

# 2<sup>nd</sup> International Conference of Multigenerational Psychotraumatology

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

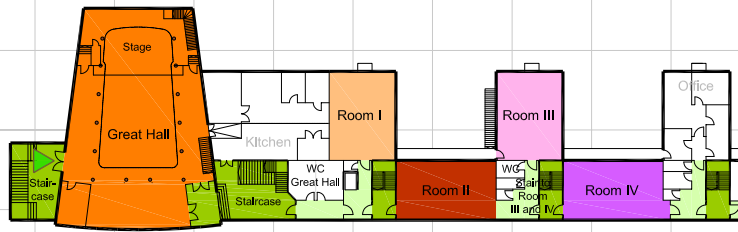
## HEALTHY RELATIONSHIPS

How constallations support  
healthy relationships

**10 – 12 OCTOBER 2014**

Munich Kolping Congress Centre  
Adolf Kolping-Str. 1 | D-80336 München

# First Floor

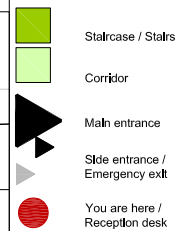


2. INTERNATIONAL  
CONFERENCE

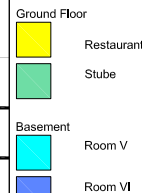
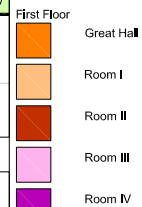
HEALTHY  
RELATION-  
SHIPS

Get to room III + IV  
via ground floor / stairs

## Legend

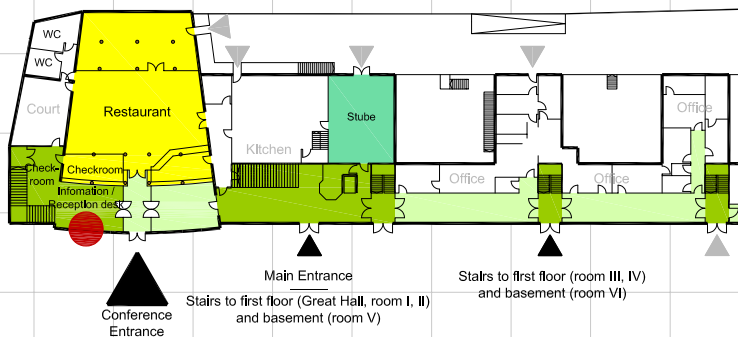


## Workshop rooms

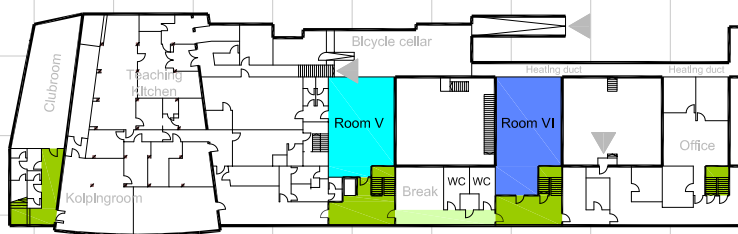


Workshop rooms  
Kolpinghaus München-Zentral  
Adolf-Kolping-Strasse 1  
80336 München  
Stand 17.09.2014  
Elisabeth Kallinger 08161 - 23 46 5-88  
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donnerspitze.de

# Ground Floor



# Basement



Get to room VI via  
ground floor / stairs

## Dear Participants,

We are delighted that you join in our invitation to examine and to deepen our understanding for the question of how the Constellation of the Intension can support healthy relationships. Some of you have taken great efforts and covered long distances to come here to Munich. We highly appreciate this.

We thank all facilitators of our numerous workshops for their willingness to share their knowledge and experiences with the participants of our congress and are grateful that they will cover with their work an abundance of important issues.

Heartfelt thanks go to the group of people who prepared and organized since months with much enthusiasm, and took care, that we have a well-structured course for this conference, a well-functioning technical support and a beautiful ambiance.

We wish all of us three exceptional days with deep insights, touching encounters and constructive discussions. May our 2nd International Congress stay as many people in good memories as the first congress.

The Association for Promoting Healthy Human Autonomy e.V.

Franz Ruppert & Birgit Assel  
(Chairpersons)

Detlev Blechner  
(Treasurer)



V.i.S.d.P.  
Prof. Dr. Franz Ruppert  
1. Chairman  
Association For Promoting  
Healthy Human Autonomy e.V.  
Praschlerstraße 30, 81673 Munich  
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## Friday | 10.10.2014

from 11.00 a.m	Foyer	Arrival, registration
14.00 – 14.30 h	Great Hall	Conference opening <b>Moderation Birgit Assel and Detlev Blechner</b>
14.30 – 16.00 h	Great Hall	Healthy Relationships – Healthy Psyche <b>Prof. Dr. Franz Ruppert</b>
16.00 – 16.30 h	Great Hall	Break
16.30 – 18.30 h	Parallel Workshops	
<b>Workshop 1</b>	Room VI	Mother-daughter relationships <b>Christina Freund</b>
<b>Workshop 2</b>	Room I	Mothers and son <b>Cordula Schulte</b>
<b>Workshop 3</b>	Room II	Sexuality in couple relationships <b>Andrea Stoffers</b>
<b>Workshop 4</b>	Room III	Being together and being alone in couple relationships <b>Diana Vasile</b>
<b>Workshop 5</b>	Room IV	Symbiosis and Autonomy in couple relationships <b>Margriet Wentink und Wim Wassink</b>
<b>Workshop 6</b>	Room V	Beyond life – Relationships with the deceased <b>Marina Schürmann</b>
<b>Workshop 7</b>	Great Hall	Patterns of Perpetrator-Victim-Relationships <b>Franz Ruppert</b>
19.00 – 20.00 h	Great Hall	Exchange and plenum discussion

## Opening Presentation Friday: Healthy Relationships – Healthy Psyche

Relationships are central for the development of our human psyche. Therefore constructive relationships make us healthy and destructive relationships make us mentally and physically ill. What is significant for „healthy“ relationships? What are the symptoms for „unhealthy“ relations? What can we do to gain healthy relationships and change the unhealthy ones? How can we make use of the „Constellation of the Intention“ to improve our relationships?



### Franz Ruppert

Prof. Dr., born 1957

Professor for Psychology at the University of Applied Sciences in Munich, Psychotherapist in his own practice.

Since 1994 I develop the concept of the „Multigenerational Psychotraumatology“, the basis of my work with the „Constellation of the Intention“. The progress of my work is documented in 7 books, some of them are translated in English, Spanish, Italian, Russian, Czech, Romanian, Brazilian, Polish, Turkish and Dutch.

I offer seminars, lectures and trainings worldwide.

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Friday 14.30 h

Great Hall

Healthy Relationships –  
Healthy Psyche

## Mother-Daughter Relationships

The relationships between mothers and daughters differ from those to their sons. They are of the same sex and have the same body. Therefore, they are very close but at the same time in danger to get into respective symbiotic entanglement. This applies even more when mothers are traumatised. If a mother becomes aware of her traumatising during her therapeutic process, she becomes able to recognize the traumatising of her daughter.

