

Trauma is loss of connection

Swiss therapist Andre Jacomet, besides being aware that trauma can occur already at the moment of conception, has his own experience with dependency, trans-generational transfer, quantum physics and unconditional love.

Text: Iveta Kučerová for „Živá radost“ and „Psychologie dnes“



Is it possible for trauma to be caused already at the time of conception? For example, in the case of in-vitro fertilisation (IVF)?

Yes, I am convinced of it. I have a lot of experience with patients who have been through artificial insemination. I can mention, for example, a six-week old baby, whose right side of his body was frozen, as if paralysed, and the other side was hyperactive, which corresponds to the way the foetus was formed from an egg and frozen sperm. Some children born through artificial insemination begin at a later age to describe dreams, in which they see their siblings in an icy cave. I consider this a reflex related to the relationship to the remaining eggs, which were also fertilised through IVF, but were not carried to the womb.

Full wording of the interview "Trauma is loss of connection" with references to quoted authors on the following pages.

Andre Jacomet began his Prague seminar Trauma and Dependency with the showing of appealing advertisements with the slogans Desire, Obsession and Dependence on Dior and immediately prompted a few questions: Are we all dependent? Is the way we live a source of trauma? What can we do about it?

Most of us live under the influence of advertising. Does this mean that all of us are traumatised by its effects?

This is difficult to state. In any case, we are dependent on the world of artificial satisfaction. We replace true joy and actual relationships in a way that leaves emptiness in us. In short, we live in a world of imagination. I am convinced by the definition that trauma is a loss of connection or loss of relationship to what truly keeps us alive.

Does how people are torn away from reality change anything about this? Is there any trend in the intensity of our contact (or its loss) with reality?

In truth, we are at the beginning of research regarding what trauma is and what consequences it will have on mankind. Even I, after more than ten years of research and serving in the field, am still in the process of realising all related circumstances. I also appreciate how deeply and more and more the participants in my seminars understand the consequences of the loss of basic connection - with oneself, with others, with nature, with the solar system, with the universe - basically at all levels between Heaven and Earth.

What kind of therapy or other path would you recommend for mankind?

Every step on the path to increasing awareness is important. We must better understand who we really are, beginning with recognition and understanding of our vehicle, our body, in which we are located and with the help of which we make experiences.

With growing consciousness, we can begin to create ideal conditions for our existence, and we know from chaos theory that initial conditions are extremely important. And because the development of the human nervous system does not occur linearly, but chaotically (it even functions according to the laws of thermodynamics), we can gradually create better conditions for the development of an actual person.

Is resilience to trauma dependent on a country's level of economic development?

Treatment of trauma is influenced by besides individual factors also a cultural and social context. For example, therapeutic work in relatively poor Thailand is in contrast with safe Switzerland. It generally applies that people from poorer countries manage to cope with traumatic conditions better, when a catastrophe affects them, and they are positively affected by links with roots and traditions, which are stronger for them. In modern Europe, our life is determined by an effort to have a newer brand of mobile phone, a larger television or a faster car, all of which are a substitute to fulfilment of our instinctive needs. On the other hand, principles in trauma dynamics are the same in Sydney, Bangkok, Prague, Zurich and probably even on the Moon. There, too, the principle of polarity functions; there are two counter-charged poles and a neutral space between them.

Can resilience to trauma be created?

Yes, the process begins at the latest at the moment of conception and continues during the nine months of pregnancy, when it is possible to create ideal conditions for resilience or endurance of the nervous system to develop sufficiently. This is related mainly to the creation of a safe field for a future mother, and within it is important for the pregnant woman to follow her natural needs, rhythms and cycles and

for her to truly trust her instincts. Creation of resilience then continues with corresponding measures during and after birth.

What does ideal preparation for conception look like? What is the minimum of knowledge for future parents?

The first step is to recognise the basic principles of trauma, and then it is possible to play with them further. Good preparation is provided by, for example, Peter Levine's book *In an Unspoken Voice*. If I were to wish something good for this world, then I would wish that all parents read that book before conception occurs. The most important findings about the dynamics of trauma can also be obtained at my seminars.

Is it possible for trauma to be caused already at the time of conception? For example, in the case of in-vitro fertilisation (IVF)?

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It is necessary for us to be aware, regardful and sensitive, when we work with people who are planning to undergo the process of artificial insemination. Already today there are many misunderstandings in this area, and the topic is undervalued and not examined in a broader context.

