

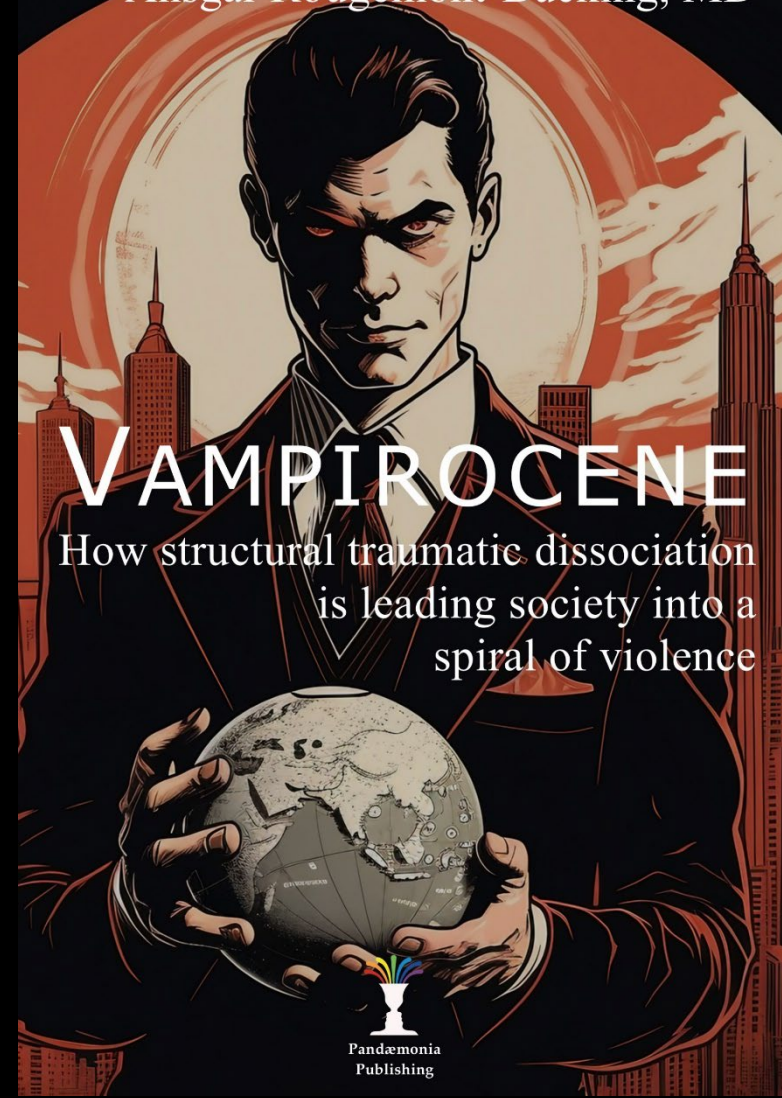
Dr. Ansgar Rougemont-Bücking

Das Zeitalter der Vampire

Wie die strukturelle traumatische Dissoziation
unsere Gesellschaft immer tiefer in die Spaltung führt



Ansgar Rougemont-Bücking, MD



VAMPIROCENE

How structural traumatic dissociation
is leading society into a
spiral of violence

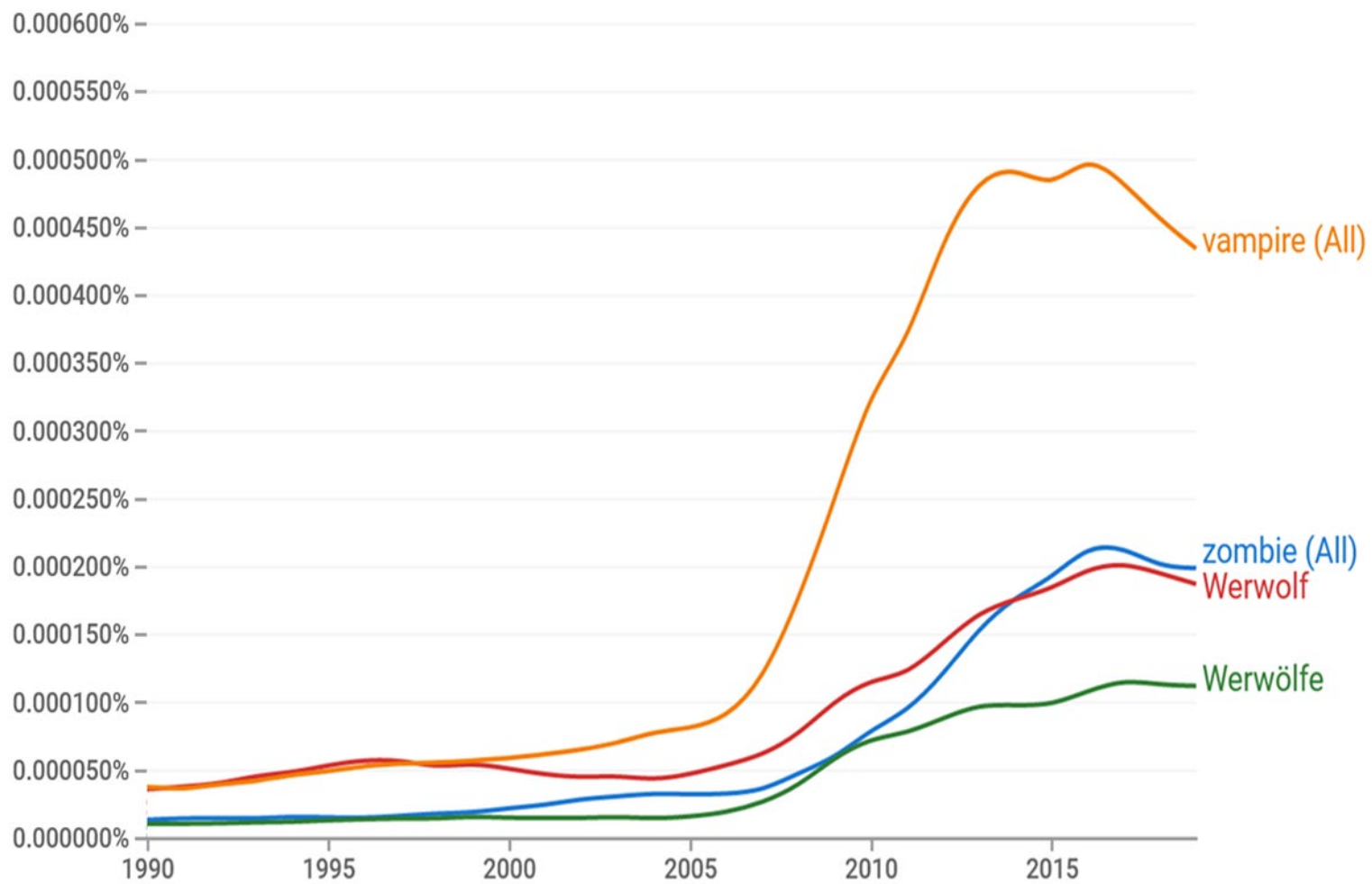
**Vampirocene -
or the crisis of consciousness of our epoch**



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STOP CORONA
restez
a la maison





Google ngram

Individual
spiritual
practices

Animistic
religions

the enlightenment

Monotheistic
religions

Secularized religion

The psychedelic
renaissance/religion ?!

