



### 3 Early childhood repressed traumas

Just as Andrawis A, (2018) described that all early childhood traumas that were repressed and could not be dealt with are understood as "repressed unconscious". Psychological changes of this kind also correlate with pathological symptoms. The repressed unconscious can be described as a destructive infantile behaviour pattern and manifests itself in the form of neurotic transmission phenomena. These phenomena can also manifest themselves in projections that complicate interpersonal relationships. If traumas of the "repressed unconscious" have been overcome, an interpersonal relationship transforms from destructive-infantile behavior patterns to healthy, stable, sustainable relationships that enable successful coexistence for and with each other (Andrawis A, 2018).

To what extent does the unconscious have a negative effect on our behaviour? The unconscious suppressed in early childhood is not accessible to us humans. There is no communication between our consciousness and our suppressed unconscious (ibid.). Consciousness is everything we can comprehend and was represented in this form by Sigmund Freud in the "iceberg model". The relationship of consciousness to unconsciousness was explained by means of an iceberg to which Nagera, 2007, refers. Only the tip of this mountain, a small part, is visible. And only this part, the consciousness, we can also understand (Freud p. 1912, in Nagera 2007). According to the author (2018), the repressed unconscious can also be compared with the metaphor of a burial chamber, where the traumas are stored. Fear wants to protect against the painful uncovering, therefore the way to the unconscious is blocked. The affected people suffer and this has a burdening effect on the human togetherness.

"Our concept of the unconscious is thus derived from the doctrine of repression. The repressed is our model for the unconscious. But we see that we have two kinds of unconscious, the latent, but conscious, and the repressed, not conscious in itself" (ibid.).

For interpersonal communication this means that the relationship is threatened by affects and perishes. Because of the affects of the repressed unconscious, there is no exchange between the inner and outer world of the unconscious. This means that the UB does not communicate

with the conscious. This creates a dysfunctionality of communication in interpersonal relationships. This results in separations, divorces and dissatisfaction. On a larger scale, wars can also be declared as a result. This can be explained using the current example of religious fanaticism. Religious fanatics show outwardly paranoid behaviour and due to the affects of the unconscious the inner and the outer world cannot communicate with each other. In order to enable a healthy togetherness, the overcoming of this state is indispensable. The one who shows this destructive-infantile behavior pattern, however, is neither aware of this nor accessible. This means that negative behavior patterns as such are not perceived or understood by the person concerned. Any behaviour from the unconscious is negative for the other person, so negative that interpersonal relationships are destroyed. It is disturbing for interhuman relationships and arises through early childhood repressions misunderstandings, distrust, hatred, contempt, envy and jealousy, and a "counter to each other".

All these negative qualities can be described as a metaphor with a "machine of annihilation", the repressed unconscious V-UW, which is directed against any relationship - especially interpersonal relationship.

When the extermination machine- the V-UW is overcome, life and humanity transform from war, hatred and separation to peace, love and ultimately healthy coexistence for one another and with one another.

According to Andrawis (2018), the repressed unconscious manifests itself in patterns of behavior that can cause relationships to suffer or even end in separation and divorce. Here the following dilemma can be found: Everyone wants to do good for his relationship, but feels blocked by his repressed unconscious. Healthy actions of this kind are thus largely impossible (ibid.).

### **Interpersonal relations**

The author refers to life in good relationships is a biological health factor. All our experience, everything we learn and experience, is shaped by interpersonal relationships.

All relationships are stored by the nerve cell network. Spiritual feeling, spiritual doing is processed in the organisms and experienced either as physical precipitation or as spiritual liberation. Dysfunctionality of an interpersonal relationship increases the risk of illness.

Social pressure to perform, partnership conflict, as well as conflicts in family, workplace lead to alarm reactions of the body Andrawis A, (2018). All these forms of pressure lead to

counter-pressure, similar to a physical law, and therefore create stress that is controlled vegetatively. As a result, stress hormones such as adrenaline and cortisol will enter the bloodstream and a higher hormone concentrate will be produced which has a negative effect on the organism and in particular neurotransmitters, the neurotransmitters NTM The memory cells will be blocked and NTM causes dysfunction in physiological brain cooperation and also influences the development of psychosomatic disorders.