Swiss childbirth assistant **Loraine Reiner** recommends that before fertilisation parents establish contact with the child's soul and invite it to join them as someone who wants to share the experience of assisted reproduction. This can relieve parents from the huge psychological burden related to a desire for a child and the choice of artificial insemination. For this situation, it is appropriate to prepare a special ritual, invite in the child's soul and give the child an impression, what the child would be expecting in this incarnation, regarding what the child's social environment will be like, what kind of parents the child will have, etc. It is also especially important to establish intensive contact with the child in the first twelve weeks of pregnancy – not only in IVF births. Many parents, especially mothers, act shyly during this period, because they are afraid that their small one could still leave early, and they want to avoid the pain connected with this. Missing contact in the first three months later becomes a huge burden for babies. Something that is not very well known is that even spontaneous miscarriages can be better handled by parents, if a relationship has already been created, with which they can accept an unborn child and then release him or her with the miscarriage.

Can you share your personal story?

Look at me (Andre takes off glasses): My left eye is five to six millimeters closer to my nose than my right eye. This so-called "lack of microsymmetry" is one of the consequences of the stressful course of my

mother's pregnancy and is also an example of the fact that undesired factors can leave their mark in the child's internal system and on the child even physically. As a result of my problematic childhood, I started with alcohol at age 13 and with drugs at age 19. Heroin meant a huge change for me, because for the first time in my life I began to feel normal, stopped feeling my own fear and started feeling like I belonged in this world. I finally felt safe and could relax. Based on this experience, I had a strong motivation to continue taking drugs, but I also knew from the beginning that they were harmful to me. Soon I had no money for gasoline or for my rent. But using drugs still remained the only way not to feel alone with my fear. It was only later in 1997 when I understood more of who I am, and then I bought a bicycle, tried to return to life and began taking methadone. Three years later, I underwent detox.

Do you remember that breakthrough moment?

Yes, I do. I met with a friend at that time, and we decided that we would try to be honest to each other. We decided we would tell each other the raw truth and talk about what we had experienced in our own skin, but only as authentically as we were able to. We began talking, and suddenly the night had passed, and I discovered with surprise that it had already been 15 hours since I last took a drug. That was something otherwise impossible. That meeting was a leap in my consciousness and a deep view into existence. From that moment, my dependency began breaking down on its own, just like in Allen Carr's book *Endlich Nichtraucher!* (An easy way to quit smoking).

That was an unplanned therapeutic interview...

Even though at that time we were two quite confused boys, my life changed that night. When I talk about it now, I realise that our friendly conversation was similar to the method with which I work currently.

Is it possible for someone to heal oneself from trauma?

In most cases, no, it is not. Trauma can be perceived as a disruption of the boundaries of consciousness, and it usually takes two people - in a sense another, still uninjured and undisturbed, consciousness - to repair them. In many traditional therapy sessions, there is an effort to gain control over unwanted behaviour or symptoms; in other words, changes result in strengthening of ego. My work is completely different. With every treatment of injuries and restoration of the boundaries, we are more "here and now" in this world and are more aware and whole. The more integration the nervous system experiences, the more a person can develop his potential and embody his true self. My vision is for most people to know the basic principles of post-traumatic responses and to be able to support each other in managing them, whether as parents, colleagues or friends, at the times of birth and death and any time between those moments.

How do you view the influence of modern childbirth on mother and child?

I become dismayed when I realise what often happens during pregnancy and what effect various interventions have on unborn life. I am speaking from my personal experience and from work with thousands of clients.

Is there any tendency to improve the situation?

In Switzerland, polarisation is currently occurring, with on one hand a growth in the number of home births, a path I support - and C-sections on the other hand. In other countries, such as in urban regions of Brazil, the predominance of C-sections is even more extreme. In general, trauma is always a form of

polarisation, and from that perspective it is interesting that now we are experiencing this process also in the development of various ways to give birth.

Are you saying that the course of life depends on the child's birth?

If the baby tries to enter the world during birth and gets stuck, then at a certain moment the baby will collapse and resign. This dynamic can continue in adulthood in attitudes such as "but it's not worth it" or "why should I even try?" When a child is helped to get out mechanically in the event of resignation, such as via a vacuum extractor or forceps, then his first experience in this world convinces him that "If I am to succeed, I must give up, and then someone will save me." That dynamic is reflected in life at various levels, such as in the form of an unexpressed wish to be rescued or "saved", by which people also manoeuvre themselves into the dynamic of perpetrator-victim-saviour. And later then, they are surprised, for example, that they had seven relationships, all of which proceeded based on the same pattern.

Do you agree that untreated trauma of people present during birth affects its course?

I base my assumptions on precisely described scientific findings of quantum mechanics, which provide evidence that our thoughts as well as our bodies, moods and our organisms as a whole act as waves. Expressed in the language of quantum physics, we are the waves (more about this can be found in, for example, Arnold Mindell's book *Quantum Mind and Healing*). Even now as we are speaking, I am transmitting and you are receiving, transforming and reflecting these waves, depending on what your mood is like and what is going on inside you. The same thing happens during birth and at every moment of our lives. Look at the frozen water crystals photographed by *Masaru Emoto*. Their structures differ greatly under the influence of positive thoughts, such as trust and love, but also negative ones, such as violence and fear.