«the religion without a name»

«the other religion without a name»

entheogens

- blood (theophagy, sacrifice of animals, war, rape)
- meat
- sugar
- alcohol
- psychiatric medication
- «drugs»

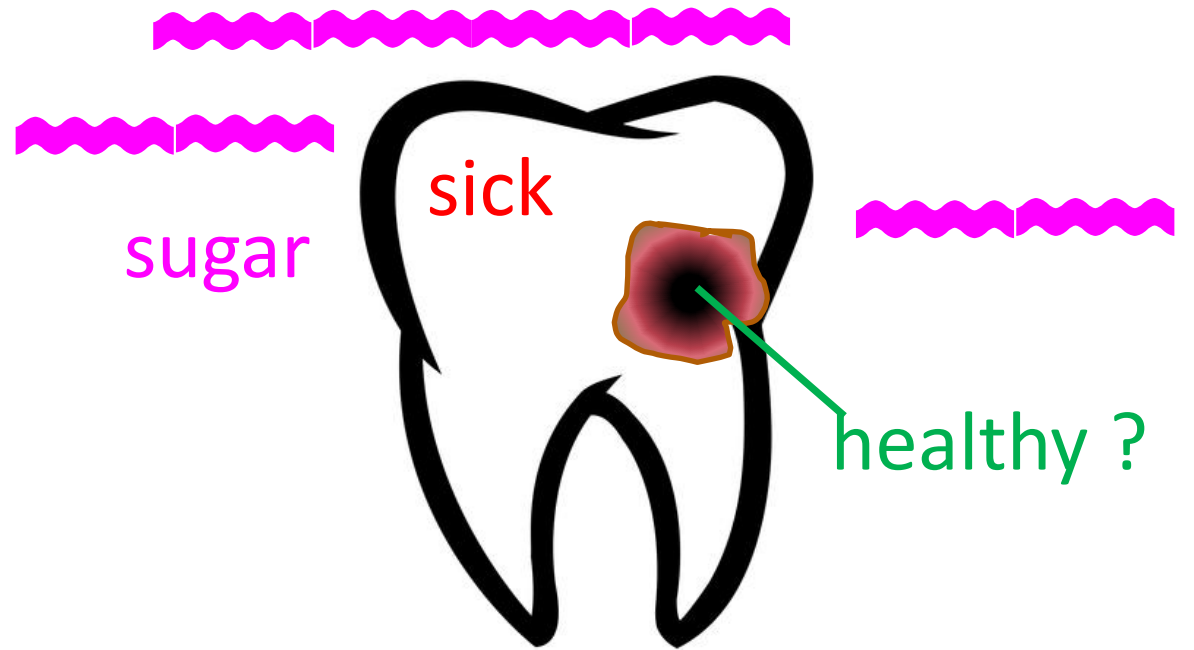
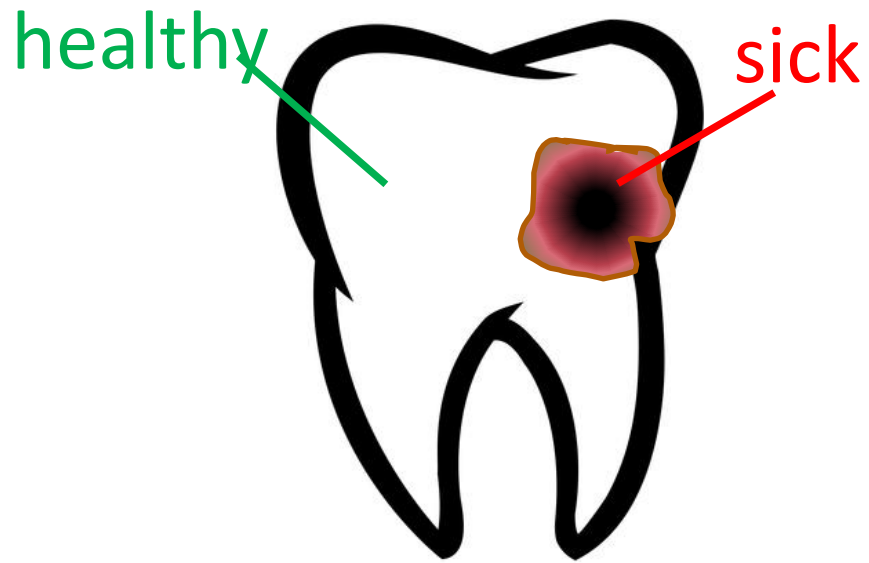
psychedelics

structural traumatic dissociation

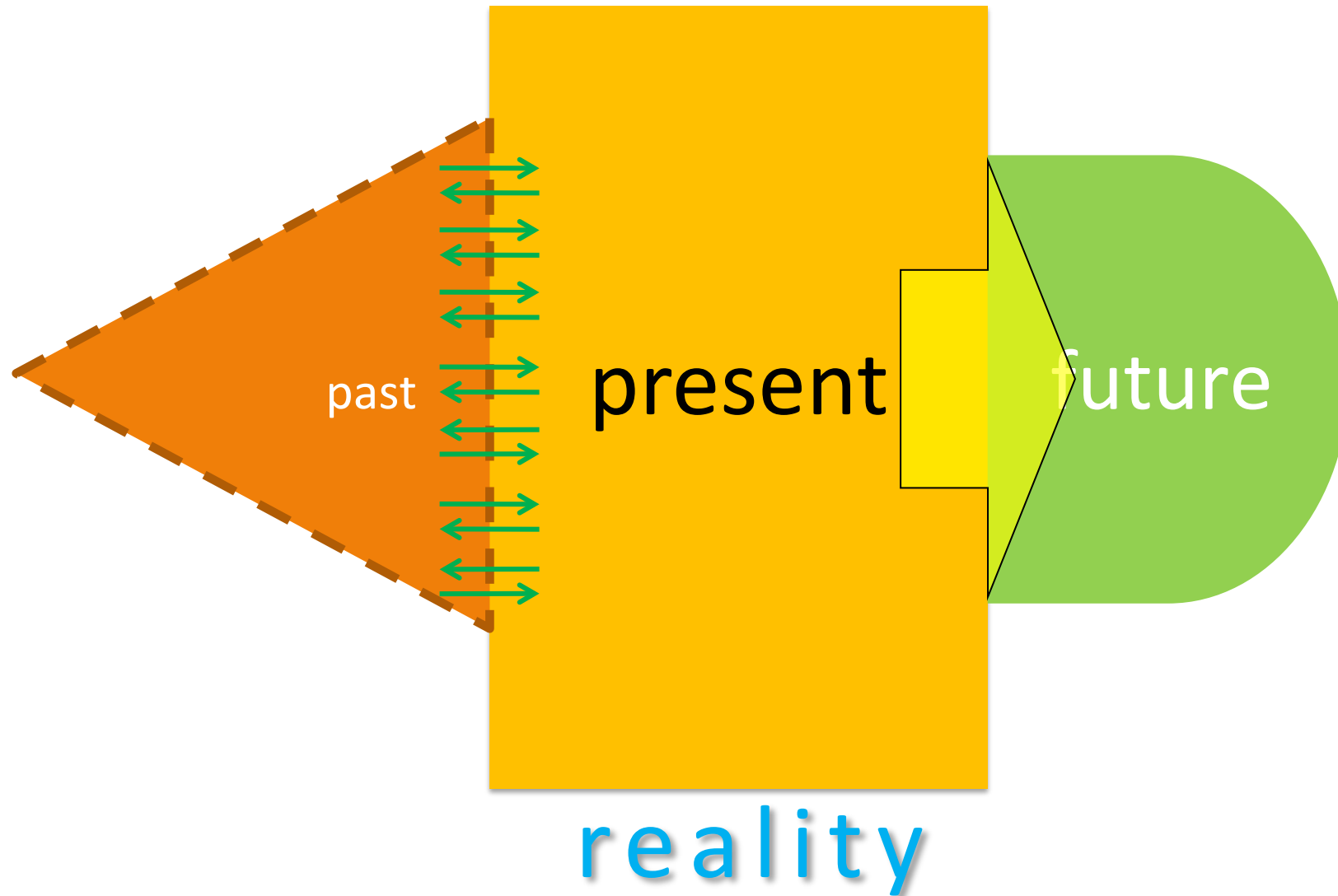
vamprocene

neolithic revolution (patriarchy)

