

Health, Illnesses & Psychotrauma

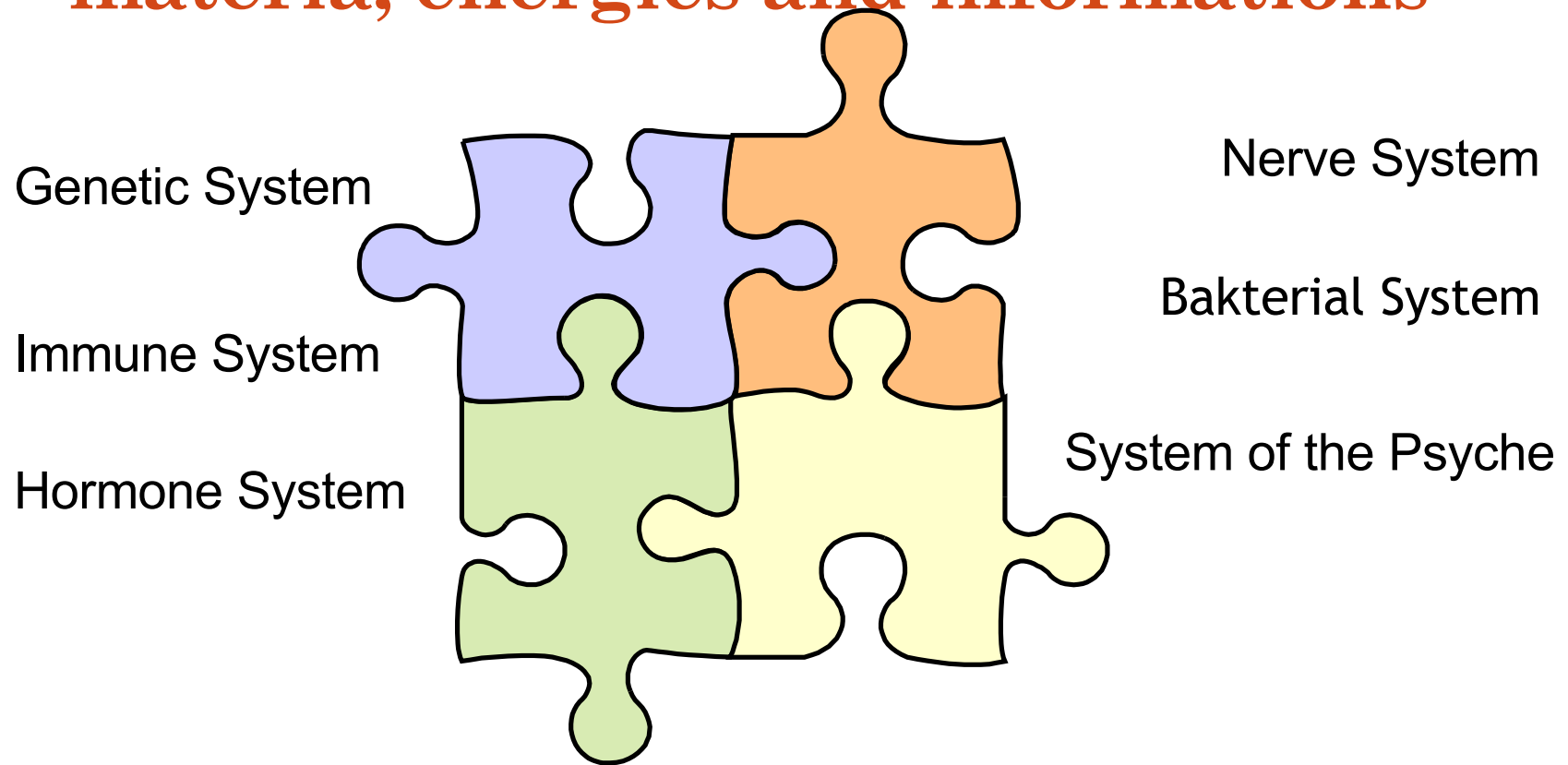
How Psychotrauma can
influence our health

Oslo, 29th of May 2026

Agenda

- Relevant systems in the living human organism
- What does „being healthy“ mean?
- What does (psycho)trauma mean?
- Consequences of psychotrauma for health and illnesses
- Strategies to deal with different types of trauma
- Steps towards a new culture of health

The living human organism is a network of systems connecting materia, energies and informations



What is making the difference?

- Well-being and health or suffering and illnesses?



What does being healthy mean?

- Stability
- Flexibility
- Mobility
- Power
- Energy
- Joy of life

- Clear mind
- Life feels meaningful, exciting, full of options
- ...



