

“Healing trauma with ritual and ceremony”

V. EUROPEAN CONGRESS of Ericksonian
Hypnosis and Psychotherapy

“Creativity and Hypnosis”

Poland, Cracow 12th – June 15th 2014

Trauma

People who suffered from violence in their childhood or adolescence belong to the complex trauma type.

→ Consequences for different life dimensions

- physical and different somatic disorders

- all kind of relational problems

 - to the inside (self-esteem)

 - with other people (intimate relationships)

→ Trauma is also a crisis of meaning in life

 - “Can I trust the world?”

 - “Why me?”

Consequences of trauma

- betrayal in life → feelings: fear, pain, guilt and helplessness
- these feelings occur during the abuse and during the violence, but also come up again and again afterwards in the sense of self, even in new relationships
- “repetitive pattern” in life
- hard to get out of the cycle of avoiding everything that is connected with the trauma events
 - “don’t ever let your soul and body talk to you”

What kind of “meaning“?

If we want to work on symptoms we find that people mostly struggle with their physical and emotional symptoms.

- They deny that there is something wrong.
- They try to disguise it, often for a long time.
- They try to function in their regular daily life.

→At the same time they are in unconscious conflicts

→The distorted, dysfunctional parts get in the way and prohibit active confronting in actual life situations.

Trauma-therapy

- to build up strength, which is an active process, helping patients to “make” new meaning in life
- To find a way out of the helpless passiveness (automatic responses, feeling victimized again)
- To transform involuntary, unconscious life situations (flash backs, intrusive thoughts and pictures) in order to be deliberate, purposeful and conscious
 - the whole process should become active
- ➔ meaning making after trauma
- the meaning-making process contains engaging in meaning-making strategies
 - outcome: meaningful conclusions or lack of meaning

Core beliefs

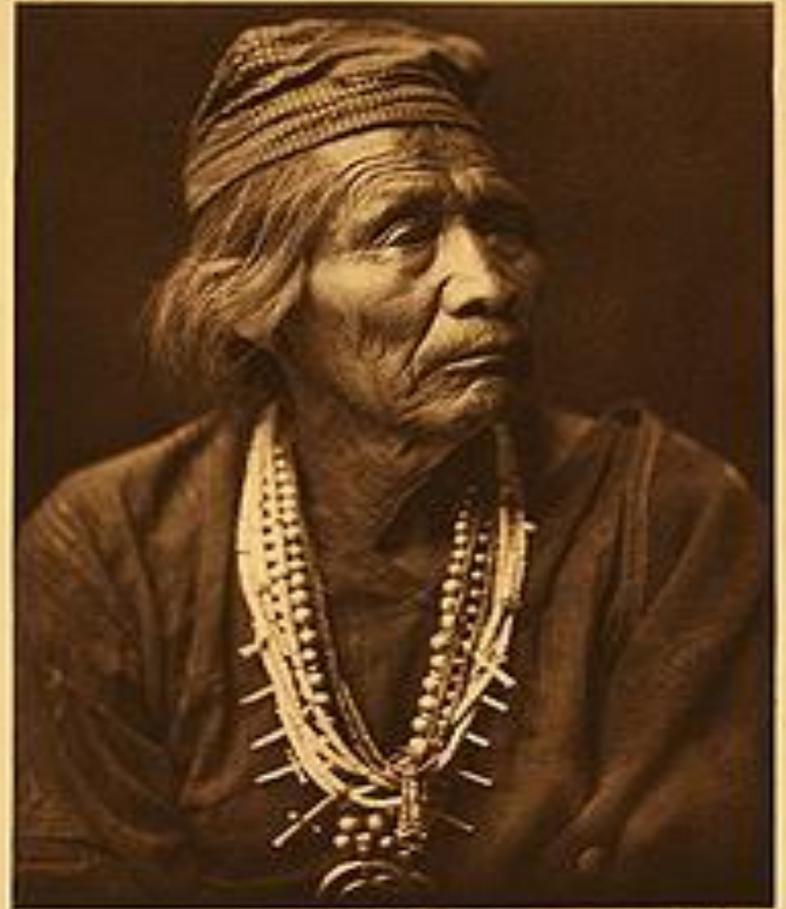
- core beliefs about ourselves, others and the world (cognitive maps/schemas; internal working models)
- in unthreatening early environment we develop core beliefs of control, predictability, trust and protection
- traumatic events disrupt, threaten and challenge these core beliefs → powerless, vulnerable, random, distrust, unprotected
- ➔ meaning vacuum = crisis
 - no way to anticipate the future
 - psychologically intolerable position
- ➔ needed: meaningful explanations that fill the vacuum

Trauma-therapy

- In trauma therapy we want to allow new healing experience in a protected environment
 - controllable for the patient
 - in relational content
- We want to create new perspective

Hozho - Navajo

- health
- truth
- beauty
- balance
- spirit
- whole



Rituals in Trauma-therapy

- create a miniature world (“sacred place“)
 - that allow people to feel safely protected
 - find features in order to build up resources
 - healing work
 - put them in a content in an altered state of consciousness
-
- ➔ helps to build up new possibilities
 - ➔ change of meaning will happen by itself

Different types of rituals

- rituals for protection
- rituals for support
- rituals for transformation
- these three are core rituals

- ego strengthening rituals
 - about meaning-making in life
 - “Flowering Tree Ceremony“

“Flowering Tree Ceremony”

- Who am I ?
- Where have I come from ?
- Where am I now ? What am I dreaming about?
- Where am I going ? What is the gift that I want to share ?

Dipl. Psych. Claudia Weinspach

Psychologische Psychotherapeutin

Dozentin für Hypnose (DGH,MEG)

DGH Fort- und Weiterbildungszentrum Rhein-Ruhr

Zum Guten Hirten 94, 48155 Münster

Tel.: +49 251 1330506

www.claudia-weinspach.de

info@claudia-weinspach.de