

Summary of the workshop

“Dental problems with a background of trauma”

held on Oct 28, 2012 by Thomas Roell (www.ganzheitliche-zahnmedizin-ulm.de)

My workshop consisted of three parts: an introduction, a constellation process and a discussion.

In part one I presented my concept of holistic dental medicine which I am applying in my dental practice in Ulm (Germany).

When I first started working as a dentist, I treated my patients based on the typical conventional medical approach which is still today taught at university. This type of treatment is focused on symptoms, i.e. pain relief, treatment of secondary damages or prevention, i.e. improved oral hygiene by dental prophylaxis.

Using this conventional approach, I could treat quite effectively and successfully a large part of the usual medical conditions.

However, there were always some cases of patients with chronic processes, varied disease patterns or strong therapy resistance to conventional medicine. This led me to refocus my practice towards holistic dental medicine after completing numerous advanced professional trainings. Based on these extended treatment concepts, including acupuncture, neural therapy, homeopathy and natural medicine, I was able to supplement many treatments in a sensible way, leading to better treatment successes for patients. However, some therapies apparently still failed.

Drawing on several further years of experience in my practice, I finally realized that also the complementary treatment concepts were in essence “just” conventional medicine using some alternative means. Based on further advanced trainings as well as personal development I finally understood that methodological competency alone is not sufficient, but has to be complemented by social competency. In an ideal case this can lead to a situation, where the dentist even **before starting to treat a patient** understands his/her psychic structure and conflicts – which are often only expressed by symptoms. Unfortunately, such competencies are not taught at dental schools until today.

So what does this mean for me personally and for my daily practice?

For me, “holistic“ means to consider a symptom as an expression of the body as a whole (respectively the psyche) – and ideally also to treat a symptom from this perspective.

As a consequence, the dentist realizes – and then also the patient can realize – that many disease patterns and chronic medical conditions are caused by unconscious and suppressed traumatic experiences. In other words:

In many cases disease symptoms are a painful compromise to prevent traumatic experiences from becoming conscious.

For an effective treatment it is essential that the patient, and ideally also the dentist, become aware of their own psychical structures and resolve their perpetrator-victim-entanglements.

Constellations are an effective method to recognize and resolve the dynamics between physical disorders and the psychical conflicts behind them. As a result, the symptoms can vanish as they are no longer needed. A new quality of psychical stability and physical health can be attained. In many cases dental treatments can only then become fully effective.

Part two of the workshop was a practical demonstration of the constellation method, with a female participant doing a constellation process. I have been attending seminars and advanced trainings for systemic, family and trauma constellations since 1995, and since 2009 I have been working with the method developed by Prof. Dr. Ruppert, which was conceptually presented by him during the Conference.

The client had already undergone numerous unsuccessful dental treatments. Her intention for the constellation was as follows:

I would like my jaw bone to not degenerate further so that my teeth stop falling out.

The constellation process initially showed a major confusion by the client. Thereafter her entanglements with her parents became apparent, who were both traumatised during the war: The mother was 17 years old when the war began, and she lost three brothers during the war. Her first own child died one day after it was born. The client was still hearing one sentence of her mother: "Every child costs the mother one tooth."

On top of that, also a sexual abuse by her father became apparent. The father was born in 1914 and thus experienced both world wars. During the second war he was caught as a prisoner of war and spent several years in Russia. However, nobody in the family ever talked about this topic.

During the constellation process, the client encountered for the first time feelings of powerlessness, pain, rage and grief from her symbiotic trauma and her sexual abuse trauma, and she realized the resulting psychic splits which were linked to her symptoms. The intention was reasonable, target-oriented and relieving for the client, as it clearly showed her that in order to heal, it is necessary for her to face her trauma.

In part three I summarized and explained in detail all aspects that had become apparent during the constellation process. The deep dimensions of trauma which are hidden behind symptoms and disease patterns were clearly visible and graspable for all participants. It was shown that it is necessary to become conscious of one's own traumatic experiences and to expose to them step by step. Only then a wish for healing can become reality.

We closed the discussion by answering some further questions relating to individual dental problems of participants and their experiences with dental treatments. The participants expressed a demand for further deepening workshops and advanced trainings in the area of dental, mouth and jaw problems in the context of trauma as well as for publications in this regard.