

1	Introduction	1
1.1	Trauma Work in Coaching	1
1.2	Trauma as Existential Limit-Experience	10
1.3	How Can the Soul Be Experienced?	13
1.4	Trauma Work as a Path of Self-Knowledge	17
	References	18
2	Splits in the Soul and Their Consequences	21
2.1	There Is No Such Thing as the Ideal Unity of the Soul	21
2.2	Birth as the First Existential Limit-Experience	22
2.3	Splitting of the Soul	23
2.4	Healthy Qualities	26
2.4.1	The Vital Force of the Instincts	26
2.4.2	The Relationship Level as the Basis of Healthy Qualities	27
2.4.3	Healthy Qualities as a Healthy Potential	27
2.5	Levels of Splitting	28
2.5.1	A Unity—Body, Mind, and Soul	28
2.5.2	Splitting at the Level of the Soft Tissue	28
2.5.3	Splitting in the Brain Centers	30
2.5.4	The Weighty Phrase as an Unconscious Leitmotif	33
2.5.5	Compensatory Qualities of the Mind	36
2.6	The Split Soul and Its Dynamics	37
2.6.1	The Compulsion of Repetition as an Attempt to Heal	38
2.6.2	The Drawing Force of the Unconscious Will	39

2.6.3	The Split Takes Precedence—The Switchman in the Unconscious	41
2.6.4	“Away from” Movement	43
2.6.5	Projections and Deficits	45
2.6.6	The Wheel of Projections	46
2.6.7	Resistance—Or the Rationale of Repression	48
2.6.8	Perpetrator-Victim Dynamics	49
2.7	Transgenerational Implications of Existential Limit-Experiences	53
2.7.1	Trauma Chaining in the Family System	53
2.7.2	Hereditary and Compulsive Fate	54
2.7.3	COEX—System of Condensed Experience	54
2.7.4	Transgenerational Existential Limit-Experience (T—E.L.E)	55
2.7.5	Causes of Trauma Within the Family System	57
2.7.6	The Force of Transgenerational Repression	59
2.7.7	COEX Exemplified by the World Wars	60
2.7.8	The Three Ranks of Survival Structures	62
2.8	The Limits of Consciousness—The Buoy Parable	64
2.9	Hologram—Conservation of Momentum in the System	67
	References	70
3	Implications of the Existential Limit-Experience in Business	71
3.1	Three Levels of Trauma and Its Consequences	71
3.2	Psychic Discernment in Coaching	73
3.3	Implications of the Consequences of Trauma	76
3.3.1	Implications in Private Life	76
3.3.2	Implications in the Professional Environment	77
3.4	Resistance and Its Implications in Business	79
3.5	Role and Identity as a Leader	83
3.6	Individual Creativity	84
3.7	The Stifling of Creativity in the Company—A Typified Scenario	85
	Reference	89
4	Trauma Work for a Stable Center in the Professional Environment	91
4.1	Trauma Work as a Path of Insight	91
4.2	Genesis of the Healthy Ego	92
4.3	Trauma Work Is Resource Work	95

4.4	Disentanglement from Hereditary and Compulsive Fate	96
4.5	New Qualities of a Leadership Culture	102
4.5.1	Authenticity and Charisma as a Fruit of Conscious Identity	102
4.5.2	Objectivity and Being in Touch with Reality	103
4.5.3	Discernment as Protection Against Manipulation	104
4.5.4	Healthy Use of Power	105
4.6	Coaching in Practice—Movement Has Precedence	106
	References	109
5	Methods	111
5.1	Methods and Their Interaction	111
5.2	Bodywork	113
5.3	EMI—Eye Movement Integration	117
5.3.1	EMI—Basics	117
5.3.2	EMI in the Context of Trauma Constellation Work	119
5.4	Body-Oriented Trauma Constellation Work	121
5.4.1	Basics of Body-Oriented Trauma Constellation Work	121
5.4.2	Phenomenological Approach	122
5.4.3	Way of Thinking Determines Perception	123
5.4.4	Context of Origin	124
5.4.5	Intervention	125
5.4.6	Double Focus	125
5.4.7	Disidentification	126
5.4.8	Excursus: Organizational Constellations as a Management Tool	127
5.5	Voice Dialogue	128
5.5.1	The Inner Shapes	129
5.5.2	Voice Dialogue as a Differentiation Method	131
5.5.3	The Art of Dialogical Togetherness	132
5.5.4	Resistance in Voice Dialogue	132
5.5.5	The Mirroring Quality of Dialogical Togetherness	133
5.5.6	The Manifestation of Unconscious Main Tendencies of Inner Shapes	134
5.5.7	Voice Dialogue as a Modern Coaching Method	135
5.6	Pontifex Oppositorum as Induction of Healthy Qualities	136
	References	139

6	Practical Guidelines for Trauma Work	141
6.1	Winning Clients for Trauma Work	141
6.1.1	Appreciation of the Survival Structure	141
6.1.2	The Primacy of the Survival Structure	142
6.1.3	Taking up the Healing Impulse of the Traumatized Soul	143
6.1.4	Presenting Openly the Topic of Trauma Work	144
6.1.5	Clearly Communicating the Benefits of the Work	144
6.1.6	Ten Practical Aspects of Trauma Work	145
6.2	Pros and Cons of Trauma Work	147
6.3	Responsibility and Aftercare	149
	References	150
7	Case Studies	151
7.1	Case Study: 'The Common Thread Is Missing'	151
7.2	Case Study: 'It's All Far Too Easy!'	154
7.3	Case Study: 'For the Sake of Peace'	157
7.4	Case Study: 'Clarity Before Harmony'	159
7.5	Case Study: 'I'm Here Too!'	161
7.6	Case Study: 'Don't Become an Ice-Cold Stone'	163
7.7	Case Study: 'I'm Not up for Sales'	167
7.8	Case Study: 'My Unwillingness'	171
7.9	Case Study: 'Committed to Higher Things'	172
7.10	Case Study: 'No Sex in Marriage'	175
	References	177
	Glossary of Terms	179