

**INTRODUCTION TO REICHIAN CHARACTER STRUCTURE**  
PREMA MCKEEVER, M. SCI, BBTRS PRACTITIONER

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**ORAL STRUCTURE/  
THE NEEDY CHILD**

DEVELOPMENTAL PERIOD - FIRST 18 MONTHS OF LIFE



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**ORAL STRUCTURE/  
THE NEEDY CHILD**

DEVELOPMENTAL PERIOD - FIRST 18 MONTHS OF LIFE

DEVELOPS AS A RESULT OF INADEQUATE ATTUNEMENT, BROKEN ATTACHMENT, AND DEPRIVATION

TO MANAGE THE PAIN OF ABANDONMENT AND DEPRIVATION THEY DISCONNECT FROM THEIR NEEDS AND THEIR AUTHENTIC SELF AND OFTEN FOCUS ON OTHERS



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### POSSIBLE EARLY HOME LIFE:

- Mother offered some warmth and nurturance, but was not consistently available
- Child was left alone for long periods, and cries were not answered
- Actual loss of their mother by death, illness, or prolonged separation.
- Mother prematurely taken away, due to financial problems (i.e. needing to go to work), marital problems, another pregnancy
- Mother's own emotional dysregulation - chronic depression or anger - and therefore not available for child
- Repression of early needs may make the child prematurely independant. Forced/encouraged early accomplishment of developmental tasks (walking, talking, toilet training, getting dressed, reading, writing, etc.)

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### POSSIBLE EARLY HOME LIFE:

- Role-reversal. A mother that never experienced care and nourishment herself during her own development. Conflict can arise unconsciously - instead of giving that which she never received, may want the baby to give her the love and nurturing.
- Child is very sick at an early age - attachment is interfered with
- Lack of attunement with the child
- Early needs not met. The needs may have been physical in terms of enough breast feeding and therefore nutrition, enough physical needs such as touch, clothing, stimulation in their environment, or emotional such as mothers touch, presence, love, loving eyes, and verbal coo-ing to the child.
- The father plays a secondary but still important role of both support and nurturance to both child and mother, but the relationship with the mother shapes the child at this stage of development

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### PHYSICAL APPEARANCE:

- Long thin body but not tightly contracted like schizoid.
- May have a thick fat layer all around the trunk and limbs which covers up and "nurtures" or "mothers" the body. Not thick muscle but "baby fat".
- Childlike face and body with very little body hair
- Muscles feel underdeveloped - most noticeable in the legs.
- Feet are thin and narrow - it can seem as if their legs would not be able to hold up their body.
- A tendency to slump

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## PHYSICAL APPEARANCE:

- A narrow throat and the head may be thrust forward as if looking to feed from the breast. Think natural posture of a baby looking to feed from the mother.
- Eyes often express the longing of needing someone to care for them. "Puppy dog look".
- Lips are often thin (holding against reaching out), jaw is clenched (against rage) and there are frequent dental problems or other physical problems around the mouth and throat. The chin may be pulled in (against swallowing) or jutting out (determined not to need).

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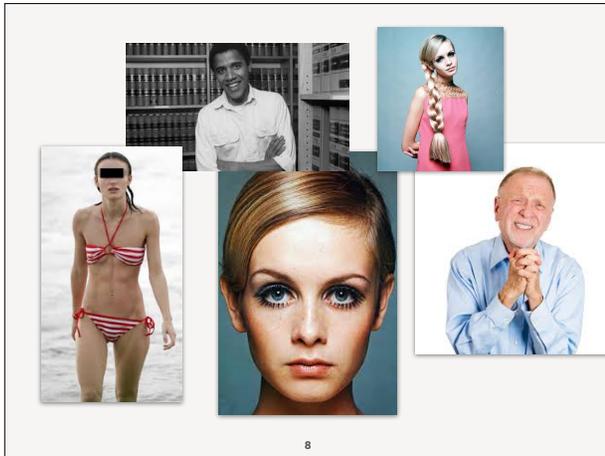
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## ORAL STRUCTURE/ THE NEEDY CHILD

