

«Body and Trauma from a Child's Perspective»

My name is Mette Mehus, I am 52 years old and a proud mom of 3 young adults.

I work as a trauma therapist with loPT in Norway, near Oslo, I teach at the Institute of Traumawork in Oslo and I also work one day a week as a Public Health Nurse or Primary Nurse, with newborn children and their parents.

From my own trauma biography I can tell I was not wanted, not loved and not protected: the trauma trio. That led to sexual abuse from my father and my brother from I was a baby. I do not remember very much before the age of twelve, BUT MY BODY REMEMBERS! With high blood pressure, skin disease and other autoimmune reactions.

As I mentioned, I work with newborn children and their parents. When I see how the mothers or fathers are tuning into their little babies, I understand more of «what is loPT»: How they try to understand their little ones without words, That is now my best way of explaining new clients what happens in the resonance process in the Constellation of Identity. My clients from 5 years of age up to 70 understand this.

With children I offer to come home to the family to meet for the first time. To me that seems important for building a good relationship. They can show me their toys, their room, their pet. Later we meet in my office.

When working with children I only do constellations one to one, most of the time with one parent present in the room, it depends on the age of the child/youth and what the child wants. If the parent is outside the room during the constellation, we talk afterwards about what the child wants to tell.

Sometimes the child wants to say something first, but most of the time they immediately start writing or drawing. Usually they are

very curious about what will show up. A healthy curiosity. And sometimes they actually want to leave the room because they are nervous about what will appear. Then I can tell them that I recognize that feeling. Sometimes when I am going to have a constellation I want to leave the room or not show up at all. A trauma survival strategy.

The need of the parents is often to explain or tell something, but I very carefully try to make them listen to the child's need. Mostly I resonate the words or drawings. I offer them to resonate themselves, but they are eager to see what shows up in me. «How can you feel what I feel?», they ask. Sometimes they dare to resonate themselves, and as an eleven year old boy once said, «Now I want to play the role in that word».

I guess many of us have experienced that working with ourselves and IoPT affects our children. My experience is that it affects the parents as well when a child is doing a constellation. Lots of emotions often show up in the parents during the process. Sometimes the child wonders what is happening with the parent. I encourage the parents to be as honest as possible about their own reactions, speaking a language understandable for the age of the child.

The MAGIC is that the constellations change the relationship. Many parents say they are grateful for getting help to better understand their child, getting another tool in the relationship. Instead of getting upset or worried when a child is eating a lot, or has pain in the stomach, the parent can meet the child with compassion and curiosity.

I offer the parents and the children to call me after the constellation if they have questions about what happened, or just want to talk.

Some of my adult clients have Intentions on behalf of their child, for example : «I want to understand why Thomas is

unsafe». This particular case was about his birth where both Thomas and the mother almost died.

I say it is ok to do a constellation on behalf of their child when the child is younger than 18 years old. When they are older they can do it if the youth agrees.

(Now I welcome you to explore your child's illness or any topic relating to your child.)