Structural traumatic dissociation

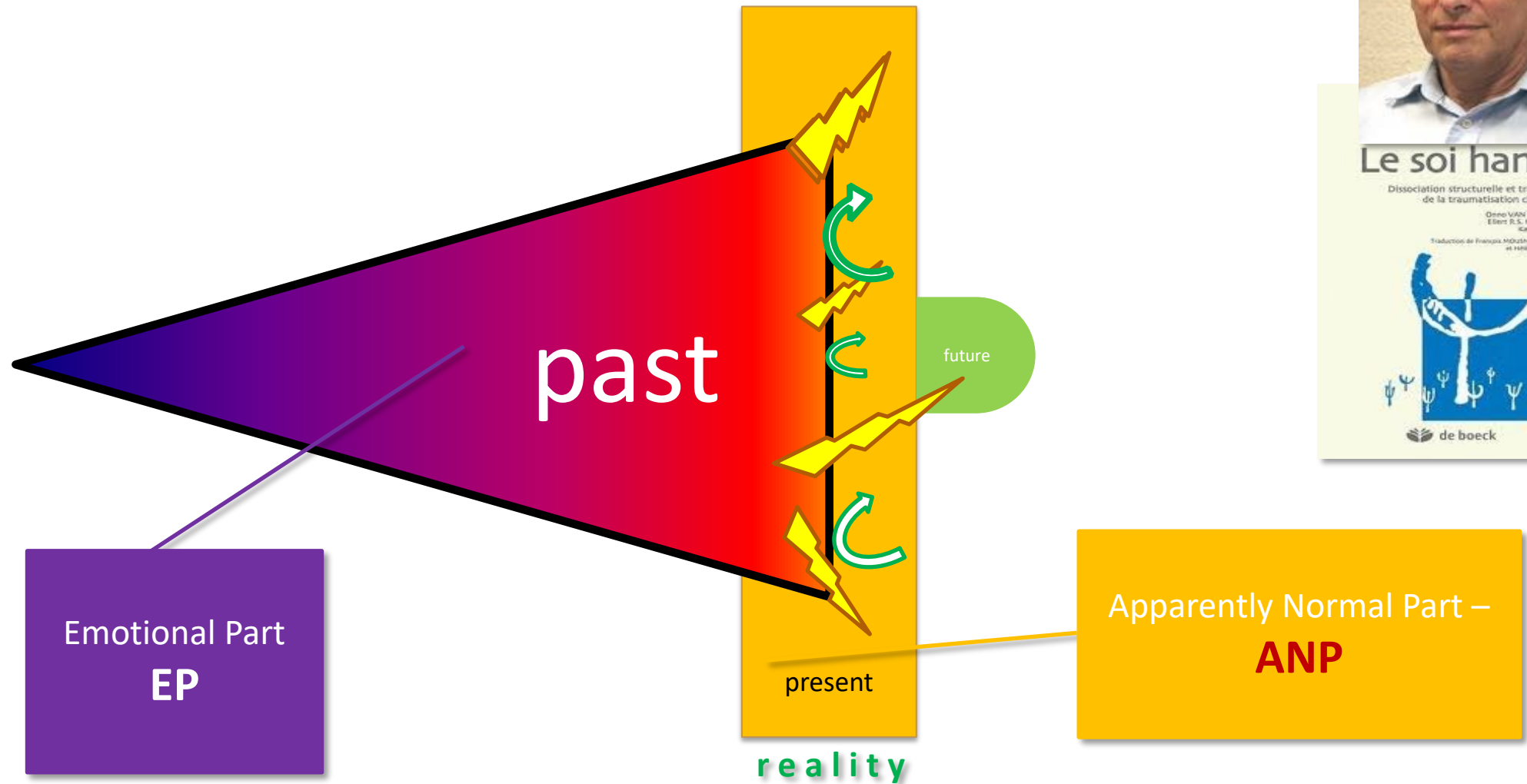


Model of normal integration



Model of structural dissociation

O. Van der Hart, E.R. Nijenhuis, K. Steele *The haunted self - Structural dissociation and the treatment of chronic traumatization*, 2006.



	mindset A (EP)
thoughts	<i>I'm not important, I'm incapable and I don't deserve to be loved.</i>
emotion	<i>I feel miserable.</i>
behavior	Drinks alcohol and is always active to distract mindset A.

	mindset A (EP)	mindset B (ANP)
thoughts	<i>I'm not important, I'm incapable and I don't deserve to be loved.</i> phenomenological evidence of EP:	<i>I'm a successful woman, because I achieve so much.</i> phenomenological evidence of ANP:
emotion	<i>I feel miserable.</i> The trauma is not over yet	<i>I feel strong, victorious.</i> All I can do is survive
behavior	Drinks alcohol and is always active to distract mindset A.	Invests a great deal of effort in proving to herself (and others) that mindset B is "true".

The dialectic of psychic trauma



TRAUMA and RECOVERY

*The aftermath of violence—
from domestic abuse to political terror*

WITH A NEW AFTERWORD BY THE AUTHOR

JUDITH HERMAN, M.D.

Judith L. Herman, 1992

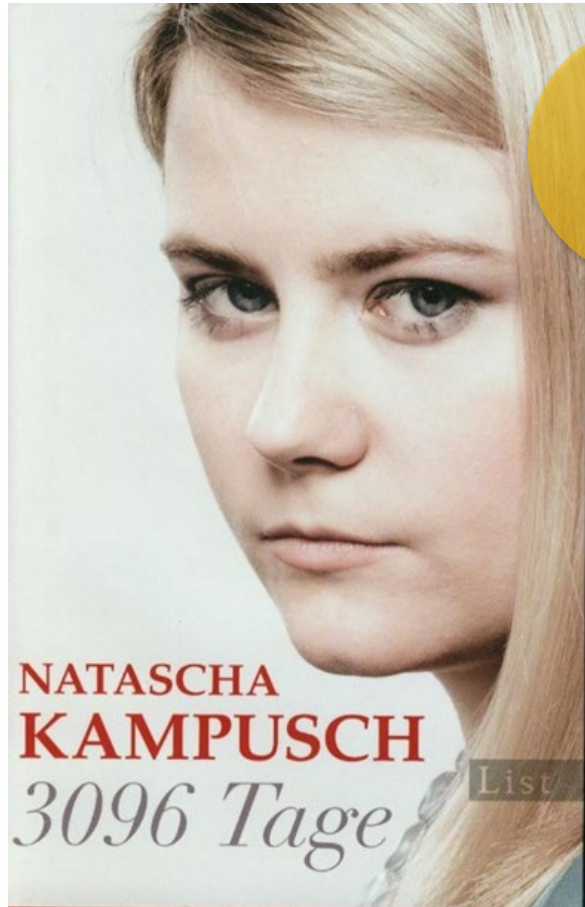
« Certain violations of the social compact are too terrible to utter aloud: this is the meaning of the word *unspeakable*.

Atrocities, however, refuse to be buried. »

«simple» trauma, non-repetitive, escape or protection possible = **ESPT (PTSD)**

versus

«complex», trauma repetitive, escape or protection are not possible =
complex PTSD / developmental trauma



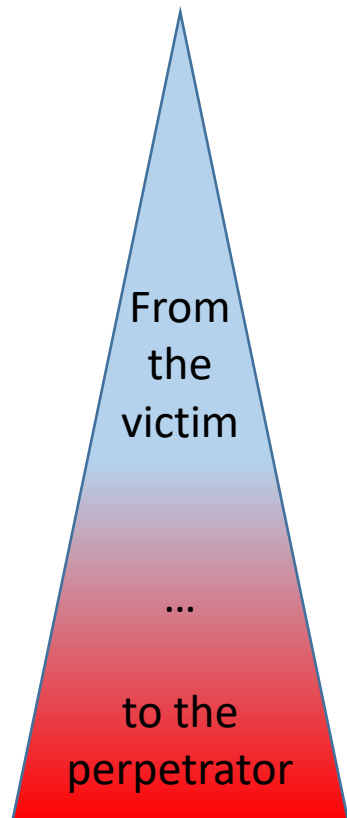
captivity
(or dependency of any kind)
leads to traumatic attachment

- prisons
- hostage-taking
- concentration camps
- sects, religious communities, etc.
- mafia, totalitarian states
- brothels
- families
- ... world of work



Traumatic attachment ...

...is the central life problem of a (complex-) traumatized person.