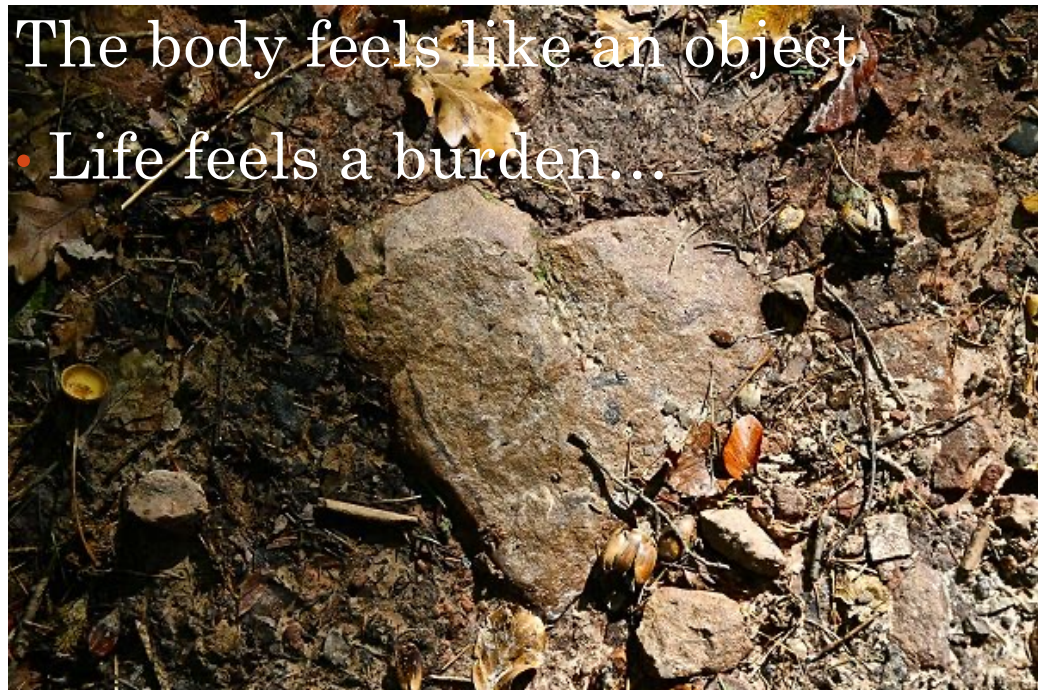
What is necessary

- Clean air for breathing
- Appropriate nutrition (healthy food, pure water)
- Shelter from heat and coldness
- Space to move
- Space to show emotions
- Enough time for recreation
- Free will
- Healthy I
- Constructive relationships
- Social systems that act constructive

to be and stay healthy?

What does it mean not to live fully?

- Rigid muscles
- Frozen emotions
- Being mentally blocked
- Functioning mechanically
- Being over controlled
- Being socially isolated



Body and Psyche

- Body and psyche are interwoven within the living organism
- They develop together since conception
- Traumatizations can happen even before birth and influence our healthy development



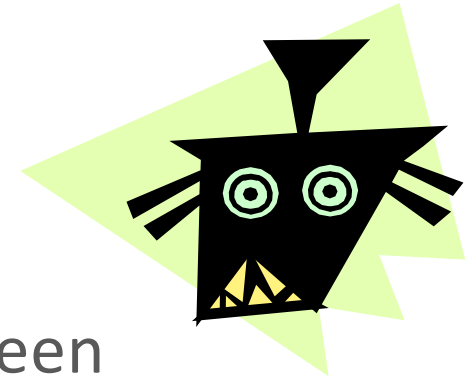
„Physical Trauma“

- physical forces, chemical energies, biological agents
- that a human organism cannot cope with and
- overwhelm its resisting and repairing capacities
- resulting in lasting damages and impairments



A Psychotrauma is

- „ ... a vital experience of discrepancy between threatening situational factors and the individual's coping capacities, that is associated with emotions of helplessness and the lacking of any protection thus creating a permanent instability of the self concept and the conception of the world.“
- (Fischer und Riedesser, 1999, S. 79)



Psychological trauma means any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long-lasting negative effect on a person's attitudes, behavior, and other aspects of functioning. Traumatic events include those caused by human behavior (e.g., rape, war, industrial accidents) as well as by nature (e.g., earthquakes) and often challenge an individual's view of the world as a just, safe, and predictable place.

<https://dictionary.apa.org/trauma> 14.4.2025

A life experience becomes not only stressful but traumatic

if we face a risk for our body and/or psyche, and are incapable of dealing with it with the help of our stress programs.

Our stress programs make the situation even worse for us.

Therefore we end up in a state of helplessness and agony and the stress programs have to be stopped and suppressed.