The recognition to have traumatized the own daughter triggers feelings of grief and guilt. These are very hard to tolerate for the daughter. Therefore she frequently starts to protect her mother and minimizes or denies her own injuries.

In constellation work with traumatized mothers and daughters I see such entangling dynamics repeatedly. How can mothers and daughters process their traumatic experience in a helpful way? How can they find a healthy relationship?

Based on a theoretical introduction, a constellation and a final discussion the workshop looks for answers.



### Christina Freund

Social worker, Study of German Literature and History

2006-2008 training with Dr. Lutz Besser, his psycho-traumatology and traumatherapy

since 2008 training with Prof. Franz Ruppert, his multigenerational psychotraumatology and his way of facilitating constellations

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## Mothers and Sons

With the conception of a son a child of opposite gender grows in the body of the mother and activates different feelings and different (re-)cognitions than a daughter. In a son she has a counterpart that connects to all her experiences she made in the context with men in her social environment like father, brothers, friends and partners.

This opens a lot of room for specific projecting as the "own", or typical female is missing.

In their development, sons are often accompanied by mothers who unconsciously or perhaps even consciously carry disappointment and anger towards male reference and attachment figures within and have to compensate for or suppress these feelings.

The mother-son relationship mirrors mainly the trauma of the mother or triggers her through causing problems for the mother by non-conformity and diverse symptoms of the son like school problems, massive resistance to parenting, sleeping problems etc. These cannot be understood and allocated respectively. Rejected, aggressive, and non-conforming inner parts of the mothers are unconsciously sensed and lived out by the sons.

The Constellation of the Intention leads to uncover the mother-child dynamics and here especially the mother-son one. Projections can be recognized and sons have the chance to free themselves from the "fighting mode", as well as from multiple distinct features like hyperactivity, dependency behaviour, disposition to violence and many others, allowing them to live in a masculine manner without guilt.



### Cordula Schulte

\*1952, married with two adult children.

Health practitioner for psychotherapy in own practice in Essen

In recent years therapeutic activity is based on qualifications in Trauma Therapy especially in Trauma Constellation Work inspired by Prof. Franz Ruppert, both in individual and in group sessions

Lecturer and seminar facilitator at Paracelsus Schools

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Friday 16.30 h

Room VI

Mother-daughter Relationships

Friday 16.30 h

Room I

Mothers and Sons

# Sexuality in Couple Relationships

## The feeling for the own body as a condition for a good couple relationship

Often people experience sexuality as something very important and take it as an indicator for a good relationship with the partner. In the process, sexuality belongs to a relationship as much as a shared meal. It is something normal, what develops in time, being neither emphasized nor embarrassingly kept secret but something that creates wellbeing out of healthy structures.

Abused individuals often experience it differently. They frequently mix up sexuality with love, resulting in the impression they are not loved sufficiently when sex happens to be rare in the relationship.

They experience themselves as being separated from their bodies, merely react, play a role, cannot really engage and let go, reject their bodies as they feel rejected from their partners.

In constellations mostly this split part appears. Then the aim is to get to know the own body, to accept and to feel oneself, and to allow and stand the own feelings, to learn to recognize and name personal needs, to accept sexual desire as normal and nice rather than experience it as pressure or exert pressure with it. Simply experience sexuality as a result of healthy relationship structures. With the help of the constellation method reasons for split off feelings may be found. With the help of the constellation of the intention, my workshop illustrates the possible reasons and consequences of the split from the own body.



### Andrea Stoffers

Since 2007 health practitioner for Psychotherapy in own practice in Neuss with the focus of constellation therapy on the base of bonding theory after John Bowlby and the multi-generational Psychotraumatology after Franz Ruppert (training with Franz Ruppert, Munich).

I offer training in theory and practice in "Constellation of the Intention" following Franz Ruppert. Therapeutic coaching in critical life situations, constellation seminars.

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Friday 16.30 h

Room II

Sexuality in Couple Relationships

# Being together and being separate in Couple Relationships

For singles or couples, the relationship between Together and Separate seems to be a complicated one: if we are together, we ignore the "separate"; if we are single or separated, "together" seems to be impossible.

Do you feel sad or ready to run away when alone or single? Do you find yourself full of people around you? Or, there is no one who you can rely on? Do you find difficult to manage your feelings in relationships and think that the other cannot understand you?

This workshop is an invitation to explore your deep wounds that makes you feel this way and stops you from enjoying healthy relationships with yourself and those around you.

Your wounds can be determined by past experiences of abuse: emotional, physical or sexual. We explore them using the Constellation of the Intention, some of the most important theories and results of recent research on trauma and relationships, developed by F. Ruppert, J. Bowlby, J. Salome, M. Bowen. By the end of the workshop, you can get a clear insight on your reality and resources. These resources can thus be involved, consciously and unconsciously, in two types of processes: healing your wounds and creating new resources for fruitful connection with yourself and others.



### Diana Vasile

is a psychologist, psychotherapist and professor at Hyperion University in Bucharest, Romania. She has been teaching courses on couple and family psychology and psychotherapy since 2000 in several Romanian universities. Her experience as psychotherapist and trainer is vast and internationally acknowledged for her efficiency with individuals and families. She worked as a psychotherapist in Australia and continued to see international clients in Romania. Diana's interest focuses on psychological rehabilitation and personal development of those who experienced highly stressful and traumatized experiences of abuse and loss. She got her Phd on a thesis about posttraumatic growth and resilience after the loss of a parent through divorce and death. In the last 7 years she originally combined theories about trauma, relationships, family with solution-focused and psychodynamic therapies and constellation method. Diana Vasile is the author of academic books; the most important ones are "Introduction to family psychology and psychosexuality" and "Family traumas and compensatory resources".

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Friday 16.30 h

Room III

Being together and being separate in Couple Relationships



## Symbiosis and Autonomy in Couple Relationships

A loving and satisfying couple relationship is something that most people desire and have high expectations of. But how do we find the equilibrium between our desire for intimacy and love, and a good way to manage everyday life, and our need to be an autonomous person within the couple relationship?

Couple relationships very quickly can turn into a destructive form of symbiotic entanglement with lots of quarrels and frustrations. How can we find a constructive way of living together as loving and equal partners?

In this workshop we will use the constellations method Franz Ruppert has developed to clear those types of questions dealing with couple relationships.



**Margriet Wentink**  
**Wim Wassink**

since 1996 working in Tiel/NL as consultants, trainers and supervisors in their own practice in ongoing training with Franz Ruppert in Munich  
Translators of the Dutch edition of "Symbiosis and Autonomy"

Organisers of the seminars and lectures of Franz Ruppert in the Netherlands

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## Beyond Life – Relationships with already deceased Persons

Throughout their lives, people live together in a variety of types of relationships. With the loss of a person, the real-life relationship ends. Internally it often persists beyond the grieving process, although the real character in life is missing. The origin of the inner clinging mostly stems from symbiotic entanglements with early caregivers, primarily the mother and compensatory also the father or other carers. This often prevents an inner release and leads to a conscious or unconscious adherence to the deceased person and the impression that the grieving never ends.

