



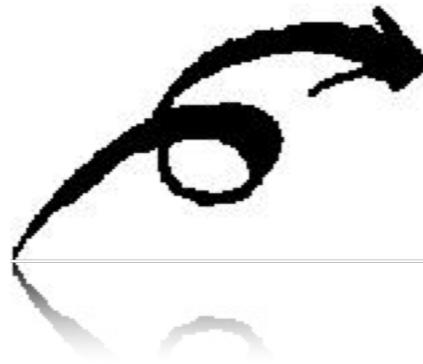
Online- Congress

English with german and
italian translation
12.11.2022



Fascia – Network of the Living **Biology of Early Trauma**

Trauma Integration Without the Drama



Working with the Connective Tissue System in Body Psychotherapy
Clinical Observations and Theoretical Implications

The Phenomena

About 40 years ago I began to witness an unusual phenomenon. Patients spontaneously moved into a quiet, calm, deep contact with themselves without expressing emotions or movements.

While I had the impression that nothing was happening patients reported that profound events occurred.

Simply stated, patients were able to re-lease dramatic histories with no new additional information, no elaboration of their history and no further intervention from me. They were doing this *by themselves* and then reporting the changes later

It was the *way* in which this was achieved, that is, working without the drama of re-experiencing the trauma and the patient achieving this change spontaneously within themselves.

Sawmill example

New Themes/Terminology

Instroke

Expressive/Outstroke (Body) Psychotherapy

Verbal, interpreting, acting out, other/relationship oriented: Self to other

Instroke

Therapeutic relationship de-emphasized, Self to self as primary relationship

Don't work on content/history

Self referential experiences

Input: HistoryContent Tissue Memory

Soft tissue memory - trauma, abuses, insults

Endogenous: Biological Tissue Memory

Connective Tissue's Plasticity

Adapts to local conditions and then goes systemic

Physical, emotional, psychic

Return to its prestressed state

Fibroblasts

Guimberteau and Dudas

Structure is behavior

Context over Content

Didn't work on content/history, reviewing, re-experiencing, interpreting

But the context — the body mind — and how the patient felt about that

The “Undamaged” Endo Self

The Unknown Known — Bollas

Known but Unremembered — Cozolino

There are a "vast variety of selves" to work with in therapy on the conscious, cognitive level — false self, social self, true self, fragmented self, proto-self

Just as the layer concept in anatomy is false, so too is the “parts” concept of the self.

The Self of Selves

I fill myself up with everything but my self

I didn't cry alone, I cried with myself

I know this sounds silly, but I feel like I am Queen of the World

Working Below defenses & resistances

Axiom – If defenses are activated.....

Below the radar

Watch Dog — Let Sleeping Dogs Lie



Work Below the Trauma

Not activated

Observed:

Shapiro, Et al,

The Case of the Loving Stepmother

The Phenomena & Connective Tissue

A schizoid process patient in a week-long workshop, 9/5 sessions, there had been no revealing discussions, nor movements or emotions.

He was lying on a mat on his abdomen and I was gently touching his back - Levator attachment, Rhomboids, Medial and lateral spinal muscles

Video Clip 19/40



During the 9th session he started sobbing quietly and deeply.

He later explained that he realized his stepmother loved him.

“I always thought that the things she did to me was because she didn't love me. Now I see that this was her way to show she did love me!”

Additionally, there had been none of the typical vegetative signs of trauma emerging: fast heart rate, hot or cold sensations, panic or fear, sweating, shivering, shaking or splitting off, unsafe, distrust. Yet he cleared this trauma by himself. (Davis, 2012, p. 71).

Reorganizing a& primary object

Re-experiencing a primary object

Endo Self

An early, self-organizing, embodied, coherent sense of self whose unique quality is that it exists prior to relationship; a body based, autonomous self, grounded in relationship

“Miriam came from a remote, former Soviet Union, a harsh reality of survival and everyday difficulties - both externally - as a Jew in an anti-Semitic society, and at home where she was treated violently, and taught to serve her parents, to be a good, obedient and useful citizen - and later as a woman who takes good care of her husband. She was a nurse her entire life she served others. She received a long and rigorous training in self-deprecation. Worth and temporary calmness came only in serving others. She knows almost nothing of herself, her desires, her wishes, and passions. (Epstein; 2014, p. 73)

Yet, at 40 years old, one day “something woke up in me.” and she came to therapy to help herself.