- *"I am bad, dirty, and unlovable"*
- *"a meaningful relationship is one in which there is a lot of turmoil"*
- *"it is normal that I am not respected or even treated badly"*
- *"I need to become a better person"*
- *"I have gone through hardships, therefore I expect hardship from others"*
- *"it is normal that so many people suffer around me "*
- *"I had a shitty life - therefore you should not have a better one".*

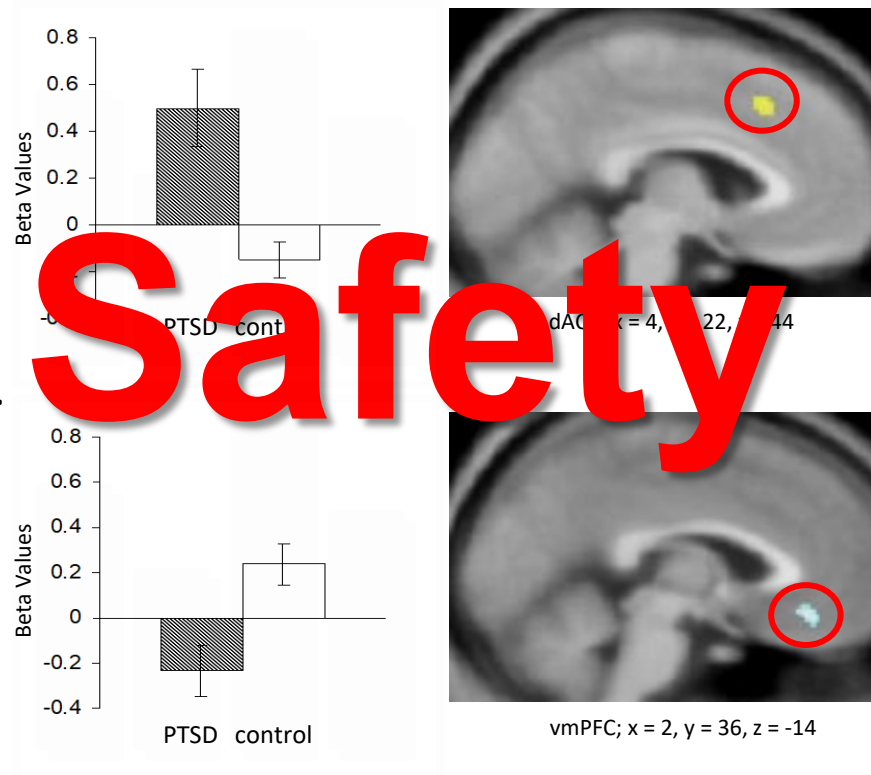
Transgenerational trauma

Contextualization deficit ... is the most relevant basic pathomechanism in PTSD

early extinction recall

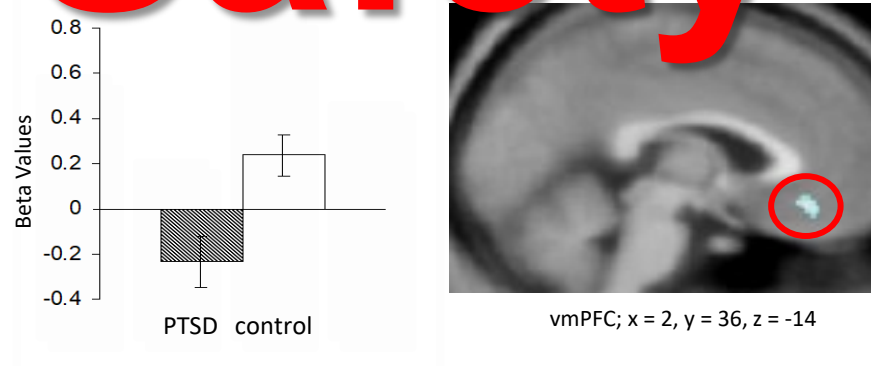
Liberzon & Abelson, *Neuron*, 2016

A.



dACC:
dorsal anterior
cingulate cortex

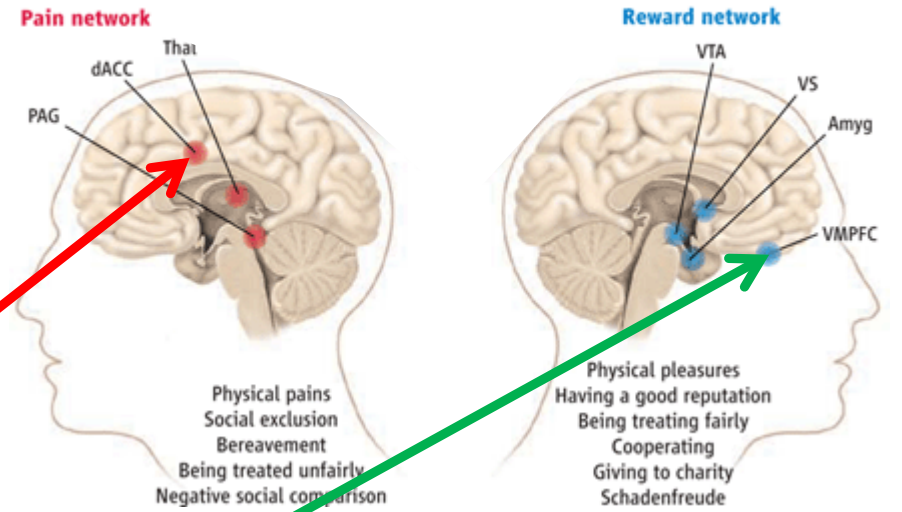
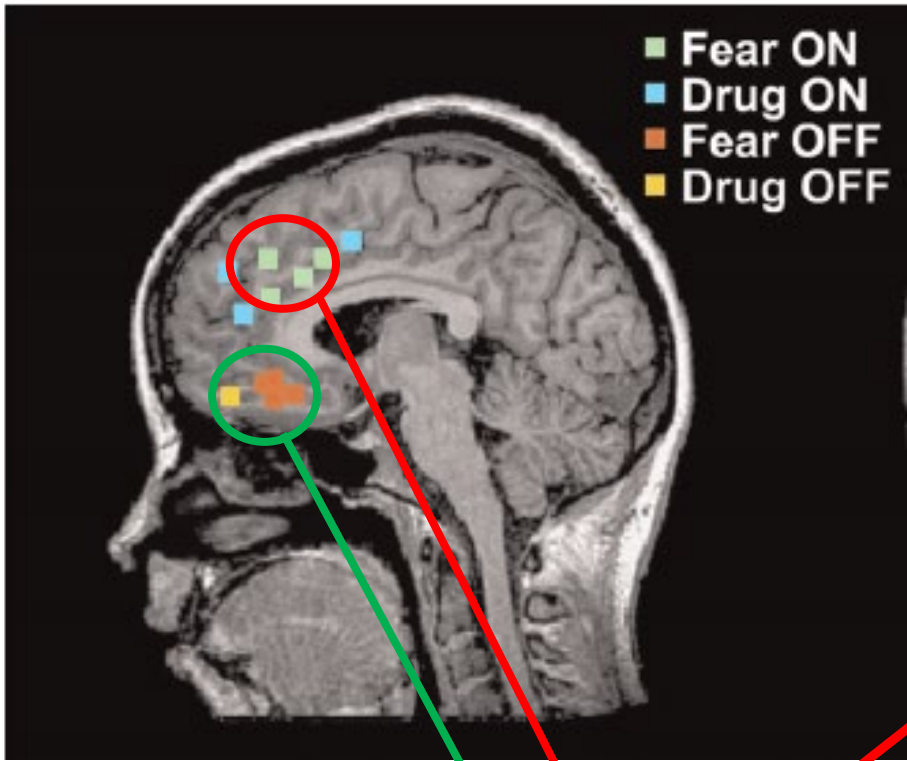
B.