In the living individuals concerned, these mechanism can have different effects on inner processing and on attachment behaviour, and can strongly influence their concrete relationships.

On a multigenerational level the strong and often unconscious connection to a deceased people looms heavily. Multigenerational entanglements can impede the development of an own identity and cause identification with extraneous emotions.

Trauma constellations can help to uncover and solve such entanglements in real-life relationships. In my workshop there will be the opportunity to deal with intentions and thus initiate clarification.



**Marina Schürmann**

born 1983

Diploma in Education and special needs Education, mediator after guidelines of BM, Grievance Counsellor, work with parents and siblings of dying children

From 2010 - 2013 training in Multigenerational Psycho-traumatology following Franz Ruppert with Birgit Assel (diploma in social sciences)

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Friday 16.30 h

**Room IV**

Symbiosis and Autonomy in Couple Relationships

Friday 16.30 h

**Room V**

Beyond Life – Relationships with already deceased Persons

# Patterns of Perpetrator-Victim-Relationships

Destructive relationships are based on patterns of victim-perpetrator dynamics. They are founded in aggression, violence and manipulation. Victim-perpetrator-patterns that we develop during our childhood will easily be reproduced in later relationships. So it is important to identify those patterns and develop the strength and the will to give them up and build up constructive relations. The „Constellation of the Intention“ is an effective tool to change perpetrator-victim-dynamics.



## Franz Ruppert

Prof. Dr., born 1957

Professor for Psychology at the University of Applied Sciences in Munich, Psychotherapist in his own practice.

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Friday 16.30 h

Great Hall

Patterns of Perpetrator-Victim-Relationships

## Saturday Morning | 11.10.2014

9.00 – 9.15 h

Great Hall

Introduction 2<sup>nd</sup> day  
**Moderation Birgit Assel and Detlev Blechner**

9.15 – 10.30 h

Great Hall

Constellation of the Intention: developments and current state of the method  
**Prof. Dr. Franz Ruppert**

10.30 – 11.00 h

Great Hall

Break

11.00 – 13.00 h

### Parallel Workshops

Workshop 8

Great Hall

Can constellations help children?  
**Bettina Schmalnauer**

Workshop 9

Room I

Healthy working relationships  
**Gerlinde Fishedick**

Workshop 10

Room II

The Heart of Things: The Constellation of the Intention in the individual and couples session  
**Vivian Broughton**

Workshop 11

Room III

Healthy relationship organisation between physician and patient  
**Harald Banzhaf**

Workshop 12

Room IV

The doctor-patient-relationship  
**Thomas Röhl**

Workshop 13

Stube

Professional relationships  
**Corinna Schürmann**

Workshop 14

Room V

In good relationship with oneself and others  
**Birgit B. Lehner**

Workshop 15

Room VI

Trauma – Compulsions – Relationships  
**Margret Friedrich**

13.00 – 14.30 h

Restaurant or outside

Lunch break

## Opening Presentation Saturday: The Constellation of the Intention

1994 I started to learn what we can achieve with „family constellations“. Meanwhile I developed a specific approach of constellations to work on the level of trauma. This work is based on the concept of „multigenerational psychotraumatology“ and I call it „The constellation of the Intention“. What does this method mean? What are the benefits of this type of working? What can be done wrong?



### Franz Ruppert

Prof. Dr., born 1957

Professor for Psychology at the University of Applied Sciences in Munich, Psychotherapist in his own practice.

Since 1994 I develop the concept of the „Multigenerational Psychotraumatology“, the basis of my work with the „Constellation of the Intention“. The progress of my work is documented in 7 books, some of them are translated in English, Spanish, Italian, Russian, Czech, Romanian, Brazilian, Polish, Turkish and Dutch.

I offer seminars, lectures and trainings worldwide.

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## Can Constellations help Children?

There are two main dynamics that I often experience in my practice: Parents come to me with and because of their children with the question like: “My child displays behavioural problems, has problems with relationships, is anxious, aggressive, restrained etc., at home and in school. And the parents see no apparent reason for it: “In our family everything is okay. We have all we need, we could be happy.” “What is the matter with my child?” the parents ask themselves puzzled and helplessly.

Issues that appear frequently are physical symptoms from headaches to bedwetting, under- or overweight, sleeping problems. Parents and children have already gone through an odyssey of different therapies and have the attitude to want to get rid of the symptom.

It is helpful to look at the bigger picture of the dynamics of the multigenerational bonding relationships in both directions, on one side from me and to my parents, grand-parents etc. and on the other side from me to my children. I love my children and my children love me. Right out of this bonding constellation we get entangled with each other, making the loving relationship with the child difficult. Looking at the situation sincerely and straightforwardly and the wish to resolve the entanglement helps.



### Bettina Schmalnauer

Bettina Schmalnauer, in second marriage, 3 daughters 21y., 9 y., 6 y.

Since 25 years I deal with what ails and heals the soul out of personal necessity.

2006 training for Body Talk Applier,

2008 three-year-training in family and structural constellation with Dr. Karl-Heinz Domig in Goldegg / Salzburg

2011 training with Franz Ruppert, since then seminars and monthly visits in his practise

Since 2008 self-employed in own practice in Attnang Austria working with Body Talk, constellation therapy after Franz Ruppert, individuals and groups, counselling and coaching

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Saturday 9.15 h

**Great Hall**

The Constellation of the Intention

Saturday 11.00 h

**Great Hall**

Can Constellations help Children?



# Healthy Work Relationships

## Origin – Practical Experience – Solutions

It often starts with the career choice, which is frequently a symbiotic one and not a free decision. This can be the beginning of a chain of work relationships, which again and again confront one with unfulfilled needs, and one rarely can decode the origin of it. At work daily unsolved personal and familial trauma situations can be triggered.

Issues concerned are:

- Attitude in application situations
- negotiations of work conditions
- perception of tasks in the enterprise
- organisation and formation of relationships to superiors and colleagues
- business management

The workshop shows how to decipher the personal concerns with the help of constellations to achieve healthy and realistic work relationships. Employees, employers, counsellors and individuals doing constellations are welcome.

After an initial introduction, participants are drawn to have the opportunity to make a constellation of their intention.



### Gerlinde Fischedick

born 1956

Lawyer, mediator, systemic therapist and psychological counsellor, working in Hannover and Celle

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Saturday 11.00 h

Room I

Healthy Work Relationships

# The Heart of Things: The Constellation of the Intention in the Individual and Couples Session

What does it mean to 'support healthy relationships' in the one-to-one session? What does that mean for the relationship between the therapist and client and what does it require of the therapist?

