

**ORGANICITY AND THE INORGANIC:**  
***A SENSORIMOTOR APPROACH TO HEALING***  
***WITH RAMCOA PATIENTS***

-or, Be the same person  
everywhere

which is the title i liked much  
better, but thought of too late.

Before getting started, these are  
useful things for me to  
communicate:

- It is of course okay to disagree, to question, to interrupt, and so forth. I hope for this to be a conversation among equals, and less of a lecture. I have no idea how this will work on Zoom, but we will do our best.
- Nearly everything I am presenting is unoriginal to me. Most of what I am practicing, describing, etc., stems from the excellent work, teachings, and practices of others. I will do my best to cite these excellent people at all times.

## For the Purposes of this Conversation:

- RAMCOA refers to perpetrators' infliction of abuse (sexual, physical, chemical, spiritual, attachment, etc.) with the express purpose of creating structural dissociation within the victim that the abuser intends to use for the purpose of further control and exploitation over time, secondary to the immediate gratification of the perpetrator.

➡ This distinction is of great importance. Why?

Because the ~~treatment~~  
must - at least in nature -  
be in context of the  
**Injury.**

# Now, that being said...

I am going to focus mostly on the therapist's development of the internal qualities and practices foundational to Sensorimotor Psychotherapy. Pat Ogden (who founded, developed, and continues to teach SP) refers to these six qualities as the Principles of SP.

## ➔ Why all this focus on the therapist?

Epstein, Schwartz, and Schwartz answer this very well in the title of their book: *Ritual Abuse and Mind Control: The Manipulation of Attachment Needs*.



↑ Langri Thangpo!

There is an excellent Buddhist teaching:

" I did not injure myself; i required others to injure me. By the same, i must rely upon others to heal & improve!"

In helping survivors of RAMCOA, the therapist's goal - and the patient's goal - is to eventually cultivate and maintain a relationship to

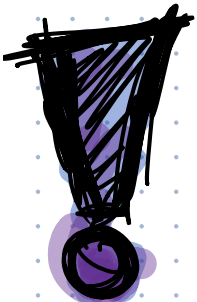
**Counter** - the relationships of abuse.

Some Caveats:

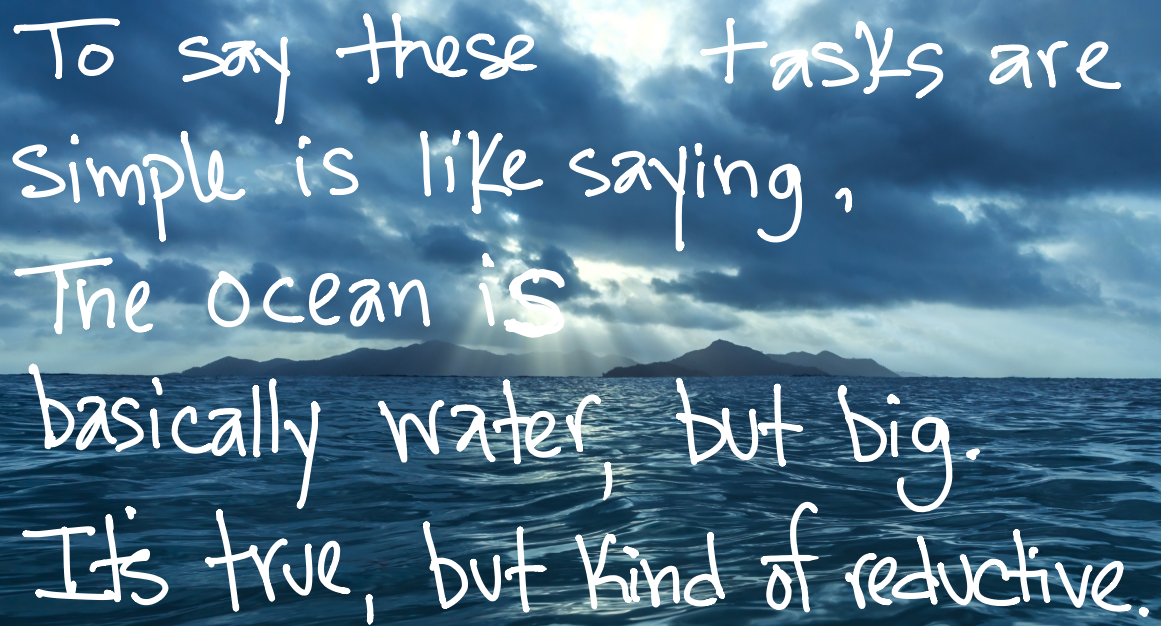
- Re-parenting, and resources.

