



Trauma, Bonding & Family Constellations: Understanding and Healing Injuries of the Soul

Franz Ruppert

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Franz Ruppert's book explores the different types of trauma experience, along with the bonding theories of John Bowlby and attachment work of Mary Ainsworth and others, forming a multigenerational picture of the dynamics of trauma. Experiences of trauma can be so painful as to cause a split in the personality. It is impossible for a mother or father to avoid passing something of their own traumatic experiences on to their children through the process of bonding. These are the deeper feelings, perceptions, thoughts and embodied ways of being which form the residue of the trauma. Informed by his clinical experience Franz Ruppert introduces his insights into the origins of psychological distress. He has developed a unique way of working sensitively with Constellations to reveal and resolve the hidden dynamics of past trauma.

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