In this presentation and workshop Vivian will present her latest thoughts on these topics. One of her continuing passions is the elegant, ethical and disciplined practice of the therapist in the individual session. She will demonstrate her work, discuss the finer points of practice and additionally talk about her perspective on working with couples.



### Vivian Broughton

is the author of three books on the topics of trauma constellations generally and individual work specifically as well as numerous articles for professional journals. Her experience as a psychotherapist and constellations facilitator spans many years, including nine years of study with Franz Ruppert. She edited all Franz's books translated into English. She works in London and Bristol, UK, and in several other countries.

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Saturday 11.00 h

Room II

The Constellation of the Intention in the individual and Couples Session

# Healthy Relationship Organisation between Physician and Patient

– in the example of a practice with integrative therapy concept – taking into account the constellation method as a central element

Resulting from different starting positions, relationships between therapist and patient mostly develop in a very asymmetric way. On one hand there are superficially legal and textual guidelines, professionalisation and time pressure. On the other hand there is lack of information and clarification, the feeling of dependence and being at the mercy of somebody as well as pronounced fears in connection with respective suppressing mechanisms. This type of relationship is indisputably hindering and harmful to whatever type of healing process.

Through the constellation method as central element besides very precious diagnostic and therapeutic insights, a completely new quality of relationship dynamics between doctor and patient develops.

Using the example of a medical practice with focus on environmental medicine as a contact point for environmental diseases, I want to show that through the application of the constellation method within a multimodal concept, not only diagnostic and therapeutic hints can be found, (not least with regard to the participation of inner split off parts and their proper pathogenic effects), but the way of relationship between doctor and patient gains a completely new quality that verifiably contributes to the further recovering- and healing process.

Through continuous process work with respective openness (of both sides), it is possible for the patient as well as for the therapist to uncover so far hidden destructive relationship patterns and replace them one after the other with constructive ones in the way that forms a healthy relationship as base for all further diagnostic and therapeutic measures.



**Dr. med. Harald Banzhaf**

Specialist in general medicine, environmental medicine, natural healing, acupuncture, sports medicine, social medicine, occupational medicine and emergency medicine, Since 1996 he has run a practice of integrative medicine with a specific focus on Mind/Body-Medicine, Academic medical-practice, University of Tübingen, 2008 Foundation of the Academy of Mindfulness, 2011 training in constellations work on the basis of bonding and trauma theory with Prof. Ruppert in Munich.

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Saturday 11.00 h

Room III

Healthy relationship organisation  
between Physician and Patient

# The Doctor-Patient-Relationship

In dental practice experienced observers again and again notice that patients are stuck in victim-perpetrator dynamics. Often chronic complaints cannot be improved with the usual dental treatment. On top of that many dentists are unaware of their own unprocessed trauma. So they unconsciously offer the breeding ground for entanglement with their patients.

With the method of the “Constellation of the Intention“ we can reveal connections of physical complaints with victim-perpetrator dynamics working behind them.

In this way we learn to understand physical symptoms and consequently dental treatment can be fully effective. Especially when the boundaries and capabilities of patient and doctor are recognized and successfully communicated.

In this workshop I shall illustrate these correlations in examples from my practice and offer the opportunity for an own constellation.



**Thomas R. Röhl**

Since 1990 self-employed dentist in Ulm with focus on holistic dental medicine.

Since 2008 also practice for coaching and systemic counselling, lectures and seminars.

Since 2009 training and supervision in constellation of the intention on the base of trauma and bonding with Prof. Dr. Franz Ruppert

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Saturday 11.00 h

Room IV

The Doctor-Patient-Relationship

## Professional Relationships

Interactions between different intrapsychic parts and structures of the professional and the client can lead to destructive processes in professional relationships.

The professional person and the client often notice discrepancies, get into conflict and dependencies with each other and/or can no longer work together in a helpful and trustful manner. Hence it is of great importance to question the motivation for the choice of the own profession and to reflect upon one's own and the client's blind spots with regard to individual patterns of interaction. Dealing with one's own professional personality with the help of the constellation of the intention, on the base of trauma and bonding, can initiate a process of clarification that assists the proper personal development. This contributes to helpfully accompany other people in their increasing development of autonomy - beyond destructive relationships.

On one hand my workshop is about theoretical consideration of professional relationships. On the other hand it is about individual interrogation in reference to proper professional personality by means of the intention applied on entangling strategies, destructive patterns and other interactions in the work with clients.

There will be room to do a constellation.



### Corinna Schürmann

born 1983

Diploma in Education, Education for people with special needs, mediator after guidelines of BM

2010 to 2013 social education worker in a residential facility of child and youth welfare in Hamburg

From 2010-2013 training in Multigenerational Psychotraumatology after Franz Ruppert at IGTV by Birgit Assel (diploma in social sciences).

From November 2013 self-employed, working with the method of trauma constellation on the base of bonding and trauma after Franz Ruppert and the constellation format "constellation of the intention".

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Saturday 11.00 h

Stube

Professional Relationships

## In good Relationship with oneself and others

Destructive relationship arrangements can evolve from survival- and solution strategies of the childhood. These block or impede authentic contact to oneself and others. If the needs, emotions, intuitive impulses, wishes, values and thoughts have been disregarded, being authentic requires courage. Learned fear of rejection and rational defence mechanisms, such as minimization, glossing over and justification, can prevent the distinction between trauma feelings, physical trauma sensations, flash-backs and traumatic cognitive confusion of authentic needs and emotions. This has a negative effect on communication. Misconceptions result from lack of self-understanding and self-acceptance and double bind communication.

The trauma integration process facilitates self-awareness and self-acceptance and the acceptance of others. The aim is to stay with oneself, to take over responsibility for oneself and decline invitations to co-dependency.

We depart for the journey to ourselves to also get to others.

The lot decides who will get the opportunity for a constellation



### Birgit B. Lehner

Diploma in Psychology. Psychotherapy, Behavioural therapy.

With health insurance accreditation, Munich.

Since 2005 constellations after Prof. Franz Ruppert, individual, groups.

Traumatherapeutic trainings in different schools.

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Saturday 11.00 h

Room V

In good Relationship with oneself and others

# Trauma – Compulsions – Relationships

Compulsive acts are survival strategies to control trauma sensations like helplessness, fear of death and disgust.

Through their vehemence they impede remembering what really happened. They increase when trauma feelings rise to the surface of consciousness yet cannot be allocated in the psyche.

Reasons for compulsive activities often stem from early situations of neglect and abuse that lead to trauma. Survival strategies by means of compulsive activity therefore influences the relationship to ourselves and to other people.

Compulsions like perpetually washing oneself, always controlling one's environment or the need to have everything in a certain order end up dictating the day. A feeling of disgust can lead to always wearing gloves before touching anything. Or being touched - by other people, the close partner or by oneself - causes enormous stress and can lead to an isolated survival strategy. In the relationship to oneself that can mean: "I am not right, I am deranged! What will others think if they become aware of my compulsions?"