Rogers’s “incongruence”

Various Disciplines – Same Conclusion

Merleau-Ponty: At the root of all our experiences, we find, then, a being which immediately recognizes itself...not by observation and as a given fact, nor by inference from any idea of itself, but through direct contact with that experience.”(in Pagis, 2009, p. 267).

Maslow’s (1968) “being states” and self actualization

Reich's (1967) “core”

Guntrip’s (in Buckley, 1986, p. 467) “inner core of selfhood”

Winnicott’s (in Buckley, 1986) “incommunicado core”

Loewald’s (in Mitchell 2001) “...an experience of a perceptual affective nuclear consciousness that resonates in the quality of being the experience of himself.”

Casavecchia, (2016 p; 16). A nascent core of self, not a social construct but a natural endowment of the organism.

Ryan (1991 p. 214-215) — A deeper sense of consciousness/being/self.

Jantsch (1979) — ...with existence comes consciousness

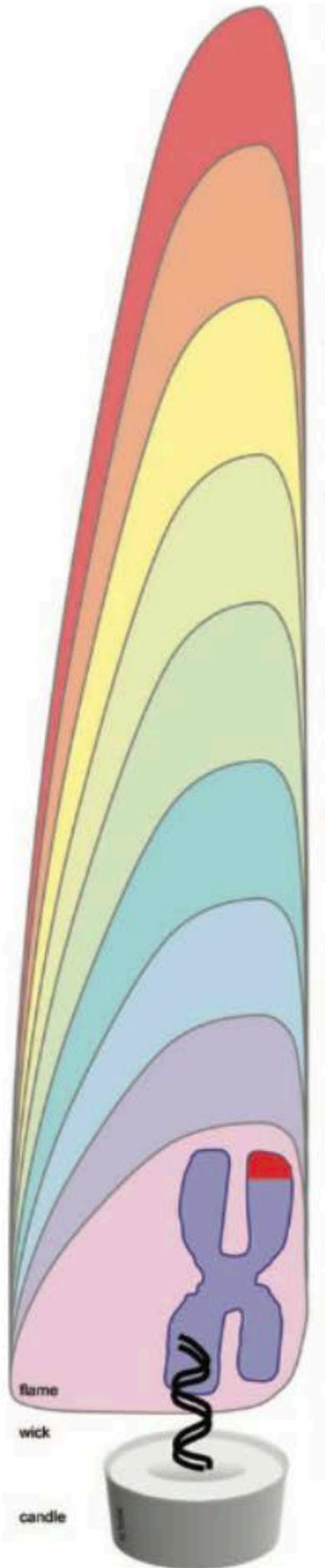
Maturana and Varela (1972) A biological phenomenon; If you are living, you have consciousness

The Cambridge Conference on Consciousness (2012) subjectivity in the fetus before the development of cortical activity: before cognition, language and relationship.

In mindfulness: “If we are able to see it, then we are no longer merely it; we must be more than that.” (Shapiro, Carlson, Astin and Freeman, 2006, p. 6).

Solms and Panksepp (2012) An embodied, affective core consciousness in the brainstem and that higher cortical brain functions — cognition, language, representation and object creation — are built on and informed by this earlier emotional, embodied core consciousness. “The brain mechanisms of the internal body function largely automatically, but they also arouse the external body to serve its vital needs in the external world.”

A core consciousness exists without cortical consciousness. The reverse is not possible.