„Psychotrauma“

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



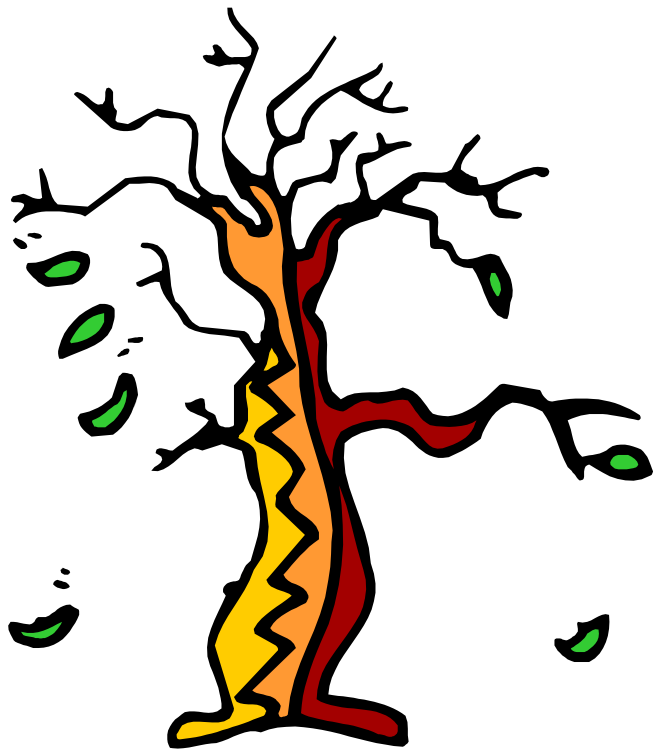
The traumatic process



- traumatizing situation
- experiencing the trauma
- short-, medium- and longterm consequences of a trauma

Franz Ruppert

A trauma is an injury of



- the physical body
- the psyche
- the relations

(c) Prof. Dr. Franz Ruppert

17.07.26

One of the most significant consequence of a trauma can be an inability to manage bonding relations without stress.



Many of us not only suffer from one single trauma,
but from a Trauma Trias

Not wanted!

Not loved!

Not protected!

Trauma of being a Perpetrator



Trauma of Sexuality



Trauma of Love



Trauma of Identity

The Traumabiography

The Trauma-emergency- mechanism consists of:

- Immobilization of the body
- Freezing of our feelings
- Dissociating in our mind
- Splitting the structure of the psyche
- **Falling into pieces helps us to survive.**

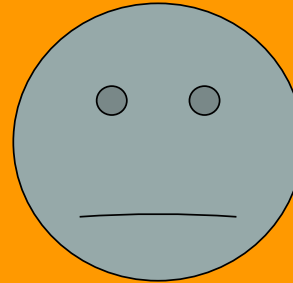


Splitting of the human psyche after a traumatising experience

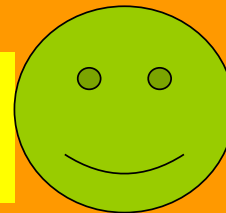
Section 2:
Traumatised
parts in a state
of helplessness



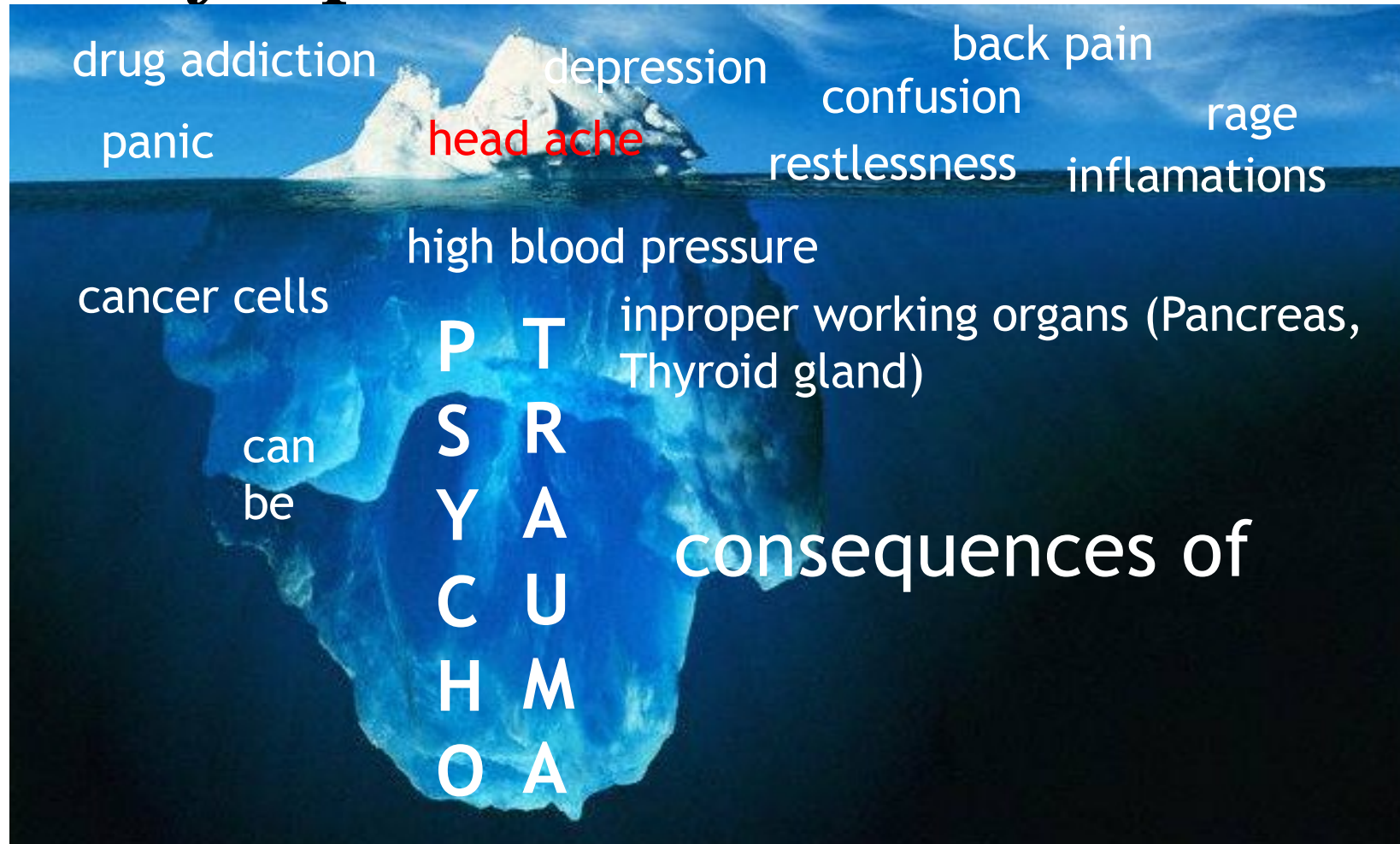
Section 3:
Surviving parts
in permanent stress

