

# Traumas-Myriad Dramas

*(While searching the internet for material for Trauma issue, I came across the website [www.peterchappell.net](http://www.peterchappell.net) set up by Dr Peter Chappell, who has been associated with propagating Homoeopathy in several countries. Herein there were extracts from his forthcoming book "Emotions Healing by Homoeopathy"... This book deals with various types of trauma along with some case histories and how Homoeopathy healed. Some chapters have been reproduced in full in the above website in advance of the publication. But for our issue, I have attempted to summarize the main points for the benefit of our subscribers. The readers may like to visit the site for reading these interesting chapters in full- Kasiviswanathan)*

Dr Peter Chappell writes: "This book was born out of the experiences that took place in the 1990s when I was involved with setting up and directing training programs that introduced Homoeopathy into fifteen or more countries, mostly where previously it never existed. The cases that follow (*not all included in this article-KV*) illustrate through people's actual life stories, many common traumas that humanity as a whole is living out. Some of these could be helped homeopathically by a friend and some would need a professional helper. These stories are intended to alert you to the possibilities for trauma that can occur and to give a greater insight into the process. Real life cannot be boxed in!

Trauma can be experienced from the cradle to the grave. Hence the extracts start with gestation and birth traumas and end with adult traumas.

HEALING YOUR EMOTIONS WITH HOMOEOPATHY  
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## 1. WOMB TRAUMAS

Two classic times are at conception and at the time the pregnancy becomes a known fact

### Trauma in the womb

"Two people met on the rebound from two previous relationships. The woman became pregnant. They realize they made a mistake but stay together because of the child. Soon they came to hate each other and subconsciously blame the infant for it. For the child this was very damaging (these feelings were transmitted to the foetus). He grew up as a very angry person without knowing why he felt that way. And as an adult he had nasty-looking red acne to show for it."

### An unwanted child

Dr Chappell refers to another case where a woman wanted the child, while her husband did not. So she became pregnant by him without his knowledge and did not tell him until it was too late. He was furious and pressed for a late abortion. The child probably felt distinctly unwanted, and was born autistic, unable to communicate, like his parents. He also refused to be held by his father for the first two years of his life. He just got furiously angry at the least provocation, mirroring his father's repressed feelings as well as his own rage, although I doubt if the father saw it. "And if he did, what could he do? How could he undo such a trauma in himself and the child?"

## 2. BIRTH TRAUMAS

It is not generally known that a great variety of traumas can occur at birth and is, in fact, prime trauma time. Failure to deeply bond with the baby, of both mother and father, will lead to lifelong difficulties that are just not replaceable. If the mother is 'absent' after birth because of drugs, and the baby has drugs in its blood stream, it is likely the child will benefit from homeopathic drug remedies to sort this out. But because the drugs used are not known and unique to the anes-



tist, it's not easy to deal with. And *this drugging teaches the baby that drugs are what you do when life is too painful.*

Events before death, such as death of parents, spouse and siblings, other children and other close people, he points out, are obvious causative effects that can set the tone of the baby in the womb's life.

Separations, commonly the husband leaving the wife at this point, can be very traumatic, or a relief. The actual pre-birth state will often be influenced by the mother's own birth, so if this was traumatic then it's likely that symptoms based on this previous trauma will now re-surface.

All sorts of mechanical interventions adopted in maternity hospitals such as caesarian section, mechanical extraction, drugs to induce labour and reduce pain etc can be traumatic both to the mother and child. "All of the above means that many births take the unnatural route as routine, with all is potentially damaging consequences for individuals and society as a whole. It's important to understand that multiple birth traumas are common. For example a difficult birth followed by an incubator experience followed by an ill mother who can't attend to her child would be *three traumas quickly in a row* and the rule of thumb is to treat the last first and work backwards, but above this is the rule of follow the indications and what appears to be important. Births traumas are indicated by dreams, fantasies, regression, and the real stories." (Peter Chappell)

Dr Chappell says: "Medical research into suicides has found that the trauma during birth has a strong influence on the type of suicide that can follow. When birth includes lots of drugs, the adult may commit suicide by drugs (and likewise, I would conclude, be likely to become a drug abuser). When suffocation occurs in the birth process, suicide by suffocation is the likely form (and asthma a likely consequence) and when mechanical intervention takes place, such as forceps delivery, mechanical means such as hanging are the form of suicide. This fits well with the 'action replay' ideas considered before. All these facts point to the vital impor-

tance of birth traumas."