WHOLE ORGANISM SYSTEMS INTEGRAT

Holistic systems coordination & signa
integration
Immunity
Recognition of forging materia
Recognition of own structure

ORGAN LEVEL

Organ interfaces
Tissue interactions

TISSUE LEVEL

Extracellular environment
Cell to cell interactions

CELL LEVEL

Membrane interface
Cytoplasmic determinates

NUCLEAR LEVEL

DNA
Regulatory sequences
Telomere length

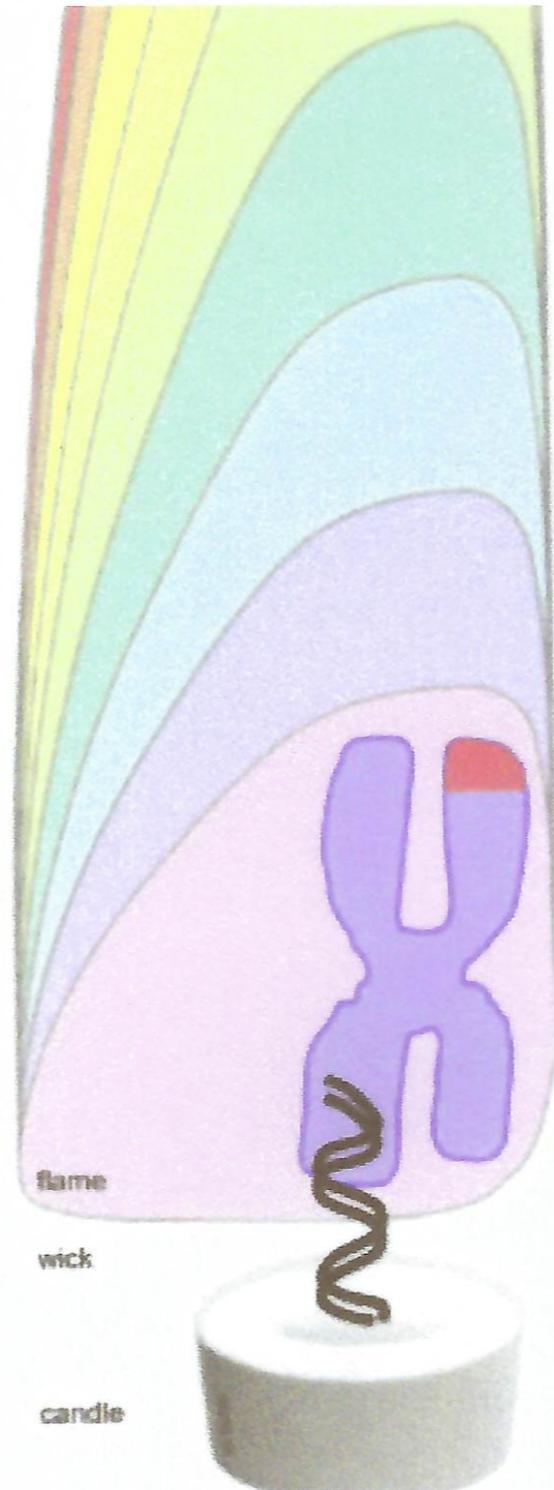
Cognitive/reasoning

Neuromuscular

Connective Tissue

Plasmatic/Ground Substance

This is Possible



This is Not



WHOLE ORGANISM SYSTEMS INTEGRAT

Holistic systems coordination & signa
integration
Immunity
Recognition of forging materia
Recognition of own structure