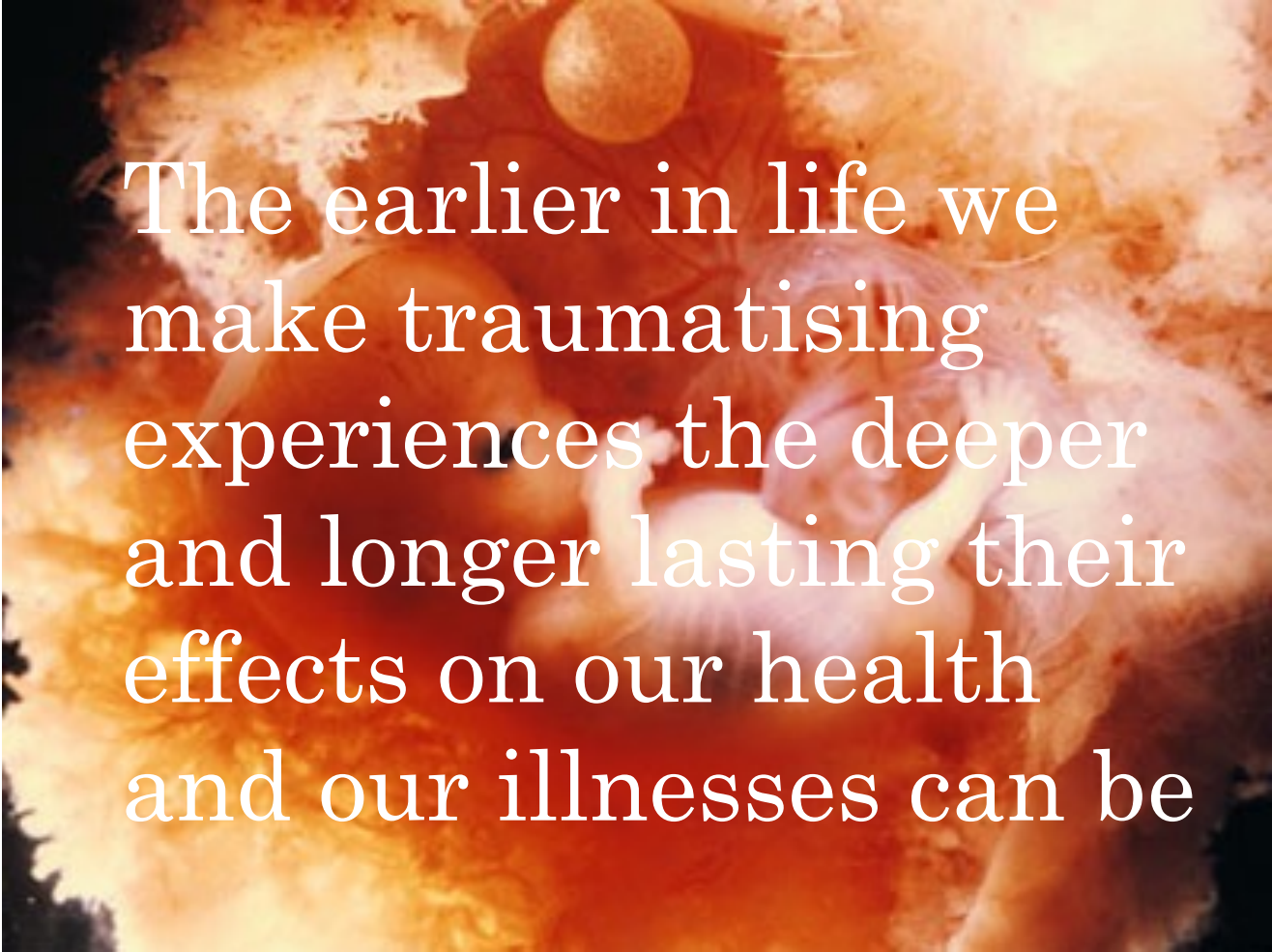


Section 1:
Healthy parts



Symptoms like





The earlier in life we
make traumatising
experiences the deeper
and longer lasting their
effects on our health
and our illnesses can be

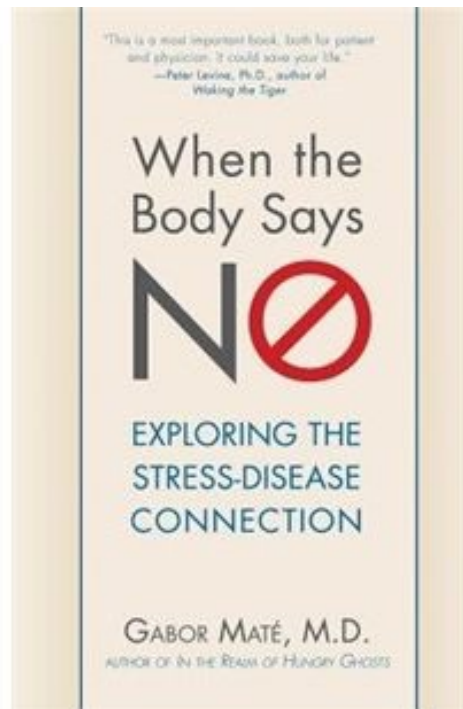
Adverse Childhood Experiences Study (Vince Felitti & Bob Anda 1998)

- Sample: 17.500 adults, mainly white and educated
- 67% with minimum one ACE (physical, emotional, sexual abuse, neglect, parents with mental illnesses, substantial dependencies, incarceration, separation and divorce, domestic violence)
- 12,6 % with four or more