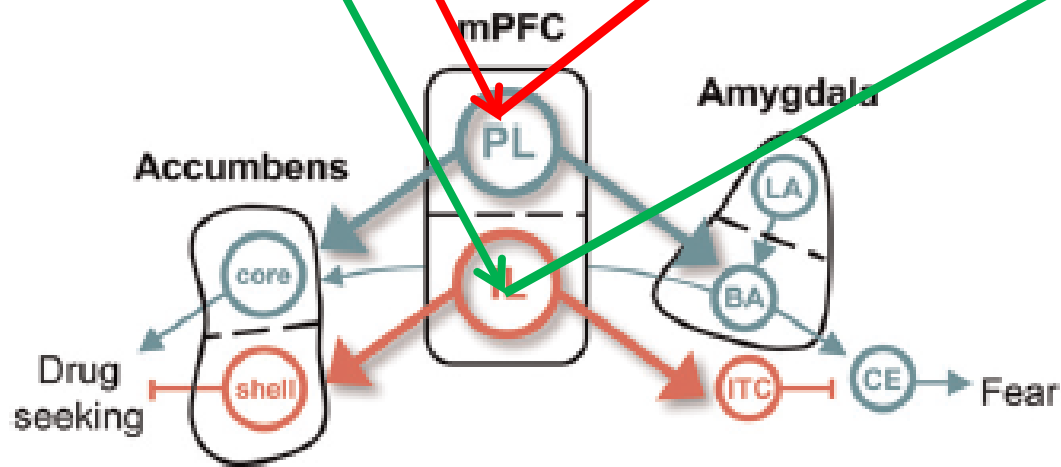
vmPFC:
ventromedial
prefrontal cortex

Safety never

Rougemont-Bücking et al., *CNS Neuroscience & Therapeutics*, 2010



Lieberman MD; *Science*, 2009



Peters J; *Learning & Memory*, 2009

Lack of sex (werewolf), addiction (wet zombie), schizoidism (dry zombie), narcissism (vampire):

- **acquired deregulation of the prefrontal cortex, and...**

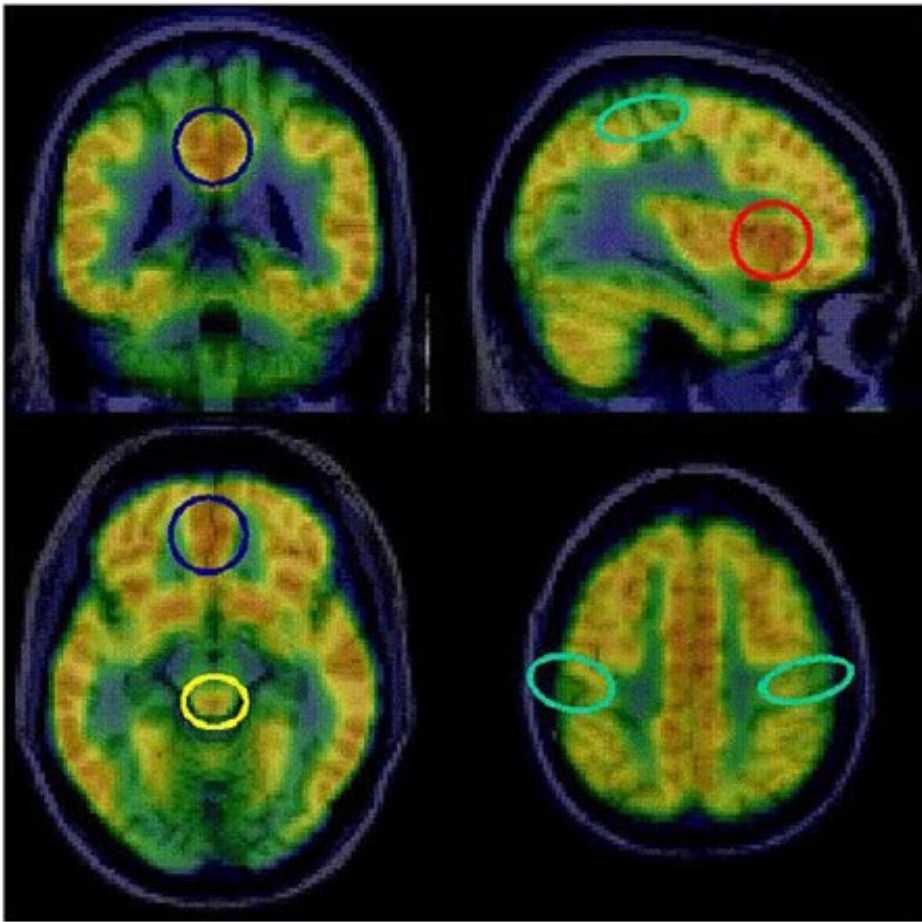
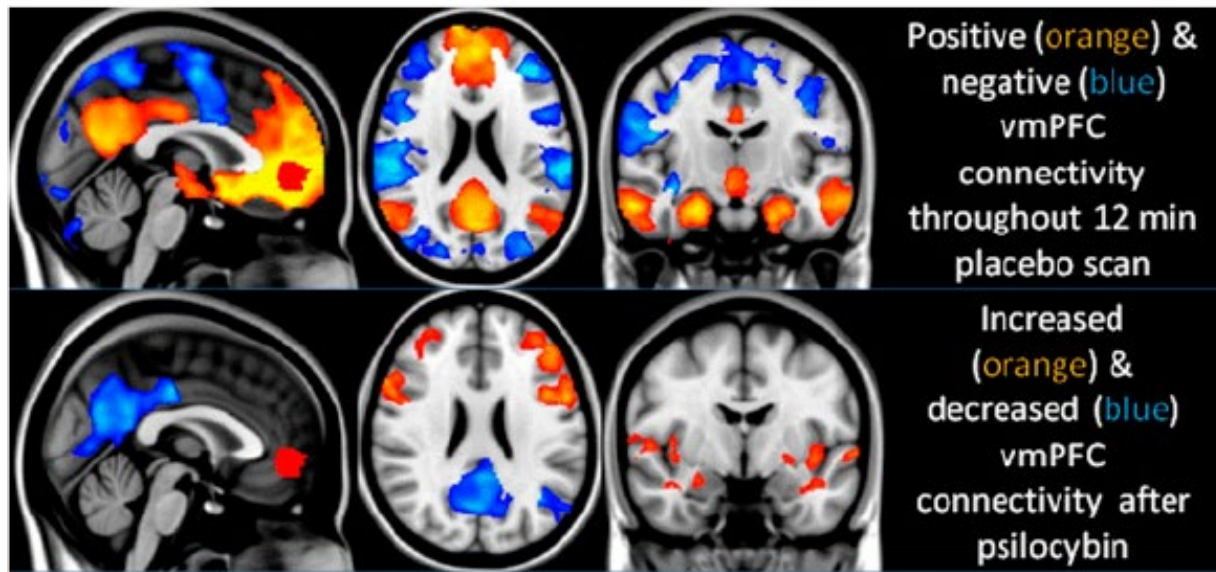


Fig. 1 TEP moyenne (coronale, sagittale et axiale) de la distribution des récepteurs opioïdes chez les sujets normaux, superposée sur une IRM. Notez la richesse du gyrus cingulaire antérieure (cercle bleu), l'insula (cercle rouge) et la substance grise périaqueducale (cercle jaune) en récepteurs opioïdes. En revanche, notez la pauvreté du cortex sensorimoteur primaire (cercle vert) en récepteurs opioïdes Maarrawi, Garcia-Larrea; Douleur analg. 2014