ORGAN LEVEL

Organ interfaces
Tissue interactions

TISSUE LEVEL

Extracellular environment
Cell to cell interactions

Cognitive/reasoning

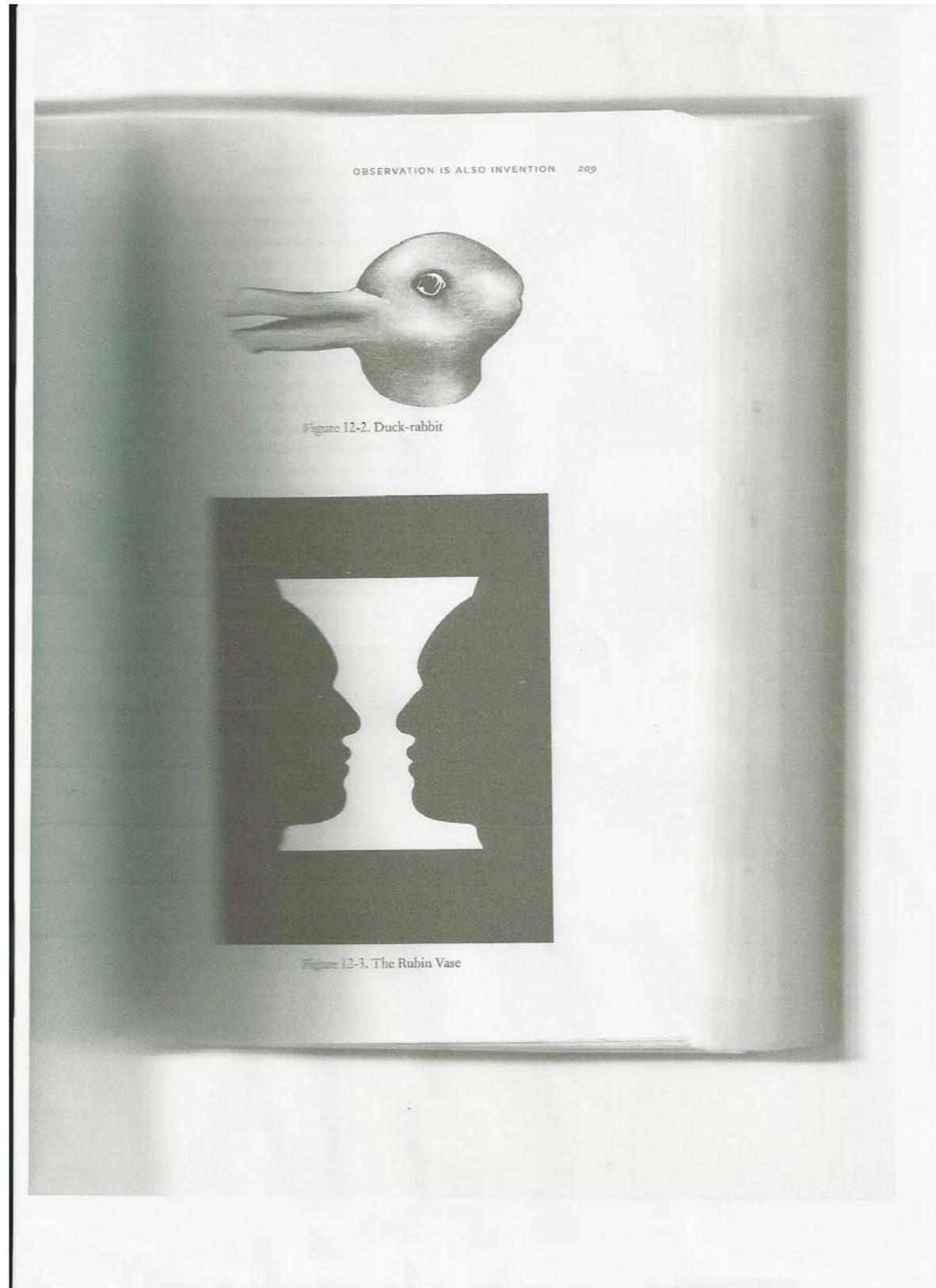
Neuromuscular

At the same time:

Stanley Keleman was always very clear there existed no "real self" that could show up after all the distortions and deformations of education and biography had been peeled off. His sober analysis was that there existed no healing in the sense of finding the perfect condition under the surface area of alienated existence. So, you have to deal with what you have developed so far, involuntary and voluntary. (Strecker (2018), p. 54)

Gestalt's Figure/Ground

Object Creation and Transformation



Neurology

Kandel (2013) “The eye is not a camera” (Kandel, 2013, p. 234) “every image is subjective” (Kandel, 2013, p. 200) and “there is no innocent eye.” (Kandel, 2013, p. 200).