Elena Tonetti, the founder of a movement for natural births, says that a large amount of love and care is able to neutralise all damage and treat trauma connected with childbirth.

This is Peter Levine's definition: Intuition is the borderline between knowledge and presence. What I'm trying to say is that love can truly heal, but its effect is limited, if it is not connected to basic knowledge, in this case knowledge about what is necessary for a healthy nervous system to develop. However, if we add unconditional love to the understanding of its functioning, then absolutely everything is possible, including what we normally consider to be impossible.

Is trauma transferred from parents to children?

Treatment of trauma has a broader significance than just at the level of an individual; it relates to collective as well as trans-generational consciousness. I have interesting findings from the German capital Berlin, where the former divisions that were created by the Berlin Wall can still be perceived. We can find situations here that have their origins in the monitoring by the Stasi and the consequences of both world wars. I have learned from a lot of experiences that trauma can be transferred across at least three to four generations. Both in Berlin and in the Czech Republic, I perceive how political history has created fields that still strongly affect people. I understand my work in a cultural and social context often more like peace work than individual therapy.

How do you work with your clients?

I do not diagnose, I only observe, for instance the autonomous nervous system, like skin temperature, pace of breathing and pulse, eye blinking, head inclination, positions of hands and feet, facial expressions, tone of voice, vocabulary and much more. From all of that, I am able to evaluate what is going on in another person. Already upon the first handshake and based on hand temperature, for example, I can tell whether you want to attack me or are just touching in a friendly manner.

One basic element of my work is a safe environment in the "here and now", a polarity pole to "there and then", when it has not been safe for the client. It is important for me as a therapist to act as an adequate and undistorted mirror. I also create fields of neutrality, in which everything that was divided can be reconnected and so healed. During the process of the work, undesired symptoms often disappear, and at the same time consciousness is expanded. One of my goals is for people not only to become healthy, but also to enjoy life more and embody their potential.

Do people gain anything when they suffer trauma?

Yes, we clearly do experience that something is nourished due to trauma - by constantly moving in circles, we support parts of ourselves that say, for example: "I'm not supposed to be here in this world," or "If a man touches me, he will injure me," or "I don't deserve respect." And as soon as a traumatic experience repeats itself, then somethings says: "Look, I told you this is gonna happen." These parts are trying to protect us against similar overwhelming experiences through efforts to avoid them. However, this only cuts us off from the spontaneous river of life and limits the quality of our lives, which then only means trying to control everything. If we undergo a corrective experience in a safe environment, for example, that it is all right to be in close contact with a man, these parts literally die in us, but often they have quite strong roots.

One of the ways to behave in this situation is to ask a question technically known from NLP: What will I gain from such behaviour?

So decisions are important for recovering from trauma...

There needs to be a certain willingness to meet one's inner shadows, and there needs to be courage to set out on a journey. Appropriate timing is also necessary, like in the fairy tale "Sleeping Beauty". It's not enough to be a noble prince, but it's necessary to kiss the princess and free her at the right time.

Peter Levine says that trauma is energy, which is locked in the nervous system...

And it can be an impulse for transformation and spiritual awakening. I have in mind the transition from the phase when we come from the question "What can I afford, buy, own?" to the phase where we can find a connection with a Higher Intelligence. And this goes hand in hand with a special and unusual feeling that one no longer has the need to influence the world by one's ego.

What is the most important thing that you have learned during work with trauma?

Mainly, that I have to clean up the mess in my own house, before I begin caring for others.

Thank you for the interview

Iveta Kučerová, Živá radost

Professional cooperation: Monika Nyklíčková

Iveta Kučerová: „During my first meeting with Andre Jacomet, I was born again. As part of the therapy session, he took me through the process of my birth and made me aware of patterns that until then had limited me.“

About Andre Jacomet:

Andre Jacomet is a Swiss therapist with his own practice in Zurich for treating trauma based on Somatic Experiencing® (SE). He did 25 years of his own psychotherapy and psychoanalysis. After he successfully has been liberated from his own addiction in 2000, he was involved in long-term therapy with addict clients and has educated thousands of people in awareness programs in Europe and the Persian Gulf. He cooperates as an assistant in seminars held by SE founder Peter Levine in Switzerland. In Europe and Australia, he holds seminars regarding work with trauma, in which he combines Polarity Therapy with SE and other techniques. In 2014, he will teach a three-part seminar in Prague entitled Trauma Dynamics, in which he will present effective methods of working with trauma that are not yet very well known in the Czech Republic. Andre has two children.