

ep_85 Birthright_with_Dr._Christy_Bauman


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SUMMARY KEYWORDS


women's identity, trauma normalization, medical research bias, female anger, embodiment practices, birthright concept, emotional health, masculine authority, patriarchal culture, psychological impact, emotional vulnerability, reproductive sacrifice, somatic therapy, identity roots, trauma release


SPEAKERS


Speaker 5, Speaker 3, Speaker 4, Speaker 1, Speaker 2, Speaker 6

 Speaker 1 06:59:29
Pam, hi. I'm Pam Blizzard from recovered peace,

 06:59:35
and I'm Michelle Burke it with hope redefine, and I'm

 Speaker 2 06:59:38
Bonnie burns of strong wives. We're so glad you're joining us.

 Speaker 3 06:59:45
Welcome to another episode of hope for wives. Today. We have a really special guest. We did not want to miss an opportunity to sit with her. I'm really excited to introduce our listeners to Dr Christy Ballman. She is committed to helping women come into their true voice. She's an author, a psychotherapist who focuses on the female body, sexuality and theology. Christy's work can be found on her website, at Christy ballman.com and she's also on Instagram and Facebook. The reason I got so excited about inviting you, Christy, to the podcast, is because I have really, really appreciated your work around sexuality, women, theology, all the things that you are unpacking for us and helping us discover truly who we were created to be. So thank you so much for being here.

 Speaker 4 07:00:40
Yes, thanks. Well, well, Christy, thank you so much for being here. Just what I have read about you this morning, and I all honesty, you know, I'm a new fan, I'm a new fan. What I'm seeing is

you this morning, and I'm honest, you know, I'm a new fan. I'm a new fan. What I'm seeing is how you are integrating a woman's body with her theology and her emotional well being. And so I guess this is a huge question, but the first question is, what would you want a betrayed woman to know about her identity as being a woman

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Speaker 5 07:01:10

that it's been targeted. A woman's identity has been targeted since the very beginning, and if we're not honest about that, then we come in naive and we come in unskilled to care for ourselves honestly and to move towards repair and wholeness. Because even if you look at the definition of trauma from the beginning, it's it's the wound. And what, what we would say, and what medical doctors have said since the 1900s is for women, it's the wound that started in the uterus, hysteria and so women from the beginning, and in that definition, in the medical definition, it actually says it's unbeknownst to men. It's mysterious to men. And so I would just say from the beginning, we know that our medical system is about 10 to 15 years behind, particularly in rural places, getting women's health into the doctor's office. And so what we also know about research is we've been using men's bodies to explain anatomy and health, and therefore the female body has not been brought into that. And so whether that's psychology, whether that's spirituality, whether that's physiology, we have not considered the female from the very beginning, which would mean we have been targeted in some way. And therefore we have to understand that traumatized women have to understand that they're actually very normal because they are responding to an abnormal way of living or being treated and have been from the very beginning. It's

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Speaker 1 07:02:58

so validating to hear Yeah, it really it fills in a lot of blanks for me to understand that whole larger context that that what we're experiencing in this current betrayal trauma isn't new, isn't brand new, really, that it hits on other ones that we've been experiencing our entire life.

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Speaker 5 07:03:23

So that's where I would I would have women start, is just the normalization of something that's been called hysteria, or has been called there's something wrong with you there. It's been told to us already that we are the lesser we come in with that being ingrained in our minds, and that is completely counteractive to being the Imago Dei, to being made in the image of actual deity and of the Divine, So that right there is something women are not told. And that's where I would start. That's where I would start for every every female

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Speaker 4 07:04:09

I would love you mentioned a fact that I had forgotten, that most medical research is conducted with men. So do you have any statistics around that, or anything more you'd want to say around that? Because I think it's so under understood.

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Speaker 5 07:04:33

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Speaker 5 07:04:28

Yeah. Um, I mean, part of my work in spirituality or psychology has been, how do we bring up our research and and particularly keeping it to the female. But what you'll still understand is my my husband, who is a man working in this realm of how women have been harmed, will have much more to say and thought, and he'll be given much more clout. And I bless him for that. I'm so grateful. But we are quick to listen to even the masculine authority before we are the female. And again, it's because of the limitation that we've had, we were set up into a world where that was expected and so grateful for my husband's voice. I love that man to death, and what I have to say about being in a female body is always going to be more true than what he has to say about what the experience is for the female but yet we will listen to his account because we don't know how to listen to our own account. So I'm not answering your question about necessarily the actual statistics on research. But what is still true is that we are listening and conditioned to accept the masculine before before the feminine, and we're ingrained to discount her at some level from the very beginning, and it might be so subtle, but it's still happening. And that's why I use that example of my husband, like it's it's just still happening.

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Speaker 3 07:06:21

Yeah, every day, it's still happening every day. And we hear that consistently in the clients, the women that we get to walk with, if they're healing from trauma and feeling that dismissal when they seek out support and help from other men in an attempt to advocate for wholeness or sobriety or anything else, when they're even attempting to try and ask for safety in their relationships. And that there's still, there's a miss there. I'm Yes, um, I, I'm curious about, well, I always go to such the practical in my own brain, because part of what I think about, you said hysteria. And I thought the one that I see women getting most the what are the words I'm trying to say, like the misunderstanding is an anger, and that when that particular emotion comes out, especially in company of men, it is very much misunderstood. Do you? Could you speak to that?

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Speaker 5 07:07:26

Sure, I mean, also because we hold our anger in or we're not taught how to have healthy anger, then that rage stays inside of us, and if we do want another statistic, a New Zealand study, it's our most longitudinal study that we have for female psych, Psych and physiology, but the female who lives or is raised in an objectifying culture, so any patriarchal culture where she is seen or any human is seen as an object, rather than in their humanity, women in those cultures are dying eight to 10 years earlier, And the study came out of an an older demographic of researchers, women who were afraid for other women and wanted to study the effects. And so we know that whenever you are seen as less than or as an object rather than your your human body, your body is feeling that your immune system is feeling that at some level, there's suppression. And we can see that the disease, so to speak, is taking women out eight to 10 years earlier. So if we apply that to hysteria or anger or something being trapped in the body, we know that getting toxins out of our bodies is the way that we stay alive and healthy. Anger becomes rage, becomes resentment, becomes contempt. And when those things lodge themselves in our body, we would say contempt is the cancer of a marriage or of a relationship. And so the idea that we don't know how to get that out of our bodies is impacting our psychological health, but I would even say and counter an argument that it's impacting our physical health. And whenever rage is looked at and then identified as you are a woman who is

unhealthy or. Not to speak, or I was going to use really improper words, but like, if you are named in these moments as as as something that is not only not human, but a degradation to the female because she is angry or because she has rage or contempt or resentment. We're not actually seeing that as that actually needs to get out of her body that is healthy, but we will there will be a curse on her, or she will be cursed for bringing her rage and her anger into the room, and yet there's there's healthy anger that needs to happen, and that's whenever we have to be taught the difference between aggression and anger, right? We have. There's a whole wealth of knowledge that's been withheld from the female because it's been categorized as something else instead of, oh, there's something in your body that you need to get out. How would you like to get that out? So that's what I would say. As far as anger goes, I feel like no female knows how to be angry and be blessed for being angry. I love the

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Speaker 4