This is true for touch, hearing, taste and smell as well. (Kandel, 2013).

Our perception of the physical world is, “... an illusion created by our brain” (Kandel, 2013, p. 203) which is why we can view the same painting over many years and see and feel different things each time.

Infant Development

The story remains the same. It is the patient’s experience that changes.

Oliver Sacks (2017) It is not possible for external events to be directly recorded in the brain. Our only truth is narrative truth, the truth we tell ourselves and others.

Same question — where does this narrative info come from?

Pupillometry

During changes in perception, nothing changes in the world of environmental input,

Any change in perception must be attributed to an *internal change* that results in interpreting the same world state as a different event. (Laeng, Sirois & Gredebäck, 2012, p. 22)

The *same neural processes* are involved in pupil responses to images, thoughts and emotions

There is no objective object!

Loewald

I am my objects and my objects and I are always inseparable.

They can never be expelled. This suggest that what happens in psychoanalysis is not a renunciation, or exorcism of bad objects, but a transformation of them. (in Mitchell, 2000, p. 44).

Objects don't change. We transform our experience of them.

Change the structure, and the experience changes

Hose analogy - Body as context

The Duality in All Relationships

Guntrip - In analysis and in real life, *all relationships have a subtle dual nature.*

Desire and Need

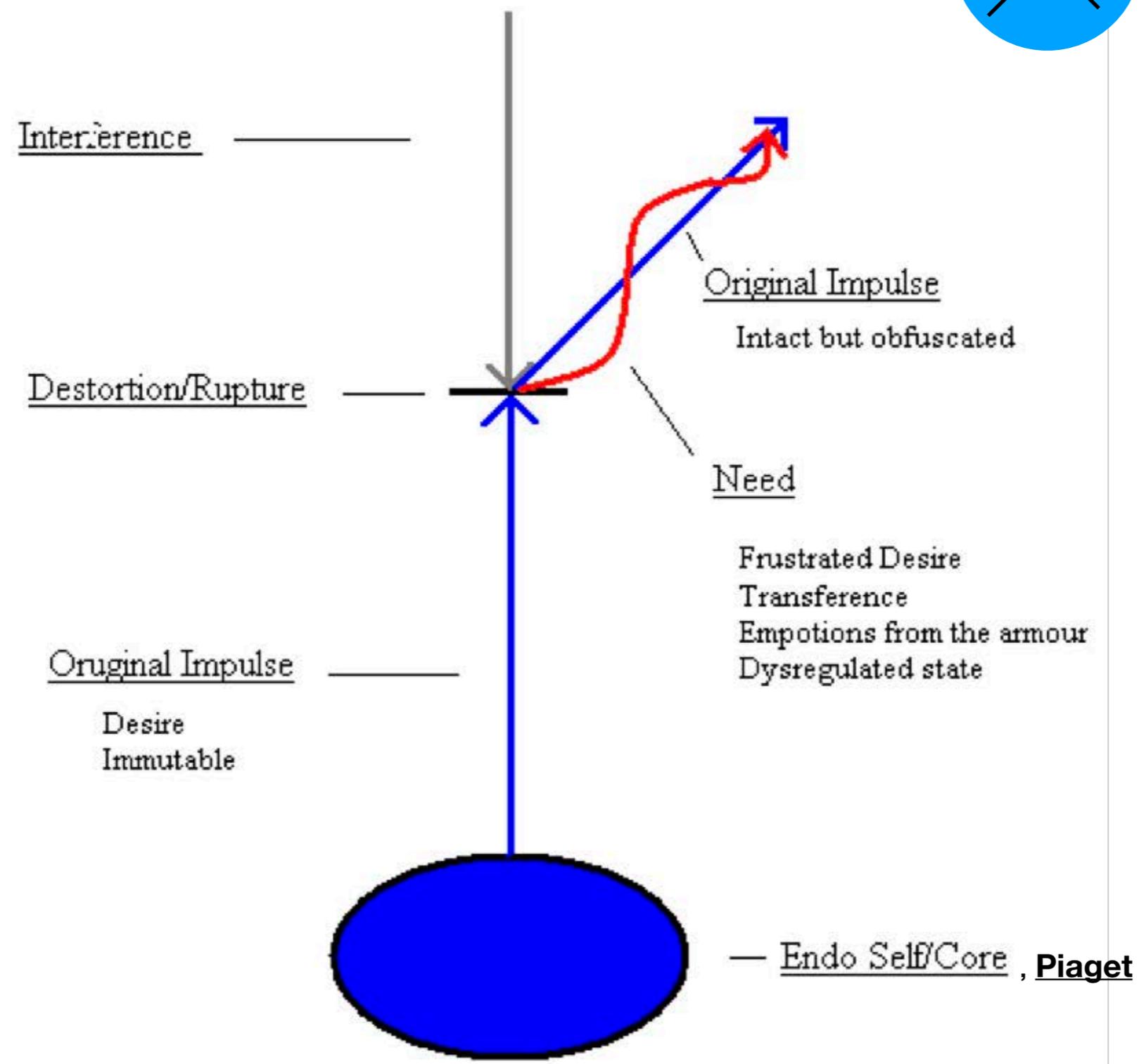
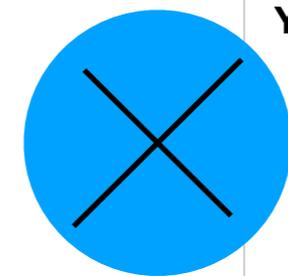
Kohut (2001) described the “narcissistic stream” which remains *unaltered throughout life* - immutable - and is the basis of *creativity, love, and all future relationships.*

