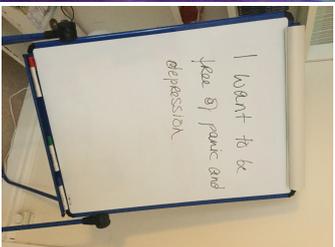
No one can heal anyone else's trauma... and no one is going to come and rescue you.

It is up to you to take this responsibility for yourself seriously.

No therapist can heal your trauma for you either, but the therapist can hold the space, accompany you on your exploration and give some assistance in making sense of what happens.

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the intention method starts with an intention, which is written on a board



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Each word is then represented by a group member.

- The experiences that these 'representatives' have during the process provide information about the intention.
- Each word (or punctuation) provides access to unconscious information as it is relevant to the stated intention
- The process continues until clarity is gained about the intention.



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advantages of the intention method process

- it requires you to have an intention
- is an embodied experience
- the process provides access to unconscious, split off, pre-verbal, pre-birth material
- it will show your survival strategies and the relationship between the split parts within you
- can show the context of traumatisation within the family
- it offers the possibility of contact and connection with the split off parts
- offers a safety mechanism that keeps the client in charge of the work, which maintains safety for the client!

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a word about contact...

Essentially resolving trauma means coming into better contact with the split off parts of yourself. In this sense contact is...

- About feelings - it is likely to be emotional and moving
- A moment of clarity of perception, insight and understanding that changes you
- A relaxation and release of physical tension
- A brightening of reality and truth

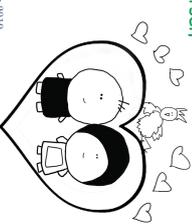
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Remember...

... you are in charge of your healing... it is your life, and only you can change it.

Putting yourself first is the most same thing you can do.

You can only truly love someone else if you love yourself



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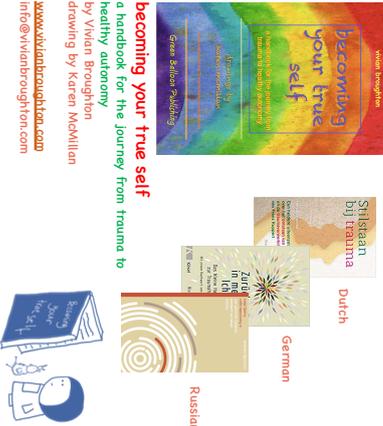
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a handbook for the journey from trauma to healthy autonomy

by Vivian Broughton
drawing by Karen Middleton

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This presentation and Vivian's work is based on Identity-oriented Psycho-trauma 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 2017

By Franz Ruppert

- **Trauma, Bonding & Family Constellations: Understanding how relating expresses of the soul**, 2016
- **Splits in the Soul: Integrating Traumatic Experiences**, 2011
- **Symbiotes & Autonomy: Symbolic 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, Experiencing Traumatization, 2018**
- **Who am I in a Traumatized & Traumatizing Society?**, 2019



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