- Titration, and degree.

- An important point related to truthful actions.



## Introduction: the simple tasks of trauma therapy.



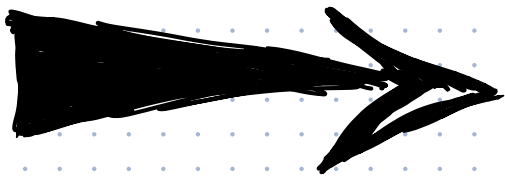
To say these tasks are simple is like saying, The ocean is basically water, but big. It's true, but kind of reductive.



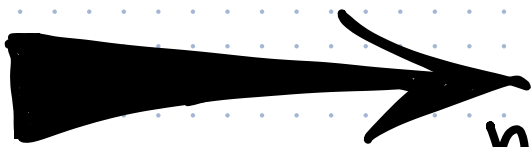
Complete  
Incomplete  
Actions.



**Incomplete Actions** usually refers to basic defensive and orienting actions - to **cry** for help (and actually have real help arrive), to **fight/defend/deny**, to **flee** effectively from danger, to **orient** to danger in time to make a difference, and so forth.



i can think of  
some examples  
here.



...but nearly  
none of them  
applies to RAMCOA  
survivors, and i am sure  
that all of you can  
answer why better than  
me.

When a child is dependent upon a resourced network organized around the abuse and control of that child, there is no right action to be taken that was not taken. There is likely no action left incomplete!

By fact of you sitting here, a human wishing to do good, you took every right action possible.





# Meeting Unmet Needs, over time.

---



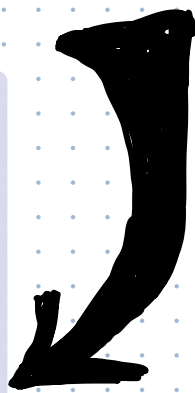
**What kind of needs?** This usually refers to basic human needs, especially developmental needs. The need to be safe, kept safe, and protected; the need to be seen, heard, and mirrored; the need for supported autonomy (I will help you do what it is what you want to do), and so forth.

of course, there's a  
caveat ↓

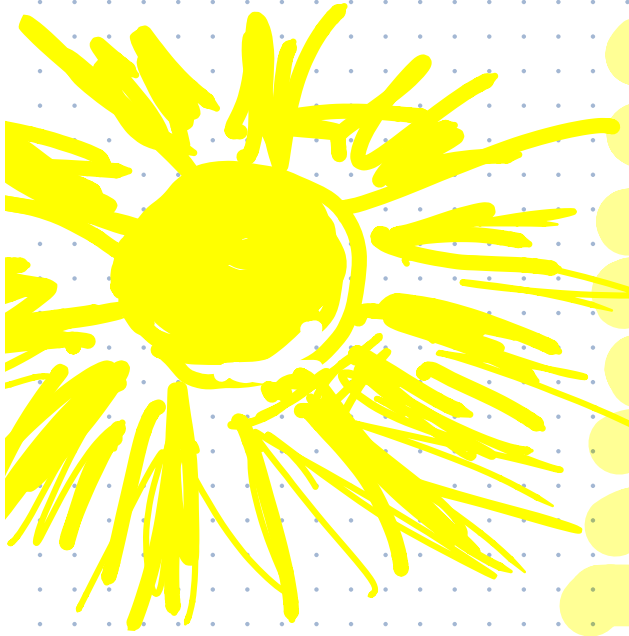
For RAMCOA survivors, this is somewhat different. Their needs weren't unmet, they were actively manipulated, purposefully traumatized, and likely tortured to create a specific function. This is a little different than 'unmet'.