DEVELOPMENTAL PERIOD - FIRST 18 MONTHS OF LIFE

TWO DIFFERENT COPING STYLES:  
COMPENSATED INDEPENDENCE &  
"CLINGY"

IN BOTH TYPES THE UNDERLYING  
EXPERIENCE IS OF BEING DEPRIVED  
AS A CHILD, AND SO THEY  
TYPICALLY SUFFER SELF NEGLECT  
AS ADULTS.



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## COMPENSATED INDEPENDENCE SUBTYPE

Having had needs and wants once which were painfully not met, now it is better not to admit them than to have them and be hurt

May experience their needs as alien and wrong, and become needless and wantless.

Focuses on the needs of others, becomes a "caretaker" or co-dependent personality. They do this from a depleted energetic self, and so tend to take on more than they can sustain, and then usually collapse, and fail to deliver. Resentment follows.

"I stand alone." "I have to do it all myself." "No one can do it as good as me."

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## "CLINGY" SUBTYPE

They do not disown their impulses of neediness. Often an exaggerated need for contact, warmth, and support of others.

Inability or strong dislike of being alone.

Inability to let go of relationships, or recover from loss

"You have to take care of me because I can't do it."

They will be demanding of others, and have endless needs and an inner void that cannot be filled up by whatever they get or consume.

They can become obsessive and addictive in consumption. It's never enough because they are trying to fix an inner emotional problem with "out there" objects or substances.

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## ORAL STRUCTURE/ THE NEEDY CHILD

DEVELOPMENTAL PERIOD - FIRST 18  
MONTHS OF LIFE

- SHAME OF NEEDS
- UNFULFILLED
- EMPTY
- UNDESERVING



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## ORAL STRUCTURE/ THE NEEDY CHILD

DEVELOPMENTAL PERIOD - FIRST 18  
MONTHS OF LIFE

- SHAME OF NEEDS
- UNFULFILLED
- EMPTY
- UNDESERVING

- CARETAKER
- PRIDE IN BEING THE SHOULDER  
EVERYONE CRIES ON
- MAKES THEMSELVES INDISPENSABLE AND  
NEEDED
- PRIDE IN NOT HAVING NEEDS



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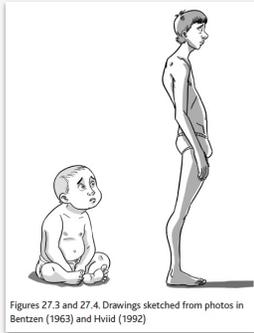
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## COMMON ISSUES

- Often copes through depression, projecting, co-dependency, caretaking, addiction
- Core fear: "If I express my needs, I will be abandoned"
- Difficulty sustaining relationships, projects, jobs or interests
- Has sex to gain love and have closeness. May be used to avoid abandonment and loneliness and for some sense of belonging.



Figures 27.3 and 27.4. Drawings sketched from photos in Bentzen (1963) and Hviid (1992)

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## BIOENERGETIC INDICATORS

- At an energetic level their energy is not frozen in their core like the schizoid. Their energy flows out to the periphery of their body but very weakly.
- Impression of being undercharged, deflated, "not filled up" or deprived of energy and their body shows a corresponding undercharge, thinness, weakness or dependency.
- Their breath pattern is shallow and they have difficulty inhaling - reduced strength of their impulse to suck. Good breathing depends on the ability to suck in air.
- Tightness and constriction of the chest muscles, tight intercostals muscles between the ribs which constrict breathing, and a hunching forward of the shoulders creates a constricted and shrunken chest.

