



“Early trauma and how it can affect our couple relationship with our trauma response and the way out, into a healthy couple relationship. It’s all there from the start.”

IoPT Café 13th December 2023

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The common findings in my work with couple relationship in conflicts is trauma, and being in survival

- Both want to live, love and be loved
- Trust
- Feel safer
- More intimacy

- Count on
- Afraid of abandon
- Afraid of being alone
- Afraid of being close

All started with themselves by loving themselves first – A cliché you might think? The power in the intention which contain 3 intentions; I want to live, love and be loved – is magnificence

With couple relationship I work in groups and 1 to 1, the couple don't resonate for each other and when observing they are allowed to take a break of course, if needed to support themselves. They can join as a couple, only one of them or as single. It's a lovely way to learn about yourself, your partner, and your couple relationship even prepare for a couple relationship.

1 to 1, digital or physical, they book a double session and observe each other. When working on the relationship I recommend them to observe each other - it's a good opportunity to get closer and learn something about each other. They also do 1 to 1 without the partner observing them when needed. F example working with your sexual abuse it can be too much for your partner.

I run basic physical courses located in Bergen, based in 3 days 8 modules a year, with easy basic IoPT theory.

I run 1 to 1 in digital therapy with objects and physical with markers. I let the client do all the resonating by them self – if needed I do maximum one

I am an approved Supervisor who can have classes for Supervisee (veilander). I start a new online Supervision class in January if anyone wants to join, to attend you have to facilitate as IoPT therapist or have started training with clients. - 2 days 5 times a year and you sign in for the whole year.

I am a member of the NTF association in Norway, and I must have 30 hours professional updating each year, 15 of these are with approved Supervisor (veileder).

The topic early trauma and how it affects us and reflect us in all relationship has been and is one of my biggest interests. Starting in the offshore industry in the HR-department; Why does this person fit, in this shift, but not in the opposite, why does this person, fit on this offshore platform but not on this?

And why can couple relationship be so difficult, it was all there from the start?

There are no winners in splitting up a couple relationship, it creates victim/perpetrator dynamics and traumatizing in connecting and bonding systems, for the children, for the couple and the relatives around. "Grief no one is sending flowers to."



After conception I is I – We have 6 to 10 days where we are totally authentic.
We have everything we need even nourishment.

We are love and have the capacity to love, an unconditional “yes” to our
existence,

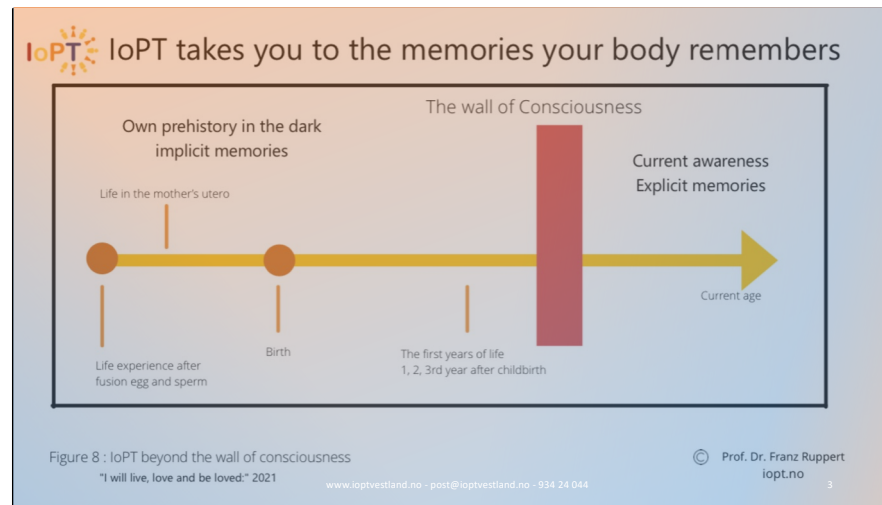
Is mere life force,

The will to live and the zest for life, there is no doubt about it. (Love, lust & trauma p. 34)

And all this is not dependent on anything external, and therefore not on relationships.

We have our authentic I from conception until we connect with our mother which is our first relation.

From conception I is I, and not until we nest in the uterinwall and maby meet a subjective no, which means some reactions in our mother that we take in as «no to me» may change the situation,



–How was these moment for you?

-How was your time in the womb?

–How was your birth?

-How was your first time after birth?

Do you know how this affect you today by how you connect and bond in your couple relationship, any other relationship or to yourself?