Given the above statement, "Unmet needs" may have a very different meaning for RAMCOA survivors, even for therapists experienced with CPTSD & DID.

RAMCOA greatly exceeds the normal Parameters of human experience, even among those people whose experiences already exceed any kind of normal.



Thus, I believe the therapist must exceed the normal parameters of therapy to be effectively helpful.



**Clarity: to  
be seen as  
you actually are,  
even including  
Aspects of self  
that may not be  
immediately apparent  
to you.**



**Agency: the capacity  
for you (plural) to be how  
and what you wish, and  
when. This extends to  
mental, physical, verbal, and  
spiritual actions, gross and  
subtle, at any level you  
wish.**



**Love.**

So, of these unmet needs, love is the most important.

Let us be precise, then:

what is love?



Love is an  
Action!



**In Buddhism,  
love is an action  
that has two parts.**

Part #1: **Clarity!**

**Clarity means that I have to know  
what it is I am loving. I have to  
be able to really observe what it  
is I am loving, on many, many,  
levels.**



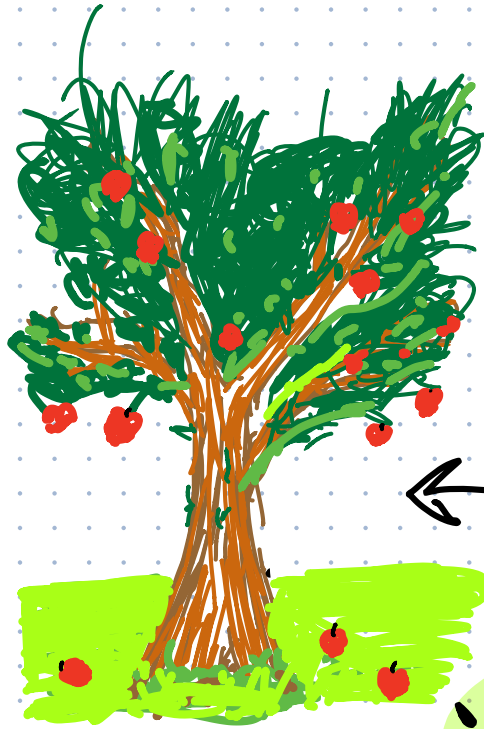
← i've been there  
twice, but not  
really enough to  
♥ Paris.

For example, if I say that I love Paris, but have only been to Paris the one time twenty years ago, it's not really a valid statement. I might be able to say that I love the two days I spent there twenty years ago, but it is not valid to say that I love Paris, as I don't really know Paris.

Part #2  
of Love:

Equanimity!

Equanimity is a mental action, wherein your happiness and my happiness are roughly equal.



This implies that  
the effect of love is  
like an apple.

← One cannot just

make an

apple. Apples happen.

Apples arise as the result  
of many actions: growth,  
water, sunshine, some  
freedom from threat, pollination,  
etc.

- Love, like apples, do not arise instantly.

- Time produces neither apples nor love. Actions do, and some actions take longer than others.

---

- A word about the unconditional love of children and the necessity of **(AGENCY)**

# Now, onto the Principles!

- Perhaps a good time for a stretch!
- Or even questions, comments, or spirited Debate!\*

---

\* i have no idea how this will work remotely, but am open.