If therapies aim to ameliorate compulsions without looking at their underlying reasons, they can lead to further splits in the personality. They can sometimes make daily life function for a while but mostly the compulsions prevail again afterwards.

The workshop offers the opportunity for the constellation of an intention.



**Margret Friedrich**

born 1950

In 1998 I met Birgit Assel (jgtv). Through her I progressed from the "Family Constellation" method to the "Method of the Constellation of an Intention" developed by Prof. Dr. Franz Ruppert.

I joined the training course 2009/2010 "From family constellation to trauma constellation".

2011 to 2014 "Constellation Therapy on the base of Bonding and Trauma". I take supervisions and follow the new findings in the development of "Trauma Constellations".

Since 2010 I offer seminars and individual treatment in Lünen.

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## Saturday Afternoon | 11.10.2014

11.00 – 13.00 h	Parallel Workshops	
Workshop 16	Great Hall	Physical diseases and relationship <b>Evelyn Hähnel</b>
Workshop 17	Room I	Trauma and Identity <b>Martina Wittmann</b>
Workshop 18	Room II	Wartrauma and the mother-child relationship <b>Dagmar Strauss</b>
Workshop 19	Room III	Trauma, bonding and love <b>Patrizia Manukian</b>
Workshop 20	Room IV	Relationships with animals – a survival strategie? <b>Sabine Wintzen</b>
Workshop 21	Stube	On the way towards myself <b>Gabriele Hoppe</b>
Workshop 22	Room V	When adult children marry <b>Andrea Tietz</b>
Workshop 23	Room VI	Relationship addiction and co-dependence <b>Marion Nebbe</b>
17.00 – 18.30 h from 20 h	Festsaal	Discussion and reflection Conference Party

Saturday 11.00 h

Room VI

Trauma – Compulsions – Relationships

## Physical Diseases and Relationship

Digestive problems, migraine, back pain, cardiac arrhythmia, blood pressure fluctuation – all sorts of symptoms can lead to unease in a relationship, a way to withdraw from or to rebel against the partner.

Lots of people are afraid of being single and therefore live in relationships. But are these relationships really healthy? Is it possible that these relationships intensify old symptoms or even create new ones? Or that they mirror old themes from childhood?

Our interpersonal skills are shaped by early patterns of our first bonding relationships. Often we repeat with our partner unconscious traumatic experiences from our childhood and reconnect to our trauma-feelings. These feelings are difficult to bear and manifest in a concealed way in physical symptoms.

As long as the original disorder is not fixed the symptoms remain permanent and appear as disease. The treatment of this kind of disease is far away from its origin. Additionally symptoms are suppressed and benumbed by medication. That explains why success of treatment and healing fail to appear.

In this kind of diseases survival mechanisms take effect to keep the trauma away from us. As symptoms, they appear to integrate into the personality and the feelings belonging to them freeze. Only if the symptoms are allowed to tell their story and their real background arises and can be experienced, the feelings behind can be felt. Then healing begins.

In the workshop there is the opportunity for an own trauma constellation.



### Evelyn Hähnel

Since 1994 Health practitioner in own practise in Munich

Physical therapy in traditional Chinese medicine, systemic physiotherapy, yoga training and nutritional advice

Since 2000 regular attendance and training in psychotraumatological constellation therapy with Prof. Franz Ruppert

Since 2007 offering own trauma constellation seminars

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Saturday 14.30 h

Great Hall

Physical Diseases and Relationship

## Trauma and Identity

For human beings suffering trauma has consequences on their identity. Of crucial importance is the point of time in life when the trauma occurs.

If the traumatic experience happens at a very early stage of development the person concerned will not perceive herself as an individual any more but as trauma sensation and identify herself as trauma. On the other hand, they are so entangled with others and their emotional states that they cannot distinguish what belongs to them and what belongs to others. There is a simultaneous presence of their own feelings and the feelings of others e.g. the mother, the father, the perpetrators etc. There are no boundaries between their feelings and the feelings of the others. What they perceive as “me” and as “my own identity” is not only the own self however it is perceived as merely own. The “me myself” has to be discovered and developed.



### Martina Wittmann

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Saturday 14.30 h

Room I

Trauma and Identity



## Wartrauma and the Mother-child Relationship

World War II finished more than 65 years ago. The effects of traumatic experiences continue in a tragic way. The war generation's experiences, characterized by immeasurable misery and heavy burdens of guilt, have left permanent psychological injury. How can these traumatic experiences of parents, grandparents and great-grandparents be still active in our psyche?

The traumatic experiences influence the mother's ability to love her child and impact their bonding capacities. In his efforts of building a strong relationship to the mother the child experiences a „symbiosis trauma“. Rather than to healthy and fostering feelings the child bonds to suppressed trauma feelings of the mother and via her also to the trauma of the previous generations. So it is not uncommon that children, grandchildren and even great-grand-children mirror war experiences of their ancestors in their psyche.

In my workshop we shall among other things look at what a child experiences in symbiosis trauma, and how the consequences reveal in destructive entanglement and seemingly unexplainable mental symptoms and how we can deal with them with the Constellation of the Intention.

One or two participants of the workshop have the opportunity to make a constellation to apply the theory discussed practically.



### Dagmar Strauss

Dagmar Strauss born 1962, married, 3 grown-up sons  
Since 1988 self-employed health practitioner  
1984-1994 Training in classical homeopathy  
2005-2006 Training in family constellations  
2007-2010 Imagination Therapy (Dr. Böschmeyer)  
2009-2012 Training in Somatic Experience (Peter Levine)  
Since 2010 Training with Franz Ruppert

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## Trauma, Bonding and Love

What is a healthy and what an entangled relationship?

How do they form and how can they be changed?

The desire to have confidence in somebody and to be loved are basic existential needs for human beings. The word “love” is one of the main issues among people in the whole world. As important love is, as hard it is to comprehend. There are thousands of texts, songs and presentations about it. Often one desperately searches for it and sometimes one feels in seventh heaven, it also brings us profound pain, or it lets us feel tingling in the stomach.

Where are the roots of healthy fulfilled love? Where are the origins of love sickness, loneliness and partner relationship problems?

If individuals experience secure love and bonding as children, they can surely assume that as adults they will be able to live healthy love and bonding.

In my workshop I am happy to explore together with you the the origins of our emotional problems in childhood, to look where the love for oneself was lost, to feel the pain of abandonment, the lack of love or the loneliness, to reintegrate them and bring the unrealistic needs towards the partner into balance.