### **Destructive Infantile Behavioral Patterns**

Solutions for overcoming destructive-infantile behaviour patterns can be found in the author, a possibility for people to deal with the topic of the UW and to put it into practice. The second possibility of therapy for the patient should be on the one hand the will to change and the willingness to face his problems by critical self-reflection.

As already mentioned, one can imagine the repressed unconscious as a metaphor of the "burial chamber" in which all repressed traumas are stored. With regard to the burial chamber metaphor, Andrawis, (2018) explains that unconscious patterns of behaviour are initially established from their depot, which are noticeable in the outside world. In psychoanalysis PA. these outwardly carried patterns become neurotic transmission phenomena, which appear as syndromes in the form of projections through various situations and are understood as neurotic transmission.

Phenomena of this kind have a negative influence on interpersonal relationships and correlate with personality disorders, especially with borderline type personality disorders BPS (ibid.).

According to the definition of ICD-10 Chapter V. (F) F60.31 and DSM-5 code 301.83, it is suggested that those affected exhibit these symptoms, behavioural disorders and also interpersonal relationships. However, psychiatric and psychoanalytic methods can play an important role in the healing process under the influence of personal beliefs (Dilling et al., 2011).

### **Overcoming the repressed unconscious**

In order to overcome the repressed unconscious, a therapy must be applied. During the therapy and the therapeutic process there is the chance to discover and overcome these repressions. In order to achieve healing, it is important that those affected want to be treated and that a healing combined with a positive course of therapy is considered possible.

In order to achieve a successful psychotherapy, the relationship between patient and therapist / doctor is in the aspects: Trust, acceptance and appreciation are important in order to make a recovery of the symptoms possible. In the course of the therapeutic process a sustainable relationship is important which can have a positive effect on the healing (Andrawis A, 2018).

### **Therapy through psychiatric and psychoanalytic methods**

Psychiatric and psychoanalytical methods deal with the therapy of mental disorders. Psychiatry as an essential part of holistic medicine represents a decision factor for diagnosis and medication as required. Ideally, psychiatry and psychoanalysis are coordinated. For psychiatric treatment methods, Andrawis (2018) lists a number of different therapy options. These include psychoanalysis, psychoanalytic psychotherapy, behavioural therapy and others such as drug therapies, as well as other forms of different psychiatric methods in outpatient and inpatient areas, and private practices.

The psychoanalytic treatment methods include diagnoses of the disease and its causes, such as repressed, unconscious, early childhood trauma and the development of new psychological injuries. The development of mental disorders has an influence on the formation of character traits and, according to Kernberg, on interpersonal relationships (ibid.).

The psychiatric psychoanalytic methods mentioned above are to be mentioned in the field of diagnosis and treatment, as well as coping. My diverse professional experience in various hospitals on psychiatric wards such as the Otto Wagner Hospital, the University Hospital AKH Vienna, the Children and Youth Psychiatry Rosenhügel, the Psychosocial Outpatient Clinic Favoriten Vienna, and my everyday experience in my own practice have shown that patients who trust in their beliefs could more easily be guided through the therapy and were able to cope with the therapy in a short time.

Those who do not have the necessary conditional knowledge about diseases, their development and treatment options, as well as psychological, social and material resources, are usually overwhelmed with the challenges in life.

The author therefore points out the importance of professional help, because without it those affected continue to suffer from their diseases and there is a danger that these can reach chronic proportions.

The relatives are thus predestined for susceptibility to disease, as they are hardly able to cope with stress professionally and privately. This is followed by social decline (ibid.).

For psychiatric treatment methods there are a number of different therapy options, e.g. drug therapies as well as other forms of different psychiatric methods in outpatient and inpatient areas of the hospital. And also in private practice on the importance of uncovering, early childhood repression through psychoanalysis and in connection with a healthy attitude of faith, therapy through psychiatric and psychoanalytic methods represents a new aspect for interpersonal relationships (ibid.).

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