

## Schizophrenia is Systemic

Schizophrenia is a symptom of a family system that has tragically entwined fates related to murder, rape and extreme violence. According to Bert Hellinger, schizophrenia is not an illness, it's a family situation that results from a murder within a family system that is concealed or secret.

- Rather than an individual illness those who are diagnosed as schizophrenic are actually identified with both the murderer and the victim creating conflicting and paradoxical behaviors, emotions and thoughts, including murderous aggression and hysteria.
- While not everyone is entangled with both, other members of the system may also be entangled in some way with the concealed murder dynamics.
- Hellinger suggested that family members not diagnosed as schizophrenic could make a difference in helping those who have profoundly affected.
- There can be a resolution that releases the schizophrenic dynamics from the system and the living individuals when the victim and perpetrator energies are provided an opportunity to acknowledge their deeply entangled fate and the concealment is addressed. This can take us to deeper depths than in usual Family Constellations.

### Fates that lead to schizophrenia

- My experience is that the murder in schizophrenia has a more malevolent quality and impact than other tragic situations.
- Violent Murder where the body is hidden OR massacres OR cannibalism all can create schizophrenia. Violent rape (often with murder) is a crime that leads to schizophrenia, particularly for the descendant of a violent rape.
- These situations can create profound exclusions, rejections and attempts to forget or conceal what has happened. Often there is a deep sense of shame, guilt, injustice, abomination and horror. (AND a fear of being persecuted for the crime)
- The ones who are excluded/rejected/forgotten creates the most compelling entanglements. This can be both the victims and perpetrators in schizophrenia
- Both the victim and the perpetrator maybe be concealed - creating later entanglement for descendants that connects them to dark energy and violent thoughts and images >>> shattering images/feeling – Fragmentation / soul splitting

### Stuck in the middle of tragic fates (community of fates)

- Schizophrenic dynamics are often very conflicted as the system and members want to hide and expose what happened, want to kill and be killed.
- Murderous rage is a response to the terrible emptiness from the shame and guilt and the stripping away of dignity and value. Rage is better than the pain and loss.
- They may love and hate the perpetrator/victim, want to hide and expose what happened >> schizophrenia (want to kill and be killed?) (Violence and Self Harm) Punishment and Atonement
- There is a total lack of strength and dignity in the middle of schizophrenia - Cannot face life or death - A closed system like entropy - like being buried alive. AND they are often the one who loves deeply, perhaps for both victim and perpetrator.

### Clearing systemic schizophrenia

- WE must face what has happened phenomenologically – Very focused. We have to be with the reality of what has happened without judgment to see the deeper depths.
- Issues involving victims and perpetrators requires that we acknowledge what has happened without expecting a solution.

1. The dignity of the victim is their suffering (we need to honor the suffering)
  2. The dignity of the perpetrator is their guilt (we need to honor the guilt).
  3. Perpetrators must have an opportunity to acknowledge their guilt.
  4. To find peace victims must see that the perpetrator is actually guilty for what was done.
- Traumatic victim and perpetrator dynamics can be released when everyone can say “yes,”

### **Consideration in working with schizophrenia**

- We are working through the extended mind of a schizophrenic system
- The client and/or the representation are possibly schizophrenic and not rational or sane. They may be unable to understand in a normal way. They are crazy in his impossible place.
- The term *hysterical*, applied to an individual, can mean that they are emotional, irrationally upset, or frenzied.
- We can never pity the victim. If we do, we cannot be in tune with the deeper forces.