Schore (1999) Embedded within the patient’s often vociferous communication of the deregulated state, (needs/lack), is also a definite, seemingly inaudible, urgent appeal for interactive regulation (desire/contact/relationship). This is a lifelong phenomenon. (1999, p. 14).

Bowlby’s While especially evident during early childhood, attachment is held to characterize human beings from the cradle to the grave.

The dual flow in all relationships.

You Are Here



The Continuing Desire for contact and relationship is immutable

The Undamaged Endo Self

One patient reported this state as, “I feel an extreme presence in the absence of myself.”

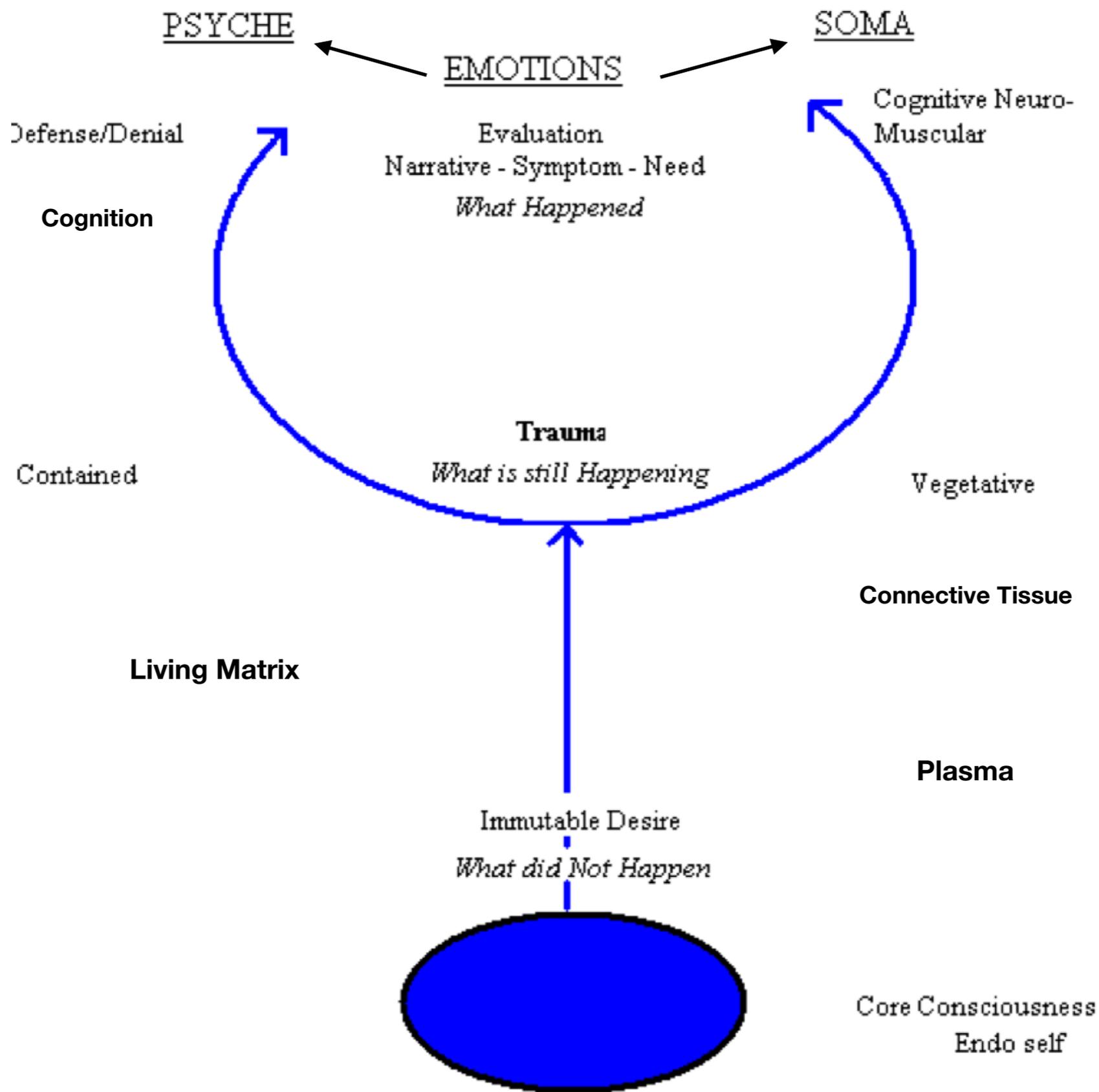
Another commented: “She is back!”

But who is back and where was she all this time?

The answer is the immutable, undamaged endo self, the original source of desire for satisfactory contact and relationship and the continued hope that *what has not happened*, will. This is where the self seeks, chooses, creates and transforms objects and experiences. It is an individual, self-referential, interpretive process that decides and creates one's own reality based on the experience of oneself, not the other.

Perls - Transference is about what did not happen

Green - How much of therapy should be a repetition of the past or what has not been experienced?



Appendix