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## BIOENERGETIC INDICATORS

- Deep blocks to reaching out with their arms for what they want, gesture of arms outstretched can be difficult. There will be chronic tensions across the shoulders and back, the pectorals, and between the shoulder blades.
- Abdominal muscles are often tight to prevent full breathing and sobbing.
- Their pelvis is also often under-developed and does not hold a strong charge, which in turn may prevent full orgasmic feelings from developing.
- May prefer child-like holding and nurturance instead of adult sexual intimacy.
- "Undercharged" in an energetic sense - shows up in their neglected or malnourished bodies. Common to feel energetically "drained" after contact with them.

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## BEHAVIOURAL INDICATORS

- Difficulty sustaining energy - excited about new projects but difficulty completing
- Wants their needs met without expressing them
- They are still looking for someone or something to "fill them up"
- "Clinging" covertly
- Talkative; attention equals love
- Difficulty expressing anger - tendency to stop at irritation
- Encourages others to depend on them

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## BEHAVIOURAL INDICATORS

- Often describe an emptiness in their belly
- Energetic and alive at beginnings (relationships, jobs, projects) without the ability to follow through
- Rescuer, caretaker, compulsive giver. Implicit belief running is "I have so much to give because I have no needs of my own."
- Do not express or reach out for what they want - fear of disappointment and low energy
- Often complains that nothing is ever enough: love is given but the person doesn't feel filled, they feel always left wanting.
- "I love you ~ I do everything for you ~ You can't leave me"
- Adopts & collects: animals or people

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## HEALTH CONDITION INDICATORS:

- Eating disorders
- Headaches - tension in neck and head.
- Dizziness when energy gets strongly increased. Fainting.
- Addictions: food, drink, smoking, drugs. Collecting in some shape or form, or relationships
- Depression
- Fatigue
- Recurring minor physical illnesses (immune system and bodies are often both suppressed and malnourished)
- Sickness and depression from burnout in caretaking others.

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## THERAPEUTIC SUGGESTIONS:

- Build trust and connection! Remember that despite looking like they have energy, they are often easily overwhelmed
- Bioenergetics - Strengthen legs for grounding and self support. Bring energy down into the feet
- Gradually guide the person into their body through breathing and grounding exercises initially; help the person to feel their feet on the ground, to feel energy in their body, to begin noticing their increasing aliveness
- The upper body: get the breath all the way up - de-armor the collapsed upper chest
- Be mindful that at some point to get in touch with their needs and feelings it's very likely they must come to feel anger (since no one was there when needed the most), emptiness and sadness

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## THERAPEUTIC SUGGESTIONS:

- Notice & validate when they do connect to their own needs - knowing, allowing, and expressing their needs is often associated with humiliation, loss, and fear of rejection.
- Learning to reach out with their arms, opening up thoracic segment.
- Mobilizing the head and neck to orient to what one wants
- Strengthen support muscles (erector muscles of the back)
- Build and tolerate higher energy charge through breathing.
- Self soothing is important to develop as well. Sunlight and opening to experiencing direct pleasure is very helpful: warm baths, nourishing food, plenty of water

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## PSYCHOPATHIC STRUCTURE/ THE CONTROLLER OR LEADER



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## PSYCHOPATHIC CHARACTER STRUCTURE VS PSYCHOPATH

Psychopaths show a lack of emotion, especially the social emotions, such as shame, guilt, and embarrassment. They are unable to form emotional attachments or feel real empathy with others, although they often have disarming or charming personalities. Psychopaths are very manipulative and can easily gain people's trust. They learn to mimic emotions, despite their inability to actually feel them, and will appear normal to unsuspecting people. There can be a propensity towards abnormal or violent social behavior. The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), released by the American Psychiatric Association in 2013, lists psychopathy under the heading of Antisocial Personality Disorders (ASPD).

