

What is Emotional Trauma?

Emotional trauma can happen to anyone at any age. Also, post trauma symptoms can be experienced by anyone at any age—from birth, through childhood, adolescence and into adulthood. Trauma symptoms can also be healed.

Emotional trauma occurs when a child, adolescent or adult becomes internally overwhelmed by their emotions, and is unable to relieve themselves of this overwhelm. High amounts of adrenaline and other hormones are created when emotional overwhelm is occurring, and this is very dangerous to the vital organs and nervous systems. When this occurs an automatic and subconscious trauma response mechanism is activated that enables the emotional overwhelm to be reduced, and the person to survive. The overload to the senses and emotions causes a psychological splitting off affect, and the person becomes internally dissociated from their trauma. The trauma is however stored subconsciously, and affects the mind, body and Identity.

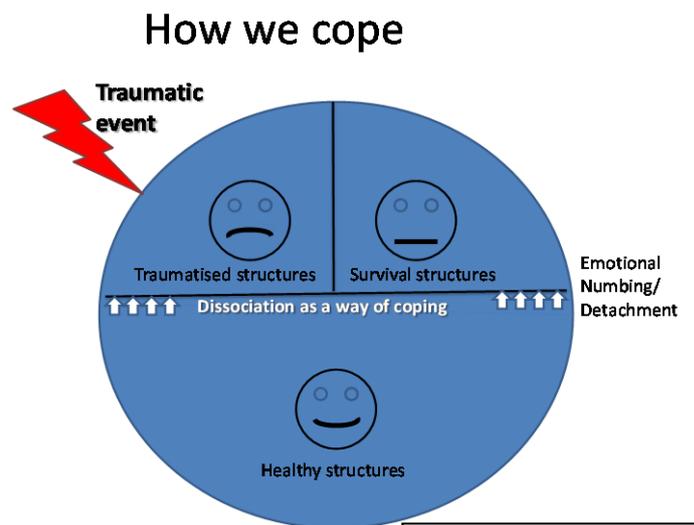


Diagram courtesy of Prof. Franz Ruppert

Especially when new born babies and young children encounter emotional trauma they are left with a subconscious psychological 'imprint' that can cause significant troubles later in life. Indeed, what neuroscience points to is that adverse childhood experiences are linked to psychological issues in adults.

Traumatising experiences can be brought about by many everyday incidents and experiences that involve particular **SITUATIONS and/or PEOPLE**.

Through the extensive research into the human response to trauma, we can see that 'survival strategies' are created to maintain the distance from the intense and distressing feelings. Not only is mind and body affected, Identity too is affected. These survival mechanisms can become manifest in several forms:

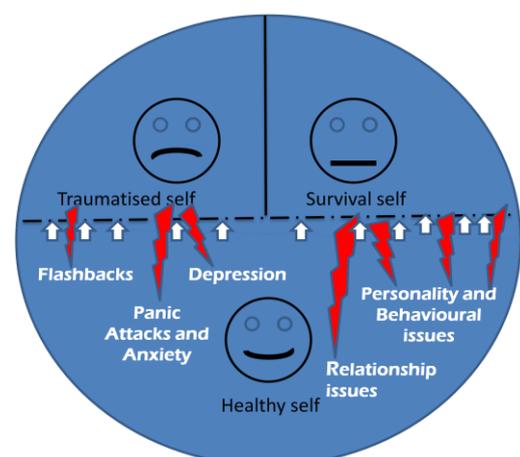
Somatic- ailments in the body

Mental- the scheme of thinking we use about ourselves and others

Behavioural- the way we behave in particular circumstances

Relational- the way we relate to ourselves (Identity), form relationships with others and relate to situations.

Becoming aware of the imprint



When a person's survival mechanisms come under pressure, they may become weakened and the person may begin to experience the trauma imprint held in their subconscious. Conditions like extreme outbursts of anger, anxiety or depression are just some examples. Other conditions like eating and personality disorders, addictions, phobias, and insomnia are other conditions that can be traced back to emotional trauma. This is when Integrative Trauma Therapy is valuable.

We all have healthy structures available to us. From these structures our qualities of being creative, adaptive, loving, caring, inclusive and innovative come.

Integrative Trauma Therapy is about changing the affect that a trauma imprint has on our life, our psychological and physical health, and also our Identity. Working step by step clients are able to safely investigate what's going on for them in respect of their issue. The approach involves understanding how the mind and body are connected, and what triggers specific emotional, mental, physical or behavioural symptoms.



When the trauma imprint is released clients experience an expansion of their healthy inner resources and this results in an inner strengthening. Because this is a Person-Centred approach, the therapist works with empathy and unconditional positive regard for the client at a pace to suit the individual. What years of research show is that to release the trauma imprint too quickly can be re-traumatising for an individual. Working with the Intention Method, an individual gets to safely explore what's behind their symptoms and release their trauma imprints gradually. This enables both their mind and body to become more integrated in a way that serves their health, wellbeing and healthy sense of Identity. It's like opening a tap gradually so you can get a manageable flow of water. If you open the tap too quickly without knowing the pressure of the water.....well we've all experienced what happens....it's messy!

The aim of Integrative Trauma Therapy is to promote and strengthen self responsibility and healthy autonomy. In turn this supports a person to expand their healthy internal structures and live a more balanced, fulfilling and happy life.

THE INTENTION METHOD

This method of therapy was devised by Dr Professor Franz Ruppert, a German Psychotherapist and expert in the field of trauma. Whether in a one-to-one or group session, this method enables the client to progress with their integration and healing in a way that illuminates the root cause of their issue, and step by step create new and healthy inner structures which lead to outer improvements.