- The more ACE the more health problems
- 7 ACE and more: 3 times more lung cancer, 3,5 more heart attacks
- Even without risk behavior the toxic stress damages the brain (amygdala, frontal cortex)

<http://acestoohigh.com/2012/10/03/the-adverse-childhood-experiences-study-the-largest-most-important-public-health-study-you-never-heard-of-began-in-an-obesity-clinic/>

<https://www.youtube.com/watch?v=95ovIJ3dsNk>

Gabor Mate's experience:



Your body says
no, when you
don't say no!

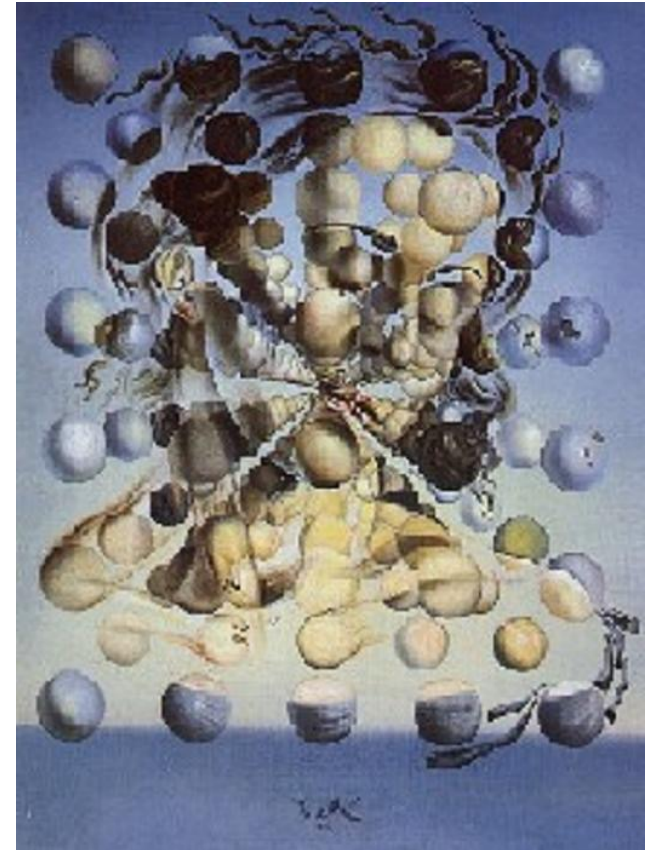
How does Psychotrauma influence the living human organism?