#### **Mechanical birth traumas:**

Cutting the cord too early can be a trauma and it may not be necessary. Episiotomy induces a deep sense of assault, however well intentioned, on an area very private to you. This feeling of assault can spread to the whole body. The homoeopathic remedy that often heals this trauma is *Staphysagria*. A few doses will release the anger and the abused feeling, and save the woman from feeling violated, especially when sexual relations restart. (He adds that after a hysterectomy many women never have sex again and the feeling of assault or loss is probably a strong reason for this, as it is likely to resurface again during attempts to make love.)" (Peter Chappell)

A delivery that is slow to start may reflect reluctance on the part of the mother to let go. Deep seated separation traumas might be surfacing here and *Pulsatilla* or another abandonment remedy could help. *Arnica* deals very effectively with physical trauma and the emotions surrounding it. It is therefore useful during birth for the pain of contractions, which it softens, and can be a great help afterwards." If I recommend nothing else, *Arnica* is a great healing influence in birth, taken for every contraction (take sip in water of *Arnica* at every contraction) and for a few days after take it a few times daily.)"

### **3. GRIEF TRAUMAS:**

- i) **Death of a spouse**
- ii) **Repeated disappointment and grief**
- iii) **Death at childbirth**

Dr Chappell gives this case. "A mother died in childbirth while her infant daughter survived. The mother's death was a medical accident, covered up initially by the doctors in charge but revealed by post mortem. The father was grief-stricken and felt enraged and deceived. Unfortunately he was of the 'stiff upper lip' variety and would not speak about his feelings. For years he held it all inside. For the newborn child this



meant that not only did she suffer a feeling of abandonment from losing her mother but she also grew up with a father who was deeply traumatized and 'absent' inside himself - not really available to her because he was concerned with his own pain."

#### 4. BIRTH AND INFANCY

##### Separation at birth and afterwards

Separation can occur after birth. The baby is put in the nursery for a few days, fed by nurses or kept aloof to allow mother to recover from difficult labour or kept in incubator; it is not uncommon either for unwell babies to spend up to a month in an incubator, only seeing their mother infrequently during this period. Because of such separation these individuals as adults can become seriously depressive, suicidal perhaps, or very anxious about everything, anorexic, panicky, ill, criminally inclined or deeply religious

"In my experience isolation in an incubator is often an extremely damaging experience, psychologically and leaves the baby wounded for life, feeling fundamentally and deeply alone (*Stramonium* trauma pattern) My conclusion is that incubators should not be used. There is a better way. In one country they ran out of incubators so they got the mothers to tie the premature babies to their bodies. To the doctors' surprise these babies survived better than those in the incubators." (Peter Chappell)

Absent fathers can also cause traumas. The father often leaves the family with feelings of betrayal, loss, grief, rejection and more. He may go to war, disappear during war never to return, or die from sickness or from an accident. More often he will leave because the marriage is not working or because he has fallen in love with someone else. Even when the father is around physically, he is often not there for the child because of work commitments, etc.

#### 5. ADOPTION:

Adoption is a very difficult process to emerge from untraumatized. Unwed mothers may be forced by their

parents to give their children in adoption. The mother may or may not visit the child or publicly acknowledge that the child was hers thus causing a *Hura-brasiliensis* state. These persons as adults may have many broken relationships and disappointments in their love life.

#### 6. JEALOUSY

A first child is often not wanted, or is the wrong sex or was the reason the parents married, and can be blamed for the problem.

If a second child then comes, who is of the right sex, or planned and wanted, or if one parent bonds strongly with the second then the first child will often experience intense jealousy and trauma, needing the homeopathic remedy *Lachesis* or another jealousy remedy.

#### 7. DRUGGING FOR HYPERACTIVITY

"To label kids as hyperactive, attention deficit, etc and prescribe the same drug to them all, with Ritalin for example, a stimulant, is crude in the extreme. And does not solve the inner problem, which will thus manifest later in life as well as in the next generation. Every child is unique and needs a unique understanding, response and curative process. This is the homeopathic way."

Dr Chappell points out that the behavior children display is often rooted in their parent's childhood and what they have covered up. "Violent parents can breed violent kids"... But also violence hidden inside parents can come out in the kids. Traumas get passed down generations.

#### 9. TRAUMA IN ADULTHOOD

##### Panic attacks

"A forty-year-old computer salesman came to see Dr Chappell with skin complaints, broken red veins on his face and blocked sinuses.