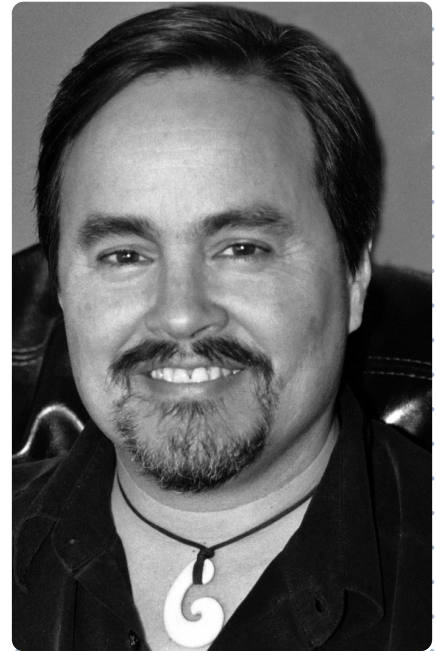
## PRINCIPLES ARE...

- An internal practice.
- An internal quality.
- Ultimately a HOW, not a WHAT.

• While Sensorimotor is known primarily as a somatic practice, Dr. Pat Ogden (the founder) has continually stressed that without the underlying principles, the techniques are just techniques.

One of my  
sensorimotor  
teachers said  
this,  
and it is well  
said:

→ This  
guy.  
Kekuni  
Minton



“I realized this mindset of an SP therapist, it’s not just in therapy. I realized, especially hanging around with Pat (Ogden) and Ron (Kurtz), that this is a way of life. These principles, this way of being in your body, this ability to just be present with another human being. It was more than what they did in therapy, it was something they did with each other, and did with me.”

“Part of what I realized hanging around with Ron Kurtz and Pat was that this mindset is a spiritual path. It’s more than how we bring ourselves to therapy, it’s how we bring ourselves to life.”



In other words,  
in order to be  
truly helpful,  
it is good to  
be the same

Person everywhere.

\* especially in helping those  
abused by people who  
constantly pretend to be  
different things in  
different places, with  
different people.

# Mindfulness & Presence: 11

- Understanding mindfulness not as non-reactivity, but as 'observing a phenomenon as a phenomenon, not forgetting this, and maintaining clarity of observation.'

- Meaning, I am aware of my own intentions, thoughts, feelings, obstructions, impulses, and body as what they are, and seeking to do the same with my patient.

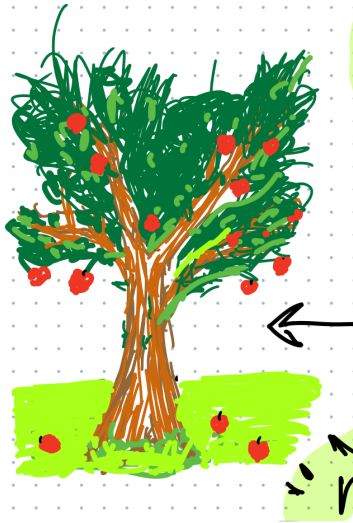
- Presence: the observation of what is in the moment, accepting this, while allowing the full depth of the therapist's mindful humanity in the relationship.

- Doing my best to be transparent & truthful, while providing undivided attention!

- Being a person, consistently and kindly in every session, helps patients who were taught they are not people to experience themselves as people.

- It's hard to learn you are a person unless you are treated as one.

\* Also, a quick note on  
Agency WE!, controlling  
one's locus of attention,  
and RAMCOA.



# ORGANICITY

The nature of RAMCOA is highly *inorganic*. It is an imposed system, seeking to change a person into a thing, or a function. Thus, the therapist - regardless of technique or modality - must be organic.

• The therapist's singular goal is to help their patient become the person that is true to them - not anyone else's idea of what they should be.

➔ An apple knows the form it wishes to take, and can take given the right conditions.

# NON-VIOLENCE

- not the same as passivity:
  - nonviolence is an intention that seeks to benefit, and never harm.
- Boundaries are part of nonviolence.
- Nonviolence abandons imposing upon self or others.
- Nonviolence observes and rejoices in where one is.



Mind, Body,  
Spirit Holism.

- By nature, RAMCOA is an abuse of the mind, body, and spirit. To this end, therapy with RAMOCA patients must attend to all of the organizers of experience as presented, as requested, and as perceived.
- To this end, the therapist must maintain their own physical practices, mental practices, and spiritual practices.
- Helping someone learn piano largely requires knowing how to play the piano, even if styles vary wildly.