This is probably the result of some types of complete disconnection between pre-frontal cortex, amygdala, and the heart segment. **This genetic disorder is not the character structure described here.**

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## PSYCHOPATHIC STRUCTURE VS NARCISSISTIC PERSONALITY DISORDER

Narcissistic Personality Disorder (NPD) is a personality disorder in which a person has an inflated sense of self-importance as well as an intense preoccupation with themselves. NPD affects an estimated 1% of the general population. Although most of us have some narcissistic traits, high levels of narcissism can manifest themselves in a pathological form, whereby someone overestimates their abilities and has an excessive need for admiration and affirmation.

Not all Psychopathic Character Types are Narcissists

All Narcissists have a base structure that includes the Psychopathic characterology to some degree

Often the parent of a psychopathic structure was a Narcissist

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## PSYCHOPATHIC STRUCTURE/ THE CONTROLLER OR LEADER

DEVELOPMENTAL PERIOD - 8  
MONTHS TO 4 YEARS



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## PSYCHOPATHIC STRUCTURE/ THE CONTROLLER OR LEADER

DEVELOPMENTAL PERIOD - 8  
MONTHS TO 4 YEARS

DEVELOPS AS A RESULT OF PARENTS  
REJECTION AND/OR MANIPULATION  
OF THE CHILD'S OWN NATURE.

TO COPE WITH PAIN AND/OR ABUSE -  
CREATES A FALSE SELF. CORE  
STRUGGLE IS THE RIGHT TO BE FREE  
FROM THE MANIPULATIVE NEEDS OF  
OTHERS



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## POSSIBLE EARLY HOME LIFE:

- Chaos and instability in parent. Attachment system still demands that the child attaches - so child restricts parts that were not reinforced, and inflates parts that were valued/demanded
- Parent judged and belittled the child's authentic self expression as either "not enough" or "too much"
- Narcissistic Attachment: belief that the child exists only for the benefit of the parent, demand certain behavior from their children because they see the children as extensions of themselves, and need the children to represent them in the world in ways that meet the parents' emotional needs.
- Parent rejects child's own nature and humanity - prefers an idealised version of themselves

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## POSSIBLE EARLY HOME LIFE:

- One or both parents manipulated, seduced, sexualized, or otherwise used child (covertly or directly) for their own purposes
- Parents instilled in the child an image of how they wanted the child to be in order for the adults to feel good about themselves
- The parents used the child as a buffer or weapon against each other; the child was overly involved in the relationship
- Pseudo-spouse or pseudo-parent to a parent (frequently of the opposite sex); the child was expected to be more than he or she was to that parent ("Mommy's little man"; "Daddy's little princess"). Other parent frozen out of the relationship.
- Alcoholic, workaholic or drug abusing parent

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## POSSIBLE EARLY HOME LIFE:

- Manipulating mother induces the child to believe that they can manage by themselves. She denies helplessness or is afraid of it, and ignores neediness and weakness, focusing only on child's strengths.
- Child witnessed events that could not be understood or integrated, such as:
  - verbal or physical abuse (either of a violent or sexual nature);
  - a major trauma occurred in the child's life that could not be understood and was experienced as a betrayal; (i.e. - hospitalization and surgery, exposure to sex acts by adults, witnessing extreme violence, etc., while being told that all was well by the adults, or blaming the child for the trauma)

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## PHYSICAL APPEARANCE:

- Eyes are highly charged, often large and sparkling
- Head is often large, and may be jutting slightly or prominently forward on the neck - threatening posture.
- Arms tend to be stiff and away from the body (due to the inflated chest and severe shoulder girdle tensions)
- Chronic areas of tension: base of the skull, shoulder girdle, chest and rib cage, including the diaphragm, waist and abdominal muscles (which are often hard and clenched to pull sexual energy away from genitals), pelvic area in general, genitals specifically.