After some treatment that seemed ineffective, he related this story to me, which had been told to him by his aunt. When he was six weeks old, his mother left him in the bath briefly to answer the phone and he turned



over. He very nearly drowned. He also told me of recurring dreams of choking, which he had clearly not related to the near-drowning. He also often talked of drowning in paperwork at work and the blocked sinuses seemed on reflection to be the main problem." Being left alone in the house or in the dark without being noticed, can be traumatic and such children can often wake up with nightmares and would want a light in their rooms.

### **The terror of inner violence**

Case illustration by Dr Chappell: "A man came to see me with stomach troubles. His expression was cheerful and smiling, and he was joking. He was a single man, having left his wife and daughter.

He seemed on the defensive and I felt intuitively that he was violent inside. After some time building up trust, he admitted that he had violent fantasies.

I asked him about his separation and visits to his daughter. He admitted that he did not see his daughter much. When I enquired why, he evaded the question, but much later in the interview, he suddenly volunteered that he did not live with her any more as he was scared of hitting her and that this was the first time he had realized this. I guessed that his father had been violent, hitting him as a child, and he confirmed this. I realized that his cheerful, smiling posture was a ploy to deflect violence: 'look at me, I am happy and smiling so, there is no reason to hit me', an intelligent defensive posture as a child.

Here then was a father for whom the 'mirror' of his child was too much to bear. He left to avoid hitting her. The child meanwhile probably feels rejected and grows up missing her father. What sort of man will she choose, I wonder? With this rejection and the father's latent violence, I would guess that she would choose violent men who would beat her and then reject her. *Mercury* might be the remedy for such a man."

## **10. SERIOUS ASSAULT**

Muggings and sudden assaults by persons unknown can cause terror and the homeopathic remedy *Stra-*

*monium* is usually called for.

## **11. SHOCK IN WAR**

We have already dealt with the traumas which the soldiers face when engaged in war and in another article on Vietnam and Gulf war. Equally traumatized are the common people affected in the cross fire.

## **12. BETRAYAL AND SECRETS**

Betrayal - being let down by a close friend, parent or partner, and similar slights - can sometimes go very deep and highlight traumas that occurred long ago.

### **Keeping the identity of the parent secret**

It is/was current practice, when the man is infertile, to use artificial insemination from sperm that cannot be traced and to recommend that the child never be told; to leave the child to assume that the 'father' is the real father. "I and others feel that this is very wrong, burdening the person for life with a disconnection, a lie. I feel that all fathers and mothers should be traceable. The mother has the child inside her for the first nine months of its life and that is a vitally important time, and an important basis for its own process. A father can still have a profound influence in my experience, even when he does not know that he conceived a child." (Peter Chappell)

He gave this illustration: an adopted woman only met her real mother once, and later went to her funeral. Around the grave stood a group of relatives she had never met before, yet who moved, spoke and looked just like herself, in stark contrast to her adopted family. It gave her a deep sense of belonging, a deep connective feeling.

### **Pretending a crisis has not happened:**

Parents frequently create traumas by betraying their children by pretending that a crisis has not happened. Children are not allowed to see a dead parent or relative or go to the funeral, or are told nothing about the death. I have heard many stories of pretence that death has not happened. The child is sent away to a relative for the duration of the grieving process and the dead

person is never talked about afterwards. The father may have committed suicide and the child is never told. He lives permanently with the feeling that something terrible is going to happen, yet with no tangible reason for it. How are these deceived children able to say goodbye, to grieve, to make sense of it all, to rearrange their lives?" asks Dr Chappell.

**Sexual abuse** covers all situations where an adult has inappropriate sexual contact with a child.

Dr Chappell draws attention to the three overlapping but distinct areas: sexual contact with an infant who is too young to remember, which is the most difficult to recover from; sexual contact which is blotted out initially but can be clearly remembered once it is safe to do so; and sexual contact which usually involves a teenager and which is never forgotten but needs a safe place to resolve the trauma.

The situation also varies according to whether the abuser is a stranger, a close relative, a parent with or without the other colluding, or a family friend. Sexual abuse usually takes place within the home and is frequently perpetrated by the parents, close relatives, boyfriends, close family friends and child care-takers such as babysitters. Women violate their sons sexually, as do men their daughters and sons. Both are much more common than we appreciate.

Often both parents are involved; one does it and the other turns a blind eye or is also a victim of abuse. Abusers are likely to have been abused in the past. Violent people and abusers share many characteristics.

### **Denial**

If someone is sexually abused by their father at a very young age, they may hate him for it but also still love him, two perfectly valid yet contradictory feelings... Often the only recourse is to deny that anything happened. They may remember in later life or, if not, start acting it out on others.