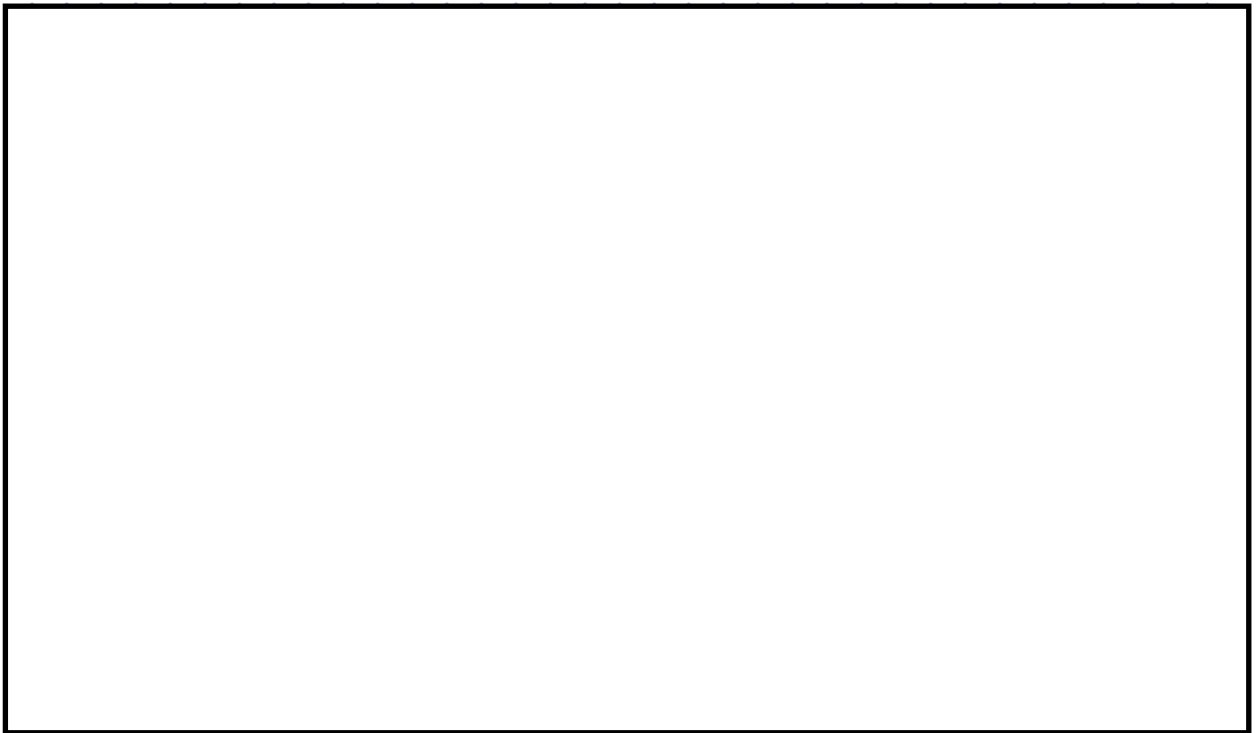
# Unity.

- RAMCOA, ultimately, is comprised of actions done to the victim.
- Therapy with RAMCOA patients should NEVER be done 'to' or 'on' (or with any kind of therapy, really), but always '*with*'. **'With' is preposition of equals. Therapy is a the collaborative actions of equals towards a common purpose.**

# Relational Alchemy

- Alchemy is the process where, thru forming a relationship, two substances change.
  - Kind of requires the therapist to be a human you kind of like being (in session and without, to the best of our ability). This helps us be able to like our patients in the wholeness of themselves.
  - Stabilization of practices over time.
  - Maintaining practices in session and out - how to be the same person everywhere

Relational Alchemy  
eventually culminates  
in love.



References and citations  
can be provided at request.

However, Dr. Pat Ogden  
is clearly most responsible  
for any of the practices  
and information presented  
here.



← Pat.

Thank you all  
very much.