- **acquired dysregulation of the brain's endogenous opiate system.**

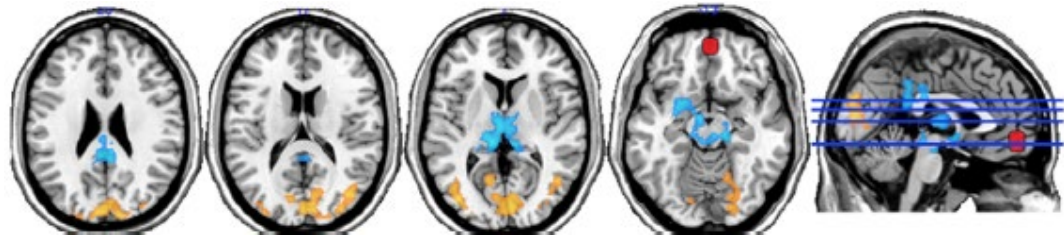


photo & report: East Liverpool, Ohio, Police Department



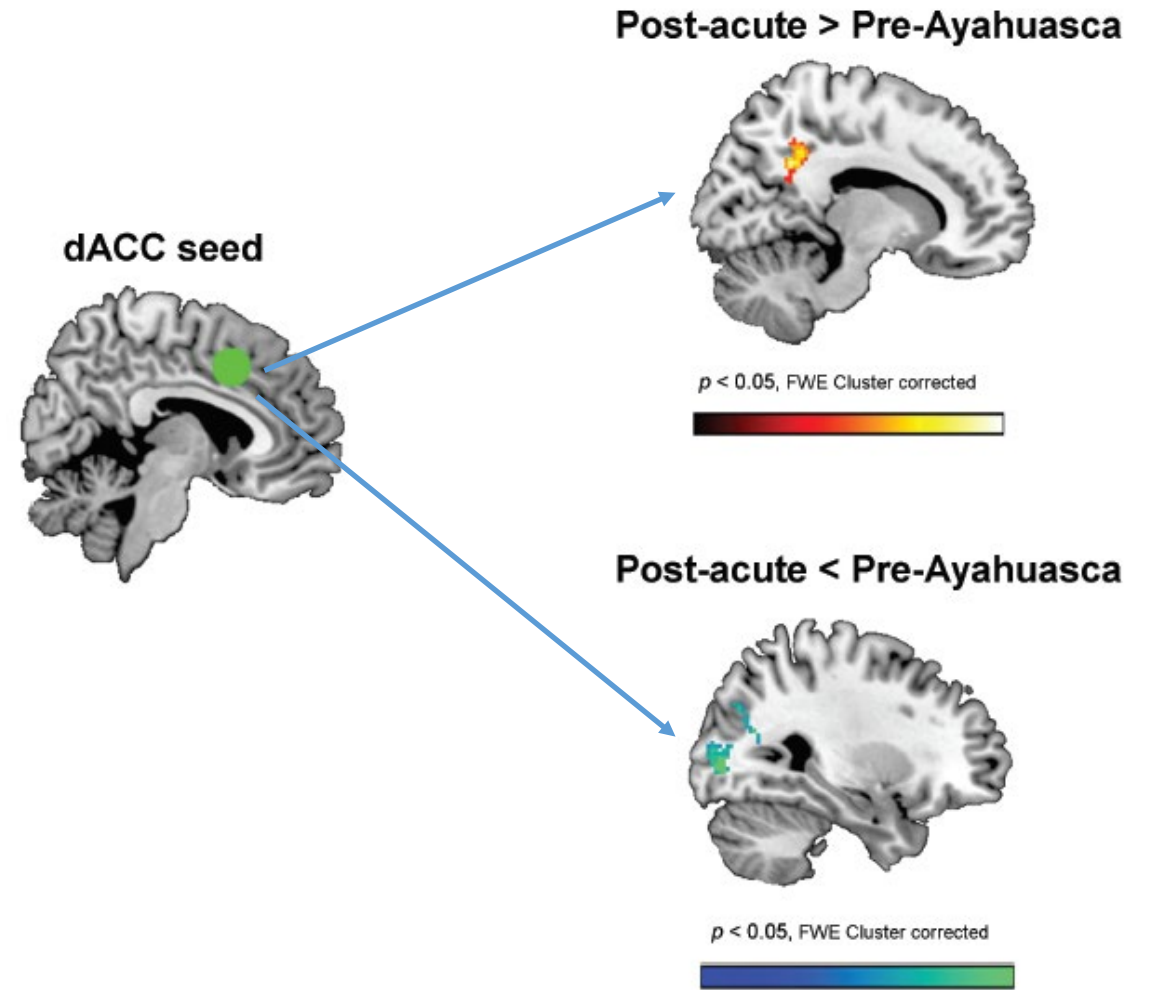
Psilocybin-induced changes in vmPFC (red) functional connectivity

Carhart-Harris et al., *PNAS*, 2012



MDMA-induced changes in vmPFC (red) functional connectivity

Carhart-Harris et al., *Biol. Psychiatry*, 2015



Ayahuasca-induced changes in dACC (green) functional connectivity

Sampedro et al., *Internat J Neuropsychopharm*, 2017

From a phenomenological point of view, recontextualization is a double-edged sword

- Meditation
- *Holotropic breathwork*
- Ketamine
- Psilocybin
- LSD
- Ayahuasca
- etc.

The war is over
Blissful trip



The party is over
Horror trip



Religion:

A set of dogmas* that provide the believer with orientation and support in their relationship with reality - all from an anxious perspective of the hereafter.

Secularized religion :

A set of dogmas* that provide the believer with orientation and support in their relationship with reality - all from an anxious perspective ~~of the hereafter.~~

Spirituality:

Evidence of “It's all there, all the time.”

*Dogma: a story that leaves no room for flexibility or novelty

psychiatrist

psyché – iatros

the soul doctor

psychedelics

psyché – delein

reveal the soul

prêtre / priest / Priester

presbyter / prevost

the old man/ the one
who leads the herd



WHO logo

Do we need an intermediary to understand who we are?

If so, on what basis do we format this mediation?

It's the economy, stupid!

You have to go to school and learn lots of things, otherwise you won't have a place in our society.

Drugs are public enemy no. 1

Jeder ist seines Glückes Schmied.

Money makes the world go round!

Burn-out corresponds to a person's weakness.

*Métro-boulot-dodo-(wellness, sport, culture, yoga, personal development, travel)
...repeat ...*

Without work, there's no life among us!



Spirituality has no place in science/psychiatry.



contextualization deficit



Sketch of a woman and children during the Irish potato famine, 1849



Port Shanghai

The meme (gene or mental virus)
of our civilization:
eroticizing of suffering
&
demonization of ecstasy

We live in a culture that is profoundly abusive.

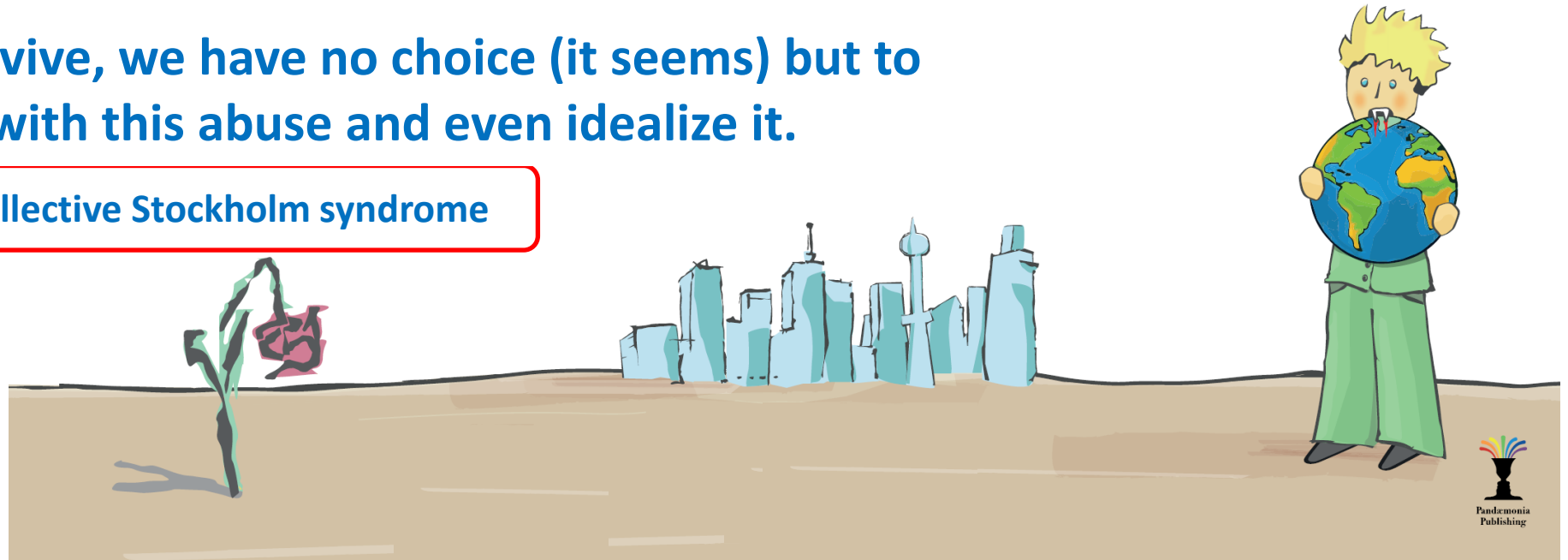
In order to survive, we have no choice (it seems) but to identify with this abuse and even idealize it.