Denial can take another form with parents. If the child tries to talk to the other parent they may stick up for their spouse and even beat the child for 'telling lies'

### **Self-blame**

the victim may believe that they are somehow to blame, that they encouraged the abuse or invited it, especially if they initially enjoyed it or the special relationship with their father.

### **Acting out the abuse:**

Self-hate can manifest as drug abuse, suicidal tendencies, self-mutilation -e.g. excessive body piercing/tattoos, rage and the desire to kill someone close. There could also be panic attacks.

"Because the genital area is where the abuse was centered" says Dr Chappell "the denial may result in feelings being cut off from there or stored up there and many problems are likely in this region. Any type of female problem, such as period pain, sexual difficulties, infertility, vaginismus, cystitis, thrush or PMT, endometriosis, which persists for a long time, may indicate abuse. Sexual problems in men, such as failure of erections or low sex urge, could also have their origin in abuse. Some sexual abuse is anal, so any anal symptoms may result from it too."

### **PARENTAL INFLUENCES UPON TRAUMA**

There is a very large group of traumas which are not caused by a sudden event but by a slow insidious process to which the person has no answer.

#### **Put-downs**

These arise from the parent telling the child he or she is 'no good' in some way. Continuous put-downs can have a lasting effect on self-confidence and repeatedly devaluing a child can bring about distress, which if not counterbalanced, can bring trauma.

#### **Specific approval**

Another classic trauma occurs when a child learns early on that love is only really given for achievements. The trauma could result in the child always seeking approval for their inventive, unusual or strange behaviour, or for their specialist knowledge or their overdeveloped intellect.

#### **No cuddles, no confidence**

behind every childhood trauma there must surely lay a



lack of affection, contact, quality attention and manifest loving, many traumas arise from having parents who feed and clothe their child but who are not present emotionally. The children are brushed off with nannies, nurseries and boarding schools resulting in anger, grief and rejection. The child feels that the world is unsafe and lonely and grows up feeling deeply insecure in intangible ways.

"We all do this in some way or another because we are all human and under pressure. We are, however, adults with an adult's comprehension, and if we understand that the results of what we do are not the results that we are looking for, then we are in a better position to correct the situation."

The products of such upbringings are seriously confused and anxious people, unsure whether their behaviour is going to bring reward or censure. These children will either be confused and angry, rebelling against their parents and any form of authority (this is the core of many of the problems in schools today), or they will be overanxious through their inability to learn from experience what makes them acceptable and will have become uncharacteristically timid and fearful of trying new things.

Dr Chappell has identified various Homoeopathic remedies which can heal these traumas: *Aconite, Argent-nit, Arnica, Ars-alb, Aurum, Baryta-carb, Bell, Calc-carb, Carcinosis, Causticum, and Chamomilla. China, Conium, Cicuta, Hepar-sulph, Hydrogen, Hyoscyamus, Ignatia, Kali-carb, Lachesis, Naja* and other snake remedies, *Lycopodium, Mercury, Natrum-mur, Nitric-acid, Nux-vom, Phos-acid, Phos, Platina, Puls, Sepia, Silicea, Staph, Stramonium, Sulphur*, spider remedies like *Tarentula* and *Lacto Mac*, *Thuja* and *Tuberculinum* He has discussed each remedy in detail under the heads Stresses which the remedy will produce, its personality, key-notes, features which the kids needing this remedy will exhibit, trauma diseases which can be produced and cured with this remedy.

*[EDITORIAL COMMENTS: This book only confirms that there is no substitute for true love and care of a parent, specially of the mother. Every time civilization moves ahead and the person becomes more important than the family and the child is separated from the mother too soon or too often, then problems arise. So it is no surprise that even accidental warmth provided - in cases where a surrogate mother could give milk, or a lonely child was brought up in a large family after death of parents, always heals. It has always bothered me to hear of the infant being kept to sleep in a separate room with a baby alarm. They say the child gets used to it. Nothing can take the place of the mother's warmth. In our country, even where warmth and love and togetherness, are still the order of the day, yet the slum children have the least emotional problems even though deprived of so many physical needs. And so, the priority of us Homoeopaths, is to counsel parents to submerge differences and resolve them for the sake of the family. It is my strong belief that there are no differences which can not be sorted out, if there is a strong desire and a conviction that things can improve, if we put a mind to it.]* □

"Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius - and a lot of courage - to move in the opposite direction."

- E. F. Schumacher -