### Patrizia Manukian

non-medical practitioner, kinesiologist, craniosacral therapist, facilitator for trauma constellations and Constellations of the Intention

2001-2002 training in family constellations (Jutta ten Herkel, Silvia Miclavez),

2010-2011 training in Multigenerational Psychotraumatology (Prof. Dr. Franz Ruppert),

Facilitator of the seminars and lectures held by Franz Ruppert in Italy

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Saturday 14.30 h

Room II

Wartrauma and the Mother-child Relationship

Saturday 14.30 h

Room III

Trauma, Bonding and Love

## Relationship to Animals – a Survival Strategy?

Nowadays dogs, cats, horses and other animals are family members rather than livestock or breeding animals. Often they replace a partner, missing children, or they may be the only contact to another living being. By this people easily get into a symbiotic entanglement with their animals and the animals get into a situation of excessive demand.

To find a way out of this entanglement it can be helpful to recognize oneself in the mirror of the animal. Using the example of horse-based personal development training I shall show how horses exclusively react on our “self, here and now” and do not get dazzled by our numerous survival strategies. This allows us to encounter our healthy side and simultaneously to recognize our splits.

The Constellation of the Intention is the appropriate way to clarify our insights and to integrate split off personality parts. The client achieves to remain more and more in his/her healthy part and the animals are back to what they really are - adorable companions.

There will be the opportunity for one Constellation of the Intention.



### Sabine Wintzen

Since 1992 trainer B-licence of DSB, training riders and horses  
2003 psychological counsellor (IAPP), 2005 further education in horse-supported training

Since 2010 training and supervision in Multigenerational Psychotraumatology with Birgit Assel (IGTV) as well as seminars with Prof. Franz Ruppert

Since 2012 I offer individual constellation therapy and constellation seminars in Düsseldorf

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## On the Way towards myself

Our early experiences have far reaching consequences and profound impact on our further lives: they influence our development, our health and our relationships.

Severely stressful experiences get split off and the overwhelming traumatic experiences connected to them can not be remembered any more.

In the course of life similar experiences recur and lead to further splits. More and more we lose the healthy contact with ourselves.

How does this manifest? What prevents us on our way to ourselves? What influences the relationship to ourselves? How can we improve it?

This workshop is about the dropping out of the wholeness at a very early stage due to existential experiences and resulting victim attitudes, about perpetrator introjects and about doors leading out of the perpetrator-victim split - on the way to a healthy relationship to ourselves.

There will be the option for a Constellation of the Intention following Prof. Franz Ruppert's theories.



### Gabriele Hoppe

Graduated in Business Management with focus on human resources and -training

Health professional in psychotherapy, with focus on Multigenerational Psychotraumatology, bonding theory, humanistic psychology

Working with the Constellation of the Intention developed by Franz Ruppert, EMDR, image and gestalt therapy in own practise near Aschaffenburg

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Saturday 14.30 h

Room IV

Relationship to Animals – a Survival Strategy?

Saturday 14.30 h

Stube

On the Way towards myself

## When adult Children marry

Neediness, dependency and rejection are often issues in counselling couples. As long as we are entangled with our parents, we enter romantic relationships as a grown-up child with longing and traumatised child-parts. The complaints and defects within the relationship are only superficially directed at the partner – they are unconsciously directed towards the mother or the father.

Birth trauma, attachment disorder, symbiosis traumas create survival programs which we are not aware of. Feelings of insufficiency, not being understood, or anxiety are expressed as consequence of traumatic experiences. Split-off child-like parts meet. Adult and healthy encounters are not achievable in this manner.

This workshop intends to illuminate backgrounds of conflicts within relationships and how the constellation of the intention contributes to the solution. Case studies illustrate traumatisations and resulting survival strategies. Understanding and compassion for oneself replace illusory demands from the partner.

With the realisation and step by step elaboration of childhood traumata, a romantic relationship based on reality and autonomy is possible.

Within the workshop I offer a constellation for one couple.



### Andrea Tietz

born 1959 in Augsburg/Bavaria

married, 2 adult daughters, since 1990 I live in Berlin

health practitioner since 1994 in own practice with focus on psychosomatics

lecturer for health practitioner training, adult education, communication training,

training in natural health and psychotherapy

training in Constellation of the Intention with Prof. Franz Ruppert in Munich

individual and couple counselling, group sessions in and around Berlin

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Saturday 14.30 h

Room V

When adult Children marry

## Relationship Addiction and Co-dependence

Relationship addiction means the inability to let go of a person although being together with that person has destructive consequences on one's own psychological and physical well-being. Destructive behaviour patterns like permanent quarreling, power fights, jealousy dramas with mutual blaming in couple relationships are survival strategies. Adults from a so-called risk families background (poverty, alcohol, physical violence/sexual abuse, separation/divorce of the parents) have experienced in their childhood extreme threats by their traumatised parents. Later many of them take up helping professions.

### About attachment and finding

Attachment researchers found out that very early in life each individual develops a specific attachment pattern. This attachment pattern repeats itself during life and all following relationships. We can distinguish four different attachment patterns: secure attachment – insecure-avoiding attachment – insecure-ambivalent attachment – disorganised attachment

We are unconsciously looking for the partner who “helps” us to re-enact so far unresolved early childhood traumatisation. The Constellation of the Intention reveals the predominant attachment pattern and helps to integrate psychological splits. Often in the course of a constellation it appears that someone is still entangled with the parents (e.g. by grief, fear, pain etc.). Symbiotic entanglements with parents can be solved.

### From destructive relationship dynamics to respectful togetherness

Not before we have arrived at ourselves healthy autonomous couple relationships can work out. Only then both partners can encounter as individuals who neither need to idealize nor demonize each other. Love relationships that give space to conflicts and do not endanger the attachment because in a healthy couple relationship each individual lives their individuality responsibly and respects personal boundaries.



### Marion Nebbe

Since 1995 I work in my own practice. Part time I am a systemic couple and family counsellor in a youth welfare organisation in Munich.

Comprehensive experience in couple and family counselling

Multigenerational Psychotraumatology, Constellation of the Intention, developed by Prof. Dr. Franz Ruppert

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Saturday 14.30 h

Room VI

Relationship Addiction and Co-dependence

**Saturday, from 20.00 h in the Great Hall**

# Conference Party

20.00 – 21.00 h: **Intuitive dancing** – lessons from the Tango Argentino instructed by Tanja Vieten and Michael Knor.