Trauma-emergency-reactions are

splitting the unity of the organism

separating perception, emotions, thoughts and movements,

disrupting the flow of energy and emotions in the relevant systems within the living organism



How does Psychotrauma influence the living human organism?

Patterns of trauma reactions (immobilisation, states of shock) are stored unconsciously in the muscles, the organs and the cells and are fixating body postures



How does Psychotrauma influence the living human organism?

Patterns of trauma reaction can be triggered by sounds, smells, pictures and set the organism under huge stress



How does Psychotrauma influence the living human organism?

The unconscious surviving mechanisms and conscious trauma-surviving-strategies are working hard to controll and suppress the trauma reactions (e.g. by reduced breathing, controlling emotions by the use of medication and drugs)



How does Psychotrauma influence the living human organism?

- The suppression of psychotrauma reactions and memories causes a state of permanent stress within the organism
- Stress means: reduced immune reactions and digestion activities, increased blood clotting
- There is no complete state of recovery
- Chronic stress is the reason for many illnesses



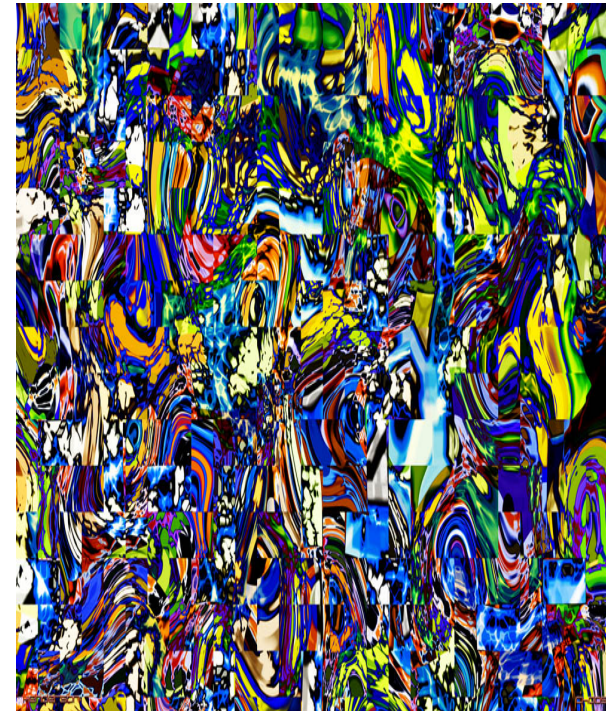
How does Psychotrauma influence the living human organism?

The repair systems of the organism will lack interaction, coordination and cooperation

They may even work against each other

The activity of the immune system is reduced by cortisol.

The immune system cannot distinguish between friendly and hostile cells within the body leading to autoimmune diseases or cancer



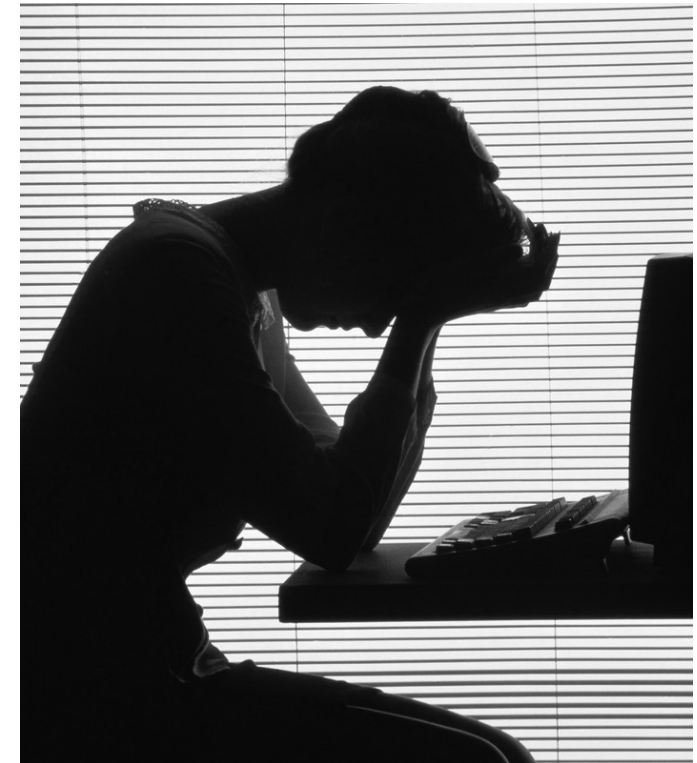
How does Psychotrauma influence the living human organism?

Trauma surviving strategies from our past are burdening and exhausting but are seen as a solution for present problems

Because of the permanent stress we suffer from lack of concentration

The symptoms even get worse the older we become

We become even more aggressive and unpredictable for ourselves and for others



How does Psychotrauma influence the living human organism?