I had it all from the start, I am love and have the capacity to love, an unconditional “yes” to my existence, mere life force, the will to live and the zest for life, there was no doubt about it.

Planned, wanted, made with loved with healthy parents which want to extend the family.

Many people imagine that they are the product of loving parents who could not wait to hold their child and to form a loving bond with him/her, but unfortunately in reality the situation is often very different.

(Chapter 2 in Early Trauma, written by Marta Thorsheim one of my favorites)



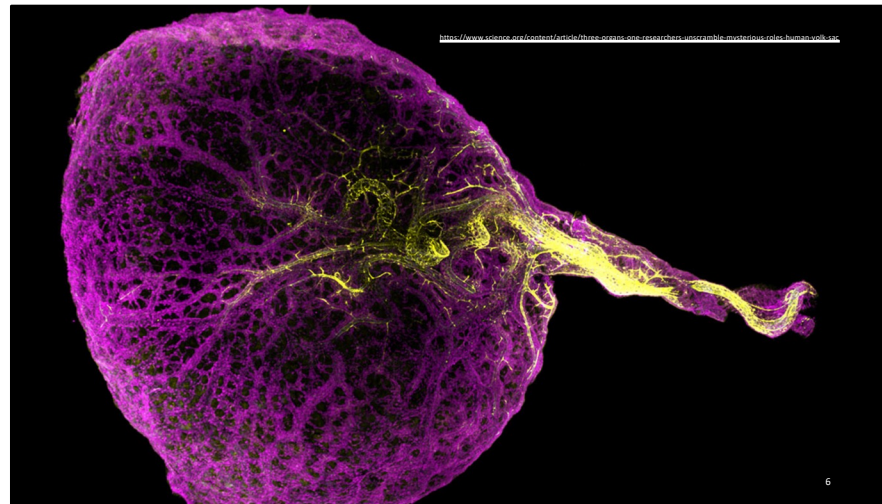
My first connecting is with my mum; all I long for, want, and need is that she will connect, bond, and reflect back who I am, so I can connect and bond healthy to her and to the world outside as well in love.

Dad is also important for me right from the beginning, and his role is to provide a “social womb” for me. This means creating a safe space for the pregnancy, allowing my mum to encounter the extensive changes in her womb and body

and widespread changes in her life as well.

(Schroth 2010) It's proven that the unborn baby is aware of the father and significant others as well. So dad also has the chance for an early bonding/prenatal bonding with me. Thus, long before birth, a counter-wise familiarity is built up preparing me to arrival in my "new world".

Preconception, conception, connecting and bonding, time in the womb, birth and time after birth is our most vulnerable time in life – it could be a fight for life and death for me.



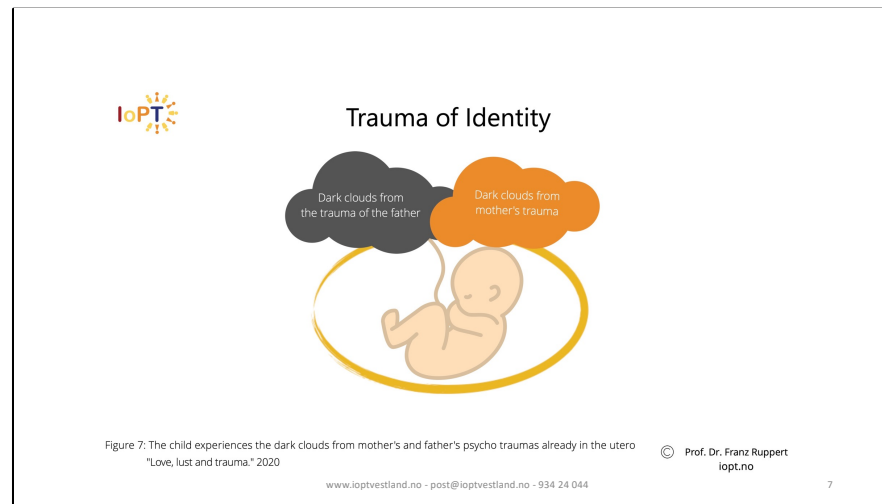
The study of the yolk sac by Issac Goh released in September 2023 shows the important and how the rest of it is with us the whole first trimester
In the start it functions as liver, bone marrow and kidneys.
It makes the first immune cells. A role which became take over by the liver before bone marrow get the responsibility in the end.
It removes toxins, which become the liver's role.
It makes a hormone which is made by the kidney is also made by the yolk sac.

This hormone makes the red blood cells.

In the end of first trimester its gone but the rest has become our cord and the frame system.