collective Stockholm syndrome

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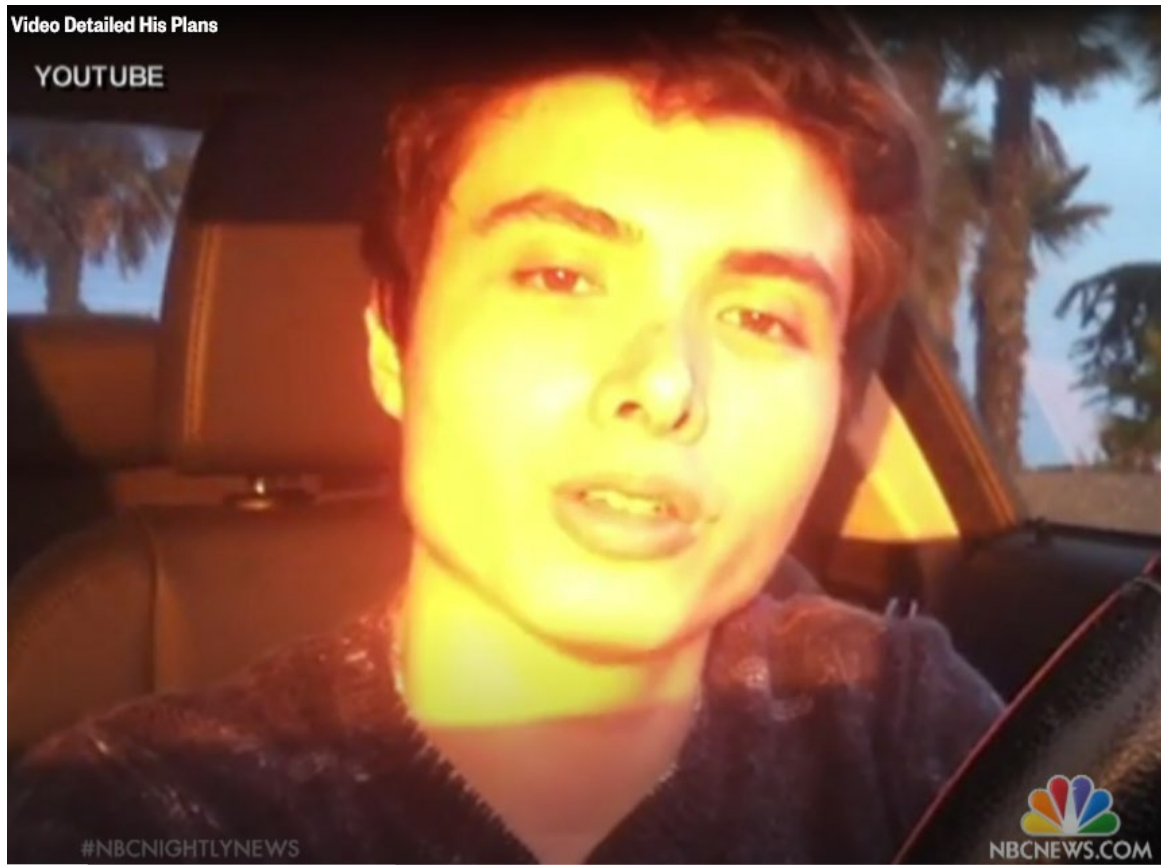




The killing of Isla Vista - California; 23 May 2014

Roger Elliot, student, 22 yo

4 men and 2 women killed; 14 people injured ; the killer committed suicide



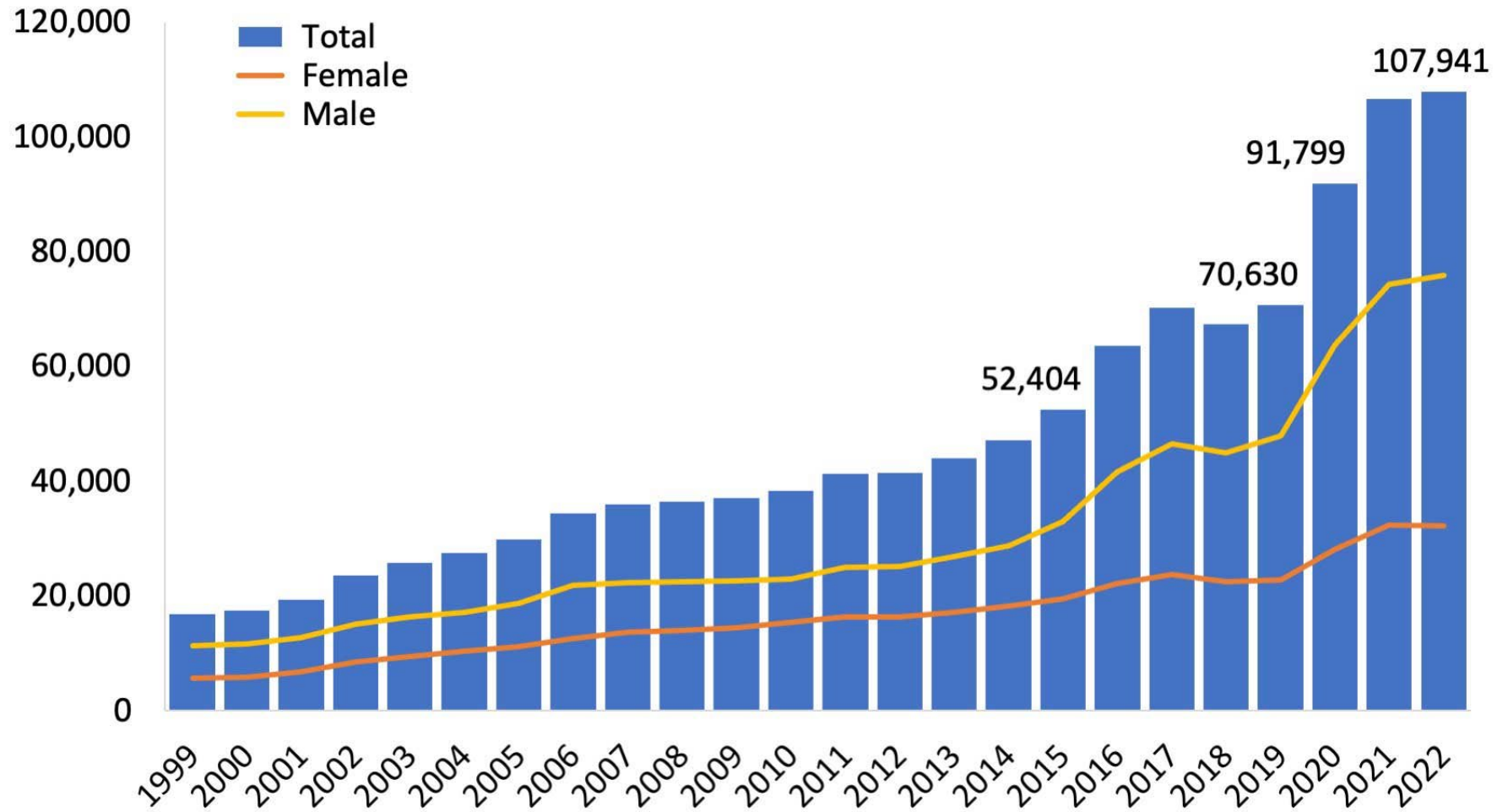
The werewolves of our epoch

- Incels (involuntary celibate)
- Mass shooters/killers
- Religious assassins (e.g. Hamas attacks on October 07, 2023)
- ...
- **Extremists of all stripes and origins ... ready to destroy those who want to lead a life different from their own....**
- ...
- the « gilets jaunes » (France)
- the « *Wutbürger* » (Germany)





Figure 1. National Drug Overdose Deaths*, Number Among All Ages, by Sex, 1999-2022



*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2022 on CDC WONDER Online Database, released 4/2024.