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## PSYCHOPATHIC STRUCTURE/ THE CONTROLLER OR LEADER

DEVELOPMENTAL PERIOD - 8  
MONTHS TO 4 YEARS

TWO DIFFERENT COPING STYLES  
OR SUBTYPES: OVERPOWERING  
AND SEDUCTIVE



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## OVERPOWERING SUBTYPE

Vulnerability was used against them so now is intolerable.  
Competitive, power-hungry, attempts to evoke fear in others

Show their power and strength - whether physical or wealth

Feelings are alive in the body, however, but denied recognition by  
the mind. Feelings, the body, and external senses are not trusted  
(only the mind/beliefs are treated as valid and real)

Inflated chest, "blown-up" looking, broad shoulders, and large  
head

Rigid and small pelvis, with small buttocks and thin legs,  
particularly the calves

Eyes are penetrating and compelling

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## SEDUCTIVE SUBTYPE

Charismatic. Can subtly manipulate people and/or events. Can make the right impression and promise others what they want to hear. Gurus and politicians.

Does almost anything for a bit of love and attention.

Good at reading others, especially their needs and vulnerabilities

Females may show an inverted "V" shape, or a body where the enlargement is downwards oriented in the thighs, hips, buttocks and upper leg muscles. Large breasts may also be present.

Inflated in the pelvis (but numb to feelings there), with broad hips and hyperflexible back

Raised or square shoulders

Eyes are soft, seductive, intriguing, cunning, dreamy or sleepy looking

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## PSYCHOPATHIC STRUCTURE/ THE CONTROLLER OR LEADER

DEVELOPMENTAL PERIOD - 8  
MONTHS-4 YEARS

- SMALL
- POWERLESS
- USED
- BETRAYED



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## PSYCHOPATHIC STRUCTURE/ THE CONTROLLER OR LEADER

DEVELOPMENTAL PERIOD - 8  
MONTHS TO 4 YEARS

- SMALL
- POWERLESS
- MANIPULATED
- BETRAYED
  
- SUCCESSFUL
- POWERFUL
- STRONG
- USER/BETRAYER



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## COMMON ISSUES

CORE BELIEF: "I MUST BE SPECIAL IN ORDER TO BE LOVED"

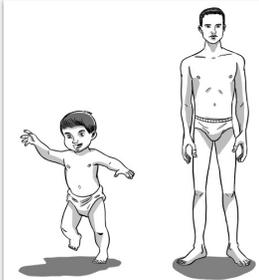
CORE FEAR "I WILL NOT BE SAFE IF I AM NOT IN CONTROL"

FEAR OF BEING WRONG OR OF SUBMITTING TO THE WILL OF OTHERS IS EXTREME AND IS POWERFULLY DENIED

HAS SEX TO CONTROL AND MANIPULATE

ADDICTED TO INTENSITY

CONFLICTS WITH AUTHORITY (INCLUDING EMPLOYERS, INSTITUTIONS AND THE LEGAL SYSTEM)



Figures 27.5 and 27.6. Drawings sketched from photos in Bentzen (1963) and Hvid (1992)

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## BIOENERGETIC INDICATORS

- Often, there is a pronounced split (correlates to a lack of integrity in the personality) between the head and the body. Energy is in the upper half.
- Face may have a broad chin/jaw that can have a set, determined look. The jaw serves as a last line of defence in holding back rage, the neck blocks the deep sobbing of grief that was never allowed
- Split - severe tension at the base of the skull and in the shoulder girdle, which holds the head tightly in place ("I must never lose my head.")

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## BIOENERGETIC INDICATORS

- Highly charged, with energy displaced and pulled upwards into the top half of the body and away from the pelvis
- Tension in genitals to disconnect from feeling. Pelvis is rigidly held, the tension blocking awareness and release of the sexual charge
- Strong armoring - particularly in the chest to protect against feelings of smallness and vulnerability
- Energy is directed outwardly to control, hook and dominate others
- Breathing pattern: Some air must always be maintained in the lungs (upper part) in order to feel strength and control. Difficulties in exhaling; not allowed to give up!