Issac Goh 2023 – The role of the human yolk sac is more common with a rabbit than a mouse and is more important for us than we have known until now

<https://www.science.org/content/article/three-organs-one-researchers-unscramble-mysterious-roles-human-yolk-sac>



Trauma of identity not wanted which can be too much for the child

And what we know for sure when it's too much for the child;

The child takes on what's needed to survive. Which means the child takes on dark clouds from the trauma of the father and dark clouds from mother's trauma

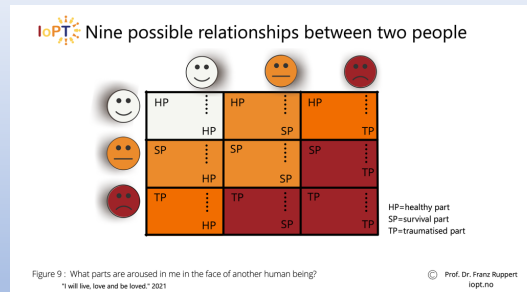
The child cope with their parents to survive

We live in a traumatized world, and I think many experience very early trauma

We are the first generation who can do something about it by deep trauma work like IOPT.

We = You + I

- What parts are triggered in me in the face of my partner?

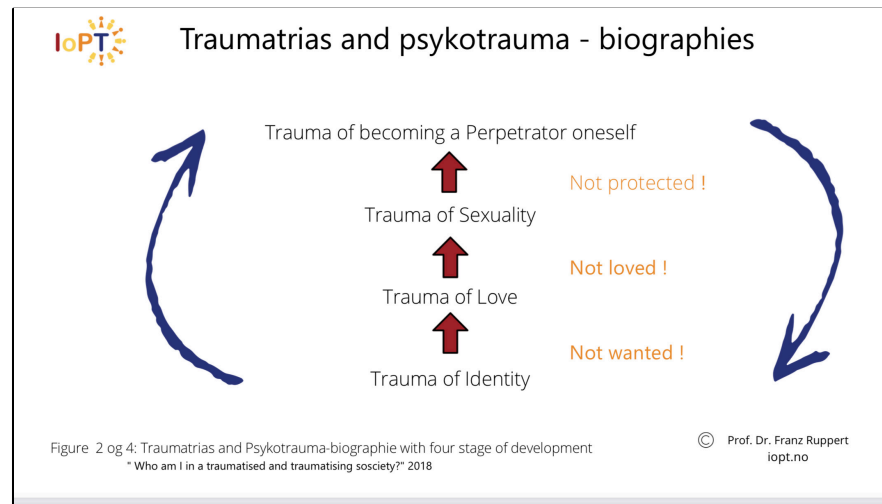


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In principle, two traumatised people have the possibility to have nine different types of relationships. We therefore have a choice

- It is also possible that two people come in deep resonance with their trauma structures. Initially they find each other very attractive, but in the long run such a relationship is not very satisfying, because their survival strategies can also easily be triggered.
- If I make contact out of my survival strategies, then I also activate their survival strategies
- If I make contact with someone from my healthy psychological structures, I then receive a healthy echo.



So, if we take it from this stage.

I was not planned - in other words; not wanted, not loved, and not protected which I needed. This can lead to....

Fear of rejection

(Trauma, fear, and love p 124) COMPLICATED couple relationships in other words



When we fall in love (rarely this period last for max 2 years), we often look for a mum or dad unconsciously/consciously. This is from the nature and to not dodge we produce dopamine, so our judgement turns low. There are several other issues at this point as different immune system, smell and so on....It's a big topic in itself. As human we have our brain, but also under brains as stomach, sexual and the heart brain. I just mention gut feeling -this is the right one, I feel desire and lust for this one, I feel deep love for this one, everything is perfect Is it an illusion or is it true?

From my point of view

At the moment I'm single, happy, building my life piece by piece. I am not looking for someone but if anyone pops up I will look for the right music or if its going to be just friends and talk if we have something to talk about.

Today I know my needs and my wants, and I don't want to take any bad stuff into something new. So, for me going into a new couple relationship. I will take a Selfen-counter on it. Topic in direction I and my partner. I know there is something in my trauma-biography which is common or reminding me of my mum and dad.

Something in my face.

Then, I have the possibility to be in my healthy parts and look for the resources in my partner. I know the feeling; love feels good. It's all there from the start it's our trauma who make the trouble.


So if I use my voice in this topic

I recommend everyone to take an intention on your couple relationship – For what we know there is always a possibility for love – It's there from the start. It's trauma that makes the conflicts.