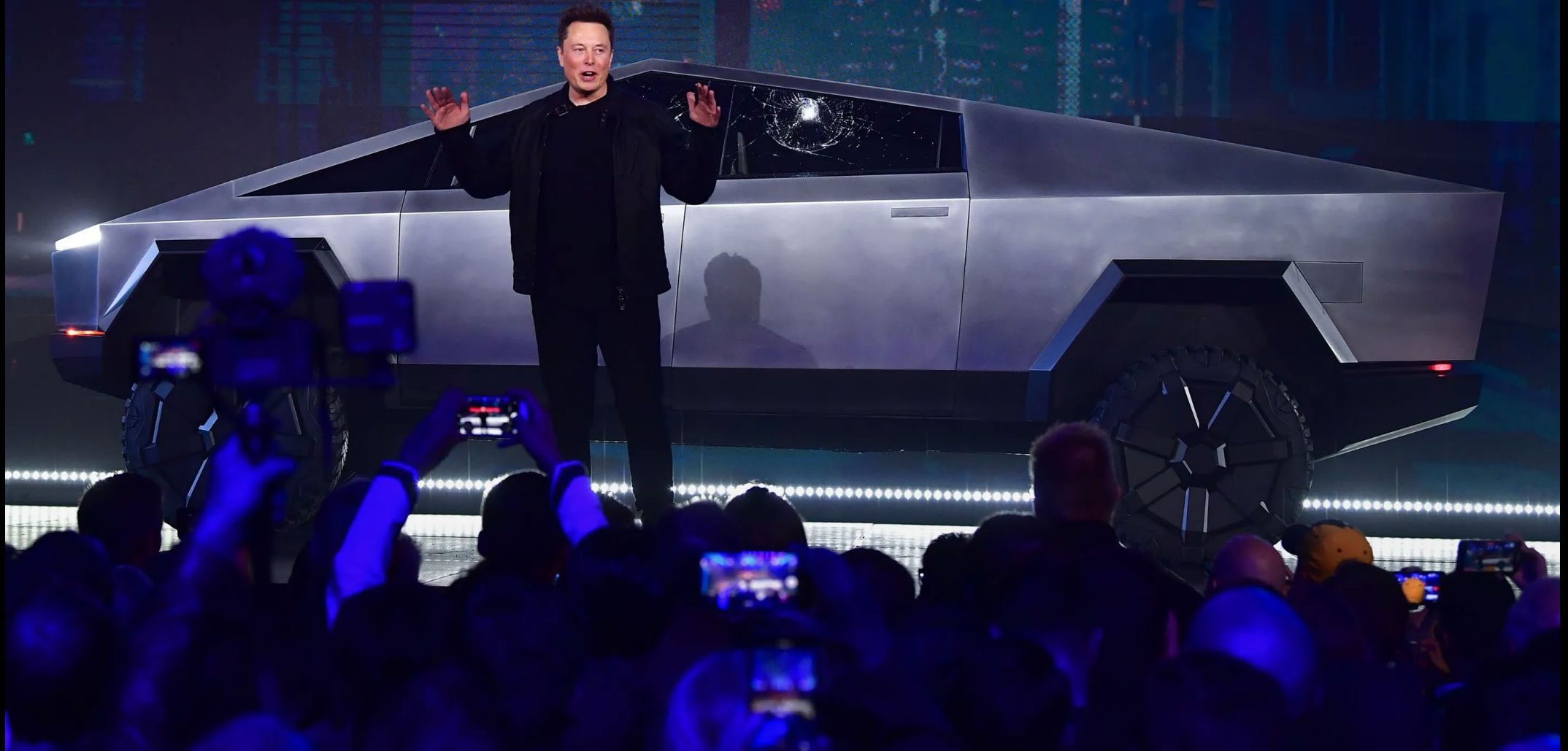








TESLA.COM/CYBERTRUCK





the vampire

(the narcissistic personality) ...

- ... is deeply dependent on others;
- as long as he can extract vital energy from others, he is immortal;
- he can't stand to look himself in the face.

As long as the vampires keep running away from themselves, they create hell on earth and avoid realizing their true divine nature.

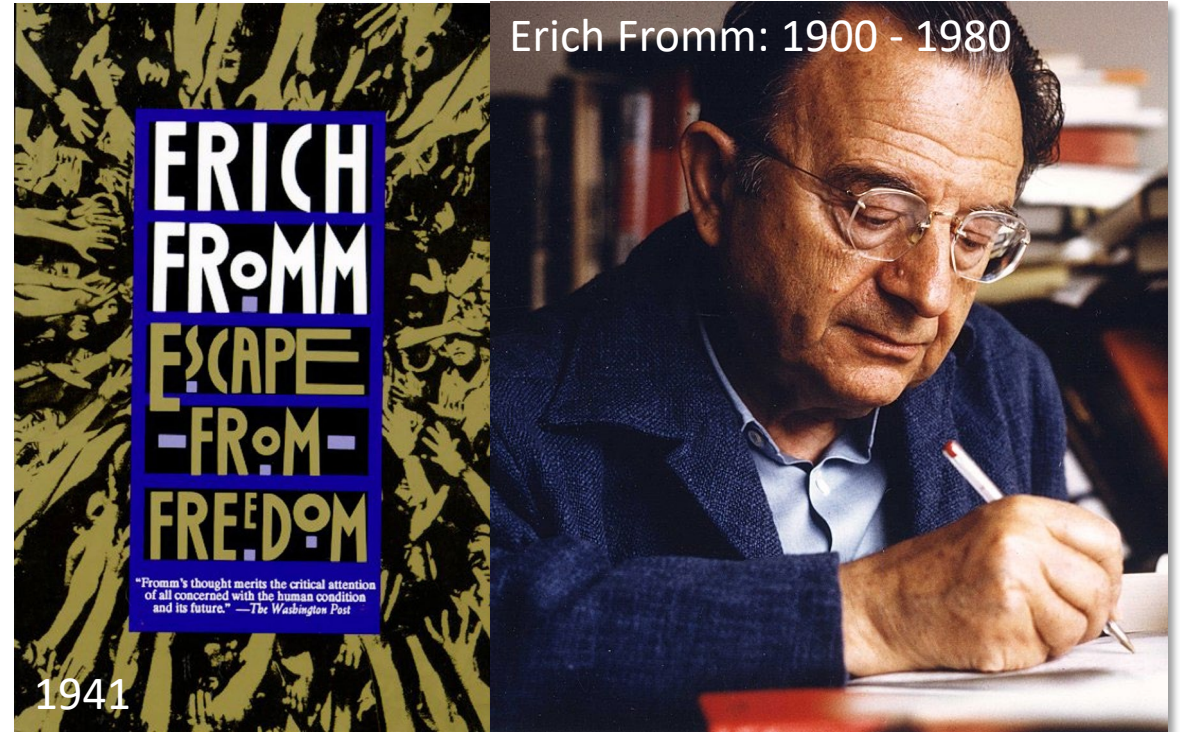
Why does man self-flagellate every time he becomes aware of his self-reflexive consciousness?

1. Expulsion from paradise: the establishment of patriarchy (Book of Genesis)
2. The assimilation of pagan cults with the rise of Christianity (from the 4th century A.D.);
3. the destruction of women's knowledge by the Inquisition and the witch-hunt in the Middle Ages;
4. the “war on drugs” in 1971;
5. humanity's submission to black magic (technology) and deception (virtual reality and artificial intelligence).

Erich Fromm:

“Human existence and freedom are inseparable from the beginning. Freedom is not to be understood here in its positive sense of 'freedom for something', but in its negative sense of 'freedom from something’,

...Man - the more he moves out of his original unity with his fellows and nature and becomes 'individual' - has no choice but to unite with the world in spontaneous love and productive work, or to find security by entering into ties with the world that destroy his freedom and integrity...”.



Danke

Thank you



Shepard Fairey