Then we celebrate and dance with the Live-Band **ReJOYce**. Rhythms for open ears and burning feet worldbeat dance band:

Martin Seeliger	saxes, flutes, didgeridoo, composition
Angelika Vizedum	vocals, percussion, composition
Andrea Hermenau	piano, vocals
Ravi Pagnamenta	percussion
Tomas Stötzer	drums
Olivier Hein	bass

Musicians with a lot of experience to play for a dancing crowd. They love to creatively encourage people to move with their music **open ears and burning feet!**



<http://www.many moons.de/reJOYce.html>

## Sunday | 12.10.2014

9.00 – 9.15 h	Great Hall	Introduction 3 <sup>rd</sup> day <b>Birgit Assel and Detlev Blechner</b>
9.15 – 10.45 h	Great Hall	Early Trauma – Pregnancy, Birth and our first years of Life <b>Prof. Dr. Franz Ruppert</b>
10.45 – 11.15 h	Great Hall	Break
11.15 – 13.15 h	Parallel Workshops	
Workshop 24	Great Hall	Unwanted children <b>Marta Thorsheim</b>
Workshop 25	Room I	Fear of being killed by the own Mother <b>Karla Domning</b>
Workshop 26	Room II	The relationship with the unborn child <b>Monika Sellmayr</b>
Workshop 27	Room III	The unfulfilled desire to have children <b>Annemarie Denk</b>
Workshop 28	Room IV	Early trauma <b>Susanne Mautner</b>
Workshop 29	Stube	Fathers and symbiotic trauma <b>Detlev Blechner</b>
Workshop 30	Room V	Premature birth and trauma <b>Manuela Specht</b>
Workshop 31	Room VI	Birth and trauma <b>Birgit Assel and Sabine Schmidseeder</b>
13.00 – 14.30 h	Restaurant or outside	Lunch Break
14.30 – 16.00 h	Great Hall	Discussion and reflections Conclusion of the conference



## Opening Presentation Sunday: Early Trauma – Pregnancy, Birth and our first Years of Life

Already during pregnancy and in the birth process it can happen that we as human beings make experiences that traumatize us. The concept of „Early Trauma“ describes and explains how and why we can be traumatized in our early phases of life. It shows that the „Constellation of the Intention“ helps us to work effectively on this level of trauma.



### Franz Ruppert

Prof. Dr., born 1957

Professor for Psychology at the University of Applied Sciences in Munich, Psychotherapist in his own practice.

Since 1994 I develop the concept of the „Multigenerational Psychotraumatology“, the basis of my work with the „Constellation of the Intention“. The progress of my work is documented in 7 books, some of them are translated in English, Spanish, Italian, Russian, Czech, Romanian, Brazilian, Polish, Turkish and Dutch.

I offer seminars, lectures and trainings worldwide.

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## Unwanted Children

Unwanted and rejected children is an issue with many aspects and contradictions. Unwanted to what degree – so much that the parents want to kill the child or only neglects the child and his/ hers needs?

Wanted from the conception and later unwanted? Or unwanted conception and later wanted? Is the unwantedness conscious or unconscious?

I invite you to a reflection on this paradoxes, and I am sure, there are many more connected to this theme.

And we may do some Constellations of the Intention to delve deeper into this paradoxes and learn more about the dynamics behind it.



### Marta Thorsheim

Psychotherapist and Certified Constellator is running her own Institute within constellations in Norway.

Her degree is in addition to psychotherapy a MBA in Change Management and a Master in International Management. Her former background is within organizational development and change management.

As a managing director within the oil surveillance industry she travelled to many countries, and later worked as a consultant for Norwegian companies. This opened her eyes for the connection between the company challenges and the people working there.

And from then she has walked the road within psychotherapy, met Bert Hellinger in the late nineties and integrated his work in her practice. Later, when she met Prof. Franz Rupperts work, she got the feeling of "this is it", and the program at her institute was also changed. She is offering trainings in Multigenerational Psychotraumatology and the Constellation of the Intention in her own institute in Oslo and is organizing an international training with Franz Ruppert in Oslo.

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Sunday 9.15 h

Great Hall

Early Trauma – Pregnancy, Birth  
and our first Years of Life

Sunday 11.15 h

Great Hall

Unwanted Children



## Fear of being killed by the own Mother

Some children experience a high amount of violence through their own mother. Hereby the gender of the child can make an important difference, as the mother always identifies with the daughter. There are mothers who want to maltreat or even kill their daughters. Due to the predominant social mother image it is not easy to detect this kind of abuse from outside.

Terror from mothers towards their little daughters therefore is not easy to realize and is a taboo. Generally mothers acting in this way are themselves traumatized by war, sexual violence, and other experiences of violence or comparable desperate situations. Consequently they cannot bear the liveliness and spontaneous expressions of a little child, feel overwhelmed and even can find pleasure to torture or even kill her.

In the clinical context, it happens again and again that mothers and daughters in crisis areas make similar experiences. The Constellation of the Intention is very helpful to solve and emotionally cope with destructive entanglements in relationships.

In my workshop we are going to look closer at such entangled relationships, examples how the constellation method can be helpful with such entanglements are introduced.



### Karla Domning

born 1957

Senior Diplom Psychologist and Pastor

Trainings in Psychodrama, Counseling, Meditation,  
Family Constellations and Trauma Constellations

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## The Relationship with the unborn Child

Fertilization is the start of life for a child. Right from the beginning it is linked to the mother through the biological program, from cell division and specialisation to birth preparedness of the mother. The expecting mother reacts mentally and physically to the pregnancy, the unborn child and the forthcoming birth. This period can be full of emotional joy and confidence that the child feels safely connected to the mother. However, previous unconscious or semi-conscious traumatic experiences of the mother's own childhood and her bonding system can be triggered. These become split off. Through the sensory organs the child physically and mentally resonates everything that comes from the mother. In case a traumatically loaded relationship evolves in the symbiotic bonding between mother and child, it can accompany mother and child for life if it remains unresolved.

The entanglement between child and mother and the bonding system become transparent and discernable by means of constellation of the intention. The mother can clarify her own issues, solve and integrate them. The grown up child can free himself from the symbiosis with the mother and leave the personal pre-natal traumatisations. Step by step, a good relationship to oneself can be developed together with joy in life as a base for all other relationships.



### Monika Sellmayr

born 1941, Married, 2 grown up children. Counsellor,  
trauma therapist, since 1995 in own practise

Training in regression therapy, trauma therapy,  
work with children, EMDR

Training in constellation with the intention with  
Franz Ruppert

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Sunday 11.15 h

Room I

Fear of being killed by the own  
Mother

Sunday 11.15 h

Room II

The Relationship with the unborn  
Child

## Unfulfilled Desire to have Children

Enormous pressure can grow in a relationship when the wish to have own children remains unfulfilled and all natural methods fail. In vitro fertilization and sperm donation are discussed in fertility clinics often before the couples deal with their mental states concerning their unfulfilled wish for pregnancy.

Body and mind are interwoven tightly. Obstacles of different kinds can block the body via inner tension and stress and in this way prevent pregnancy. Alternatively, it may happen that we want to fulfill unconscious expectations via the thought of pregnancy and overwhelm the evolving children with ancestral and personal burdens. We expect from the children to provide something that we have never gotten and abuse them with the forced and unnatural pregnancy to fulfill the desires of our unsatisfying lives.

With the method of the Constellation of the Intention (COI) it is possible to research the origin of these obstacles and unconscious expectations. We become able to recognize them. The constellation can show ways that can lead out of this obstruction, that takes out the tension and stress as well as opens the possibility to freely reconsider the desire to have a child.

In the workshop I present my experiences with this topic. We can make one Constellation of the Intention.