There is a lack of healthy I and free will to manage the internal emotional chaos

There is no healthy I that in case could intervene in favor of health and well being

Because we have to suppress our memories we cannot develop our true identity

We become even more stressed and are losing self discipline and self care

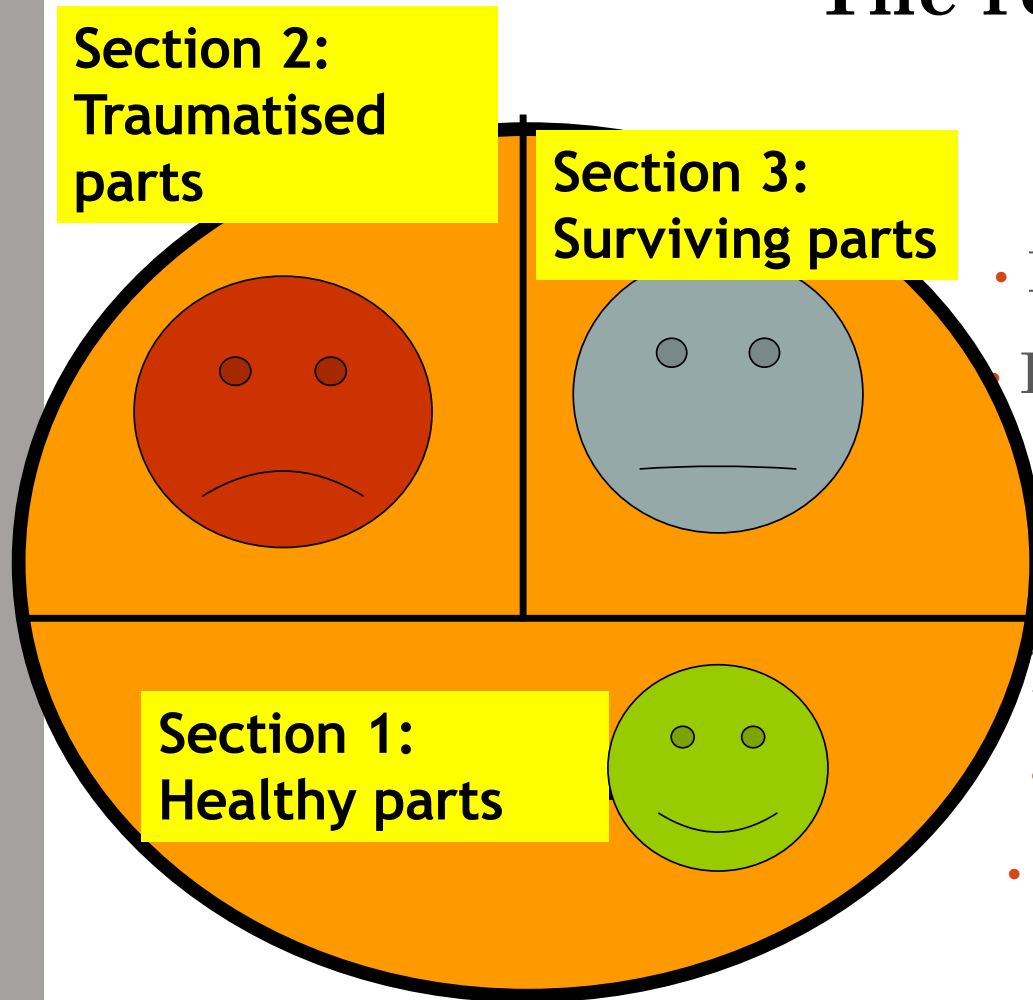


How does Psychotrauma influence the living human organism?

- Traumatised human beings stay in destructive relations and – even worse - seek them actively
- They are not able to leave perpetrator-victim-systems
- We behave as perpetrators and feel as victims



The reduced concept of health and illnesses



- Ignoring psychotrauma
- Identifying symptoms with illnesses
- Defining health as lack of symptoms
 - Separating body from psyche
 - Objectifying the human body
- Trying to produce health technically
 - Curing illnesses not human beings
 - Delegating responsibility to experts
 - Accepting the role of a „patient“
- Pressure to obey the rules of an expert system