Something changed in me during this training. I wasn't able to define it back then, but in the last days I just observed myself and a new feeling of relief and calmness deep inside me emerged. Many memories popped up, memories that I had locked deep down and tried to ignore. Before coming to you I have read carefully the materials you suggested. I have understood intellectually the concepts of the endo self and the Instroke. But they were just the next concepts, the next smart words. In the workshop, I experienced it. I felt this place inside me that it is all fine, calm and peaceful. I didn't understand it at once, but then those memories that came back made me recall that I used to know this place.

During the instroke exercise, I saw my dad. He died in my arms when I was 13. And that was the moment I lost the way back to myself and I did it on purpose. In the last days I remembered how my dad used to take me to a river, or up in the mountains when I was a child and we just sat in silence. He used to tell me that this is a way to find peace within, to find strength. He taught me how to listen to my inner voice, how to feel my body, how to find the strength in me. And when he died, I was so angry at him that I just blocked it all, I threw away the key for inside and started to live only by "going out".

I have worked on my anger, and my sorrow and so many other emotions in my personal therapy. I do yoga and numerous kinds of meditations. And all I was looking for, all I was struggling to find is exactly that feeling of calmness and "it will all be fine" that I knew so well in my childhood. The insight that I just have is so powerful. I feel on the right path for the first time. I want to reconnect to myself. And this changes so much..."