### Annemarie Denk

Graduated in Social Sciences (FH), systemic individual-, couple- and family therapist, health educator, medical studies, hypno-therapy sensu Milton Erickson and trauma therapy.

Long-standing activity in medical practices (focus: pain management, relaxation, unfulfilled desire to have children, psychooncology) and since 14 years multimodal pain therapy in Paracelsus Clinic Munich.

Since 2012 ongoing training with Franz Ruppert in Multigenerational Psychotraumatology and application of the Constellation of the Intention in my own practice.

In own practice since 14 years, individual coaching, trauma constellations, groups and seminars

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Sunday 11.15 h

Room III

Unfulfilled Desire to have Children

## Early Trauma

In our original experiences as a human being there are central impacts for our further life.

Conception, implantation, the moment when our parents discovered the pregnancy, our further experience in the womb, the birth process, and the first hours and days thereafter are experiences that fundamentally form our further relationship-life.

All these are experiences, that we encounter in a time of enormous vulnerability and limited self-determination. They reach deep into our body and mind. It is this vulnerability that needs a special space of attentiveness and caution to invite healing if needed.

With help of the Constellation of the Intention, this workshop is an invitation to attentiveness – perhaps the start or the next step to a healthy and constructive relationship to yourself!

After the initial theoretical part we shall make one or two constellations, dependant on the available time.



### Susanne Mautner

born 1965

Licensed counsellor, trained constellation therapist (Karin Graf, Daan van Kampenhout, Matthias Varga von Kibed, Ilse Kutschera, Johannes B. Schmidt, Franz Ruppert)

Licensed therapeutic massage therapist, familylab seminar leader, body focussed process work by means of different massage techniques, focussing, somatic experiencing, cranio-sacrale therapy, energy-body-work

Work with groups and in individual setting in her own practise in Vienna

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Sunday 11.15 h

Room IV

Early Trauma

## Fathers and Symbiosis Trauma

For fathers, the birth of a child means profound changes in the couples relationship. Alienation of the female partner is often the trigger for relationship conflicts. Often fathers develop domestic absenteeism and a disturbed closeness to the child justified by reasons of supply, such as work. Further escalations can arise by psychological and physical violence or different forms of dependency. Sentences like: "I never knew him like that" are common.

To improve your way of communication with your partner is a good idea, but in many cases cannot achieve a perceived improvement in the relation. Through the constellation of the intention the underlying reasons appear. For the husband and father, the mother-child-bonding processes may touch his feelings of loneliness and rejection to his own mother. It triggers the traumatising of his love to himself because he was not loved enough.

The feelings of retraumatisation activate his trauma survival strategies, leading to his actual behaviour. That control of these feelings does not give the space for a healthy relationship to the partner and the child any more, which results in a depressive and destructive survival attitude that extends to the family relationship in general.

Through constellations the entanglement and the consequences of the symbiosis trauma of the father can be processed. Becoming aware results in clearing processes whereby loving emotions for the female partner and the child become possible.

There is the opportunity for one constellation in the workshop



### Detlev Blechner

born 1960

Diploma in Social Sciences, father of one daughter

Since 28 years coach for autonomy-promoting life- and work issues, thereof 20 in the area of psychological coaching

Since 2009 regular training at IGTV/Birgit Assel and seminars with Prof. Franz Ruppert.

Furtheron I am a free lecturer at universities, colleges and academies

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## Premature Birth and Trauma

Every year 15 million children are born before week 37 of pregnancy. 1.1 million do not survive. Premature birth is one of the highest risk factors for neonatal mortality. Germany has one of the highest premature birth rates. The number of extreme premature births, meaning birth before 28 weeks of pregnancy is increasing steadily. Survival rates have significantly increased in the last few years.

What moves a child to arrive early in the world? Can we as parents take preventative measures to avoid premature birth? Can trauma constellation work be preventative?

With my contribution I want to encourage future mothers and parents and prematurely born children being adults now, to deal with their biography. With the help of trauma constellation work you can find your own answers and by working through your own life story you can facilitate a better start into life for your children.

In my workshop I want to enable you to look at the reasons for premature birth from the point of view of bonding and trauma and multigenerational psychotraumatology. There will be the option to make a constellation concerning the topic.



### Manuela Specht

Certified nurse, psychological counsellor

Training in voice dialogue und multigenerational psychotraumatology (Franz Ruppert), working with trauma constellations in her practice in Bad Tölz

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Sunday 11.15 h

Stube

Fathers and Symbiosis Trauma

Sunday 11.15 h

Room V

Premature Birth and Trauma

## Birth and Trauma

In no time the wish for a dream delivery can end in birth trauma.

Do prenatal differential screenings pathologize natural procedures like pregnancy and delivery?

What happens to pregnant women when, in the grip of modern medicine, they get the message that they cannot handle pregnancy and birth by themselves?

Is hospital delivery perhaps more dangerous than home birth?

What is the importance of midwives nowadays?

In this workshop Birgit Assel und Sabine Schmidseeder follow up these questions and bring in their experience. They want to encourage women to share their experience and introduce a method that allows processing and integration of traumatic pregnancies and deliveries with the constellation of the intention on the base of bonding and trauma.



### Birgit Assel

born 1960, is married, with two children, Diploma Social Pedagogy, since 1998 she has her own institute and since 2007 has based her work on Franz Ruppert's Multigenerational Psychotraumatology, trauma constellations and the recently developed "Constellation of the Intention"

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### Sabine Schmidseeder

Freelance midwife and systemic kinesiologist, married 2 sons, 26 and 15 years old. Since 2005 in the development "Mama Coaches" lecturer in trainings about prenatal psychology and depth psychosomatics.

Lecturing in schools and cooperation with "Aktion Leben", cycle sex education for girls, healthy pregnancy, birth, puerperal care and life with the newborn, as well as birth preparation- and postnatal exercise courses and birth-coping groups belong to my activities.

Since 2001 continuous further training, among others in the constellation method on the basis of attachment and trauma of Prof. Franz Ruppert.

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Tel. 0043 (+)650 78 62 429

Sunday 11.15 h

Room VI

Birth and Trauma

## Thank you very much for attending the conference!

We hope that your expectations were fulfilled: knowledge, experience, clarity, interesting encounters and communication with colleagues, improving your health and autonomy?

We will continue and we would be happy if you would like to continue working with us in the future.

The aim of the Association for Promoting Healthy Human Autonomy (VFGAM e.V.), a registered non-profit association, is to explore and spread the knowledge about the impact of trauma on individuals and society at large. The Association promotes research projects, organises conferences, and supports the professional training of people who work with the methods of multi-generational psychotraumatology (MPT). It also offers a forum for networking and an exchange of views for its members.

At [www.healthy-autonomy.de](http://www.healthy-autonomy.de) you will find actual information about the work of the association.

With best wishes for your further development we are looking forward to see you again.

Munich, 10 – 12 October 2014

Your

**Association for Promoting  
Healthy Human Autonomy e.V.  
Praschlerstraße 30, 81673 Munich**



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