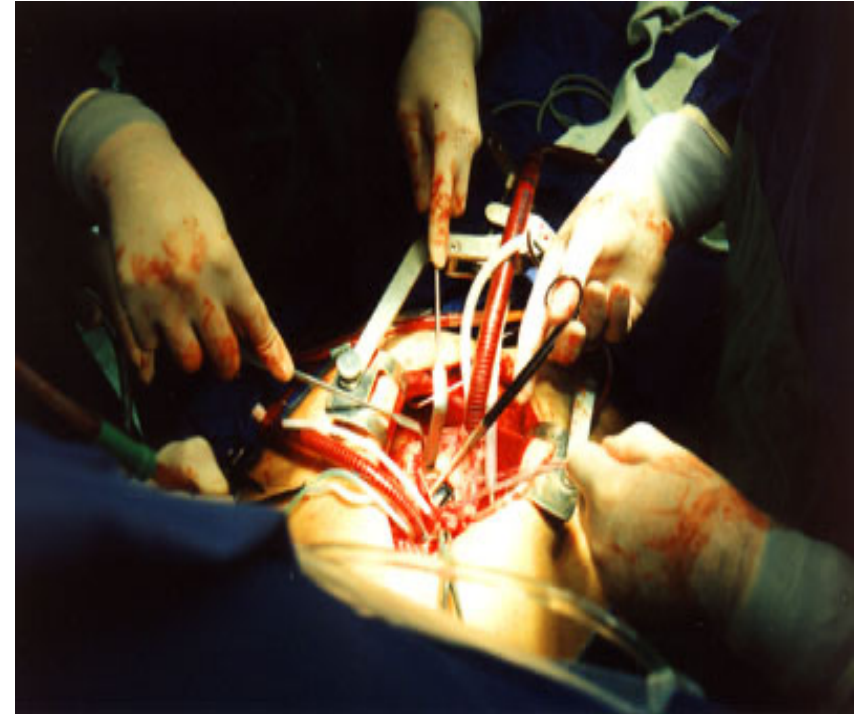
Being a „patient“ means

- we are highly dependent on the experts and the whole system
- our psychosocial problems behind your illness are not seen and addressed
- Treatments themselves can be traumatising and can deepen the fragmentations of the psyche and the organism



Gyné
Ärzteverein für die Frau

- Erasing, suppressing or diminishing the symptoms of illnesses
- does not heal a trauma behind
- but can sometimes destroy usefull informations and
- makes the understanding of the deeper and real causes even more difficult.



Healing the roots of trauma

Trauma of Identity: Acknowledging of not being wanted; feeling the consequences

- of an attempts of abortion,
- lack of contact with the mother in the womb,
- life threatening birth processes,
- anxieties by immediate separation from mother after birth

Healing the roots of trauma

- **Trauma of Love:** understanding the entanglement with traumatized parents, that are not able to love their children in a healthy way, identifying our illusions of love

Healing the roots of trauma

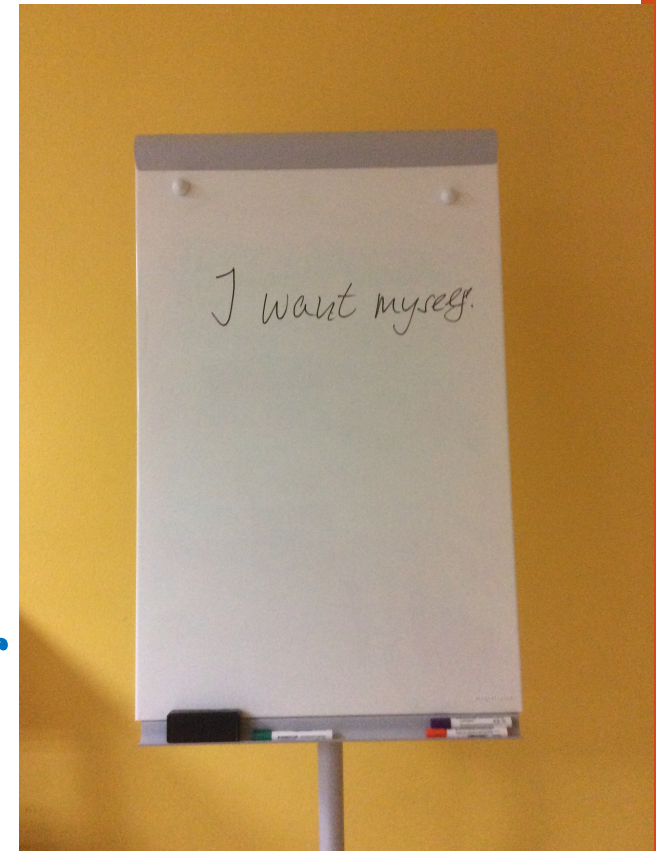
- **Trauma of Sexuality:**
- identifying the relevant symptoms,
- admitting the fact of being made a psychotrauma-victim,
- naming perpetrators,
- understanding self perpetration, leaving perpetrator-victim relations and systems,
- going in a loving contact with the split off and numbed parts of ourselves

Healing the roots of trauma

- **Trauma of being a Perpetrator:**
- admitting being a victim of psychotrauma as basis for admitting being a psychotrauma-perpetrator;
- understanding the many types of perpetrator-attitudes
- learning to accept the feelings of shame and guilt

Basic Method of Identity oriented Psychotraumatheapy (IoPT)

- Creating a free space for
- Self Encounter
- by exploring the trauma in our intentions and
- using resonators as a mirror of our psyche



Steps towards healthy Identity and a new Culture of Health

- Accepting that psychotrauma is wide spread in every society
- Reducing health damages by preventing traumatisations as best as possible
- Becoming the subject of your health



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