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## BEHAVIOURAL INDICATORS

- Constant drive to the next activity, with no time for reflection, completion or digestion. Terrified of failure.
- Pride& arrogance with an emphasis on having the right image, being seen and admired, performing at every occasion, and having lots of influence over others.
- Always excited and enthusiastic about whatever they are doing at the moment, and their enthusiasm is magnetic. Extremely resistant to negative feelings. Moves on to the next passion as soon as they get bored.
- Immediately forgets or suppresses negative interactions and feelings.
- Extremely hard to 'pin down' and correct. If this is attempted, may respond with extreme rage.

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## BEHAVIOURAL INDICATORS

- Grandiose image of themselves - demands to be seen as special and unique and insists on receiving lots of recognition and approval. All this is done in order to boost an underlying lack of self-esteem.
- Underlying fear - losing power or influence, approval of others, losing face, and being betrayed.
- Often in profession where power is admired - entertainment, politics, business, academia
- Five I's: irritable, indifferent, insincere, impulsive, and irresponsible.

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## HEALTH CONDITION INDICATORS:

- Addiction and substance abuse. Due in part to thrill- and sensation-seeking and a craving for feelings of power and invincibility.
- Physical illnesses are often not felt or manifested until late in life due to extreme willfulness and numbness.
- Later life problems may be in the hips, prostate, pelvis in general, or the heart.
- Has a lot of energy but burns eventually out; doesn't recognize signals of fatigue until it's too late (just keeps going!)

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## THERAPEUTIC SUGGESTIONS:

- Establish an honest and sincere connection with clear boundaries. Often will test boundaries looking for hidden agendas and lies; do not make promises about the outcome of working together.
- Soften armouring in the chest to open up to feelings
- Exhaling: collapsing of the chest; giving "permission" to let go and give up
- Directing energy into the pelvis - kicking can help open it up
- Grounding and vibrating to get energy moving downwards. Deflate the overcharged upper half of the body and become grounded and energized in the lower half of the body

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## THERAPEUTIC SUGGESTIONS:

- Develop the capacity for empathy and compassion. Somaticly easing the numbing of pain in the body and the denial of feelings in general.
- As a client, the psychopath wants to control everything that is done to them. Let the person know that it's their decision whether or not to allow touch.
- Often needs an adversary (winning requires someone to pick a fight with or be better than). Refuse to engage as an adversary. This means not accepting their distorted view of life, but not arguing with it either
- Release the tensions at the base of the skull and shoulders, and in the diaphragm and abdomen, allowing for the flow of energy between the mind, heart and genitals

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## THERAPEUTIC SUGGESTIONS:

Some possible themes to look out for:

- Need to express and release the feelings of hurt and rage at parent's betrayal
- Grieving the parent they never had
- Horror and confusion from being lied to, used and manipulated by parents while fully dependent on and helpless to defend against
- Fear of feeling helpless. Shame or withdrawal
- Once powerful feelings of rage have released body will be relaxed/open. Deep grieving may emerge, as well as a deep capacity to give and receive love

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## NEW & EXCITING BBTR OFFERINGS



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### NEXT BBTRS TRAININGS:



**Poland:**

**March 12-19th**

**May 27-June 3rd**

**October 8-15th**



**Bali:**

**April 17-29th**

**Visit [biodynamicbreath.com](http://biodynamicbreath.com)  
for full details and  
registration**

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### Tao of Gratitude -Trauma Release for Women – Peru

**Experience the wisdom of Gratitude.**  
Uncover & discover Truth, Freedom & Joy!

Tao of Gratitude retreats are specifically designed as an intimate, intensive, nurturing, compassionate space for WOMEN to identify, investigate, expose and integrate all stories, beliefs, shame & body stored traumas.

#### Event Details

📅 Date: Jun 15 - Jun 21, 2017  
🕒 Time: Start: 14:00

📍 Location: Peru  
📍 Place: Sacha Munay, Pisac, Sacred Valley

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