All types of relations offer

- opportunity for love
- and the possibility of ending up in victim - perpetrator dynamics

What makes relationships destructive is trauma



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So if we start where it starts

All types of relations gives opportunity for love
and has the possibility for ending up in victim - perpetrator dynamics

What makes relationships destructive is trauma

Trauma and relations
All we want is
I want to live, love, and be loved

- Trauma split our psyche and it develop conflict between the different structures
- Trauma survival parts blocks deep feelings
- Relationship misused as trauma survival *strategy but* nobody can heal your traumatized psyche
- The pain can be I'm not loved or It's wrong every time

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Trauma split our psyche and it develop conflict between the different structures

Trauma survival parts blocks deep feelings

Relationship misused as trauma survival *strategy but* nobody can heal your traumatized psyche

The consequence can be I'm not loved or It's wrong every time

Love illusions

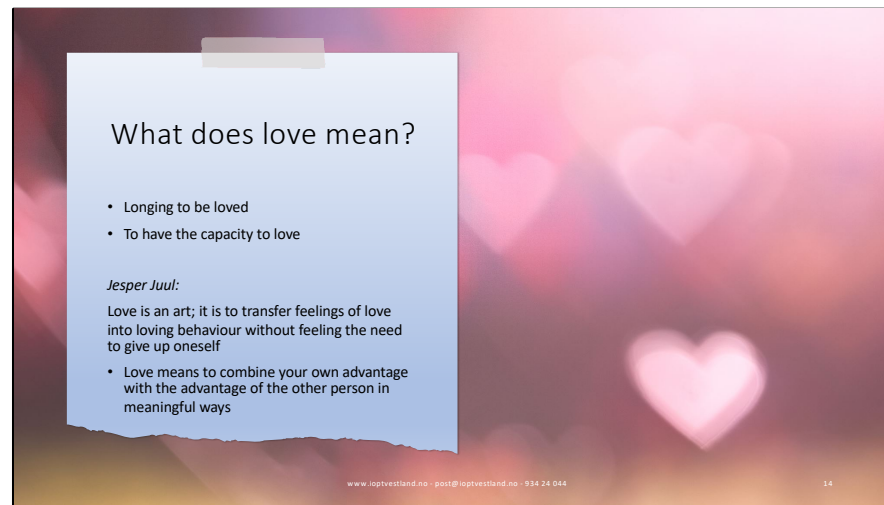


- I can love who I want – and what I want
- If my love is big enough, the one I love will love me
- To be loved can be reached with pressure or money
- I can save another person by loving him/her
- Love heals everything
- Love is for ever

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Longing to be loved
To have the capacity to love

Jesper Juul:

Love is an art; it is to transfer feelings of love into loving behaviour without feeling the need to give up oneself
Love means to combine your own advantage with the advantage of the other person in meaningful ways

The wish to be loved

- Symbiotic wish
 - To be “nourished”, kept warm, body contact, being hold, seen, understood, supported, to belong, to be welcomed as a unique person.
- Wish of autonomy
 - Have my own perceptions, feelings and thoughts, to be able to keep myself, do stuff on my own, take my own decisions, be responsible for myself, to be and act independent, both feel and be free.

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Symbiotic wish

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Wish of autonomy

Have my own perceptions, feelings and thoughts, to be able

to keep myself, do stuff on my own, take my own decisions, be responsible for myself, to be and act independent, both feel and be free.



To have the capacity to love

- Fullfill another person's age-dependent symbiotic needs.
- To support his/her autonomy, with the respect for his/her age

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Fullfill another person's age-dependent symbiotic needs.

To support his/her autonomy, with the respect for his/her age

The Goal

- Is to have an exclusive relationship where you transfer felling of love into loving behavior without losing yourself



Is to have an exclusive relationship where you transfer felling of love into loving behavior without losing yourself

We=You+I

Love feels good,
and if it don't feel good,
it's not love

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I want to end this lecture with the beginning

Love feels good. It's all there from the start it's our trauma who make the trouble.

Up coming at IoPT Vestland

- New digital Supervision group start January 10th – 11th.
- Digital Couple relationship course next time is December 28th – 29th and January 15th -16th

post@ioptvestland.no or www.ioptvestland.no

Literature

- All Franz books and most;
- Love lust and trauma
- I will live, love and be loved
- Early trauma
- Who am I in a traumatized and traumatizing society
- Self-encounter and the Intention method
- Handbook of prenatal and perinatal psychology by Klaus Evertz, Ludwig Janus and Rupert Linder
- All support, lecture and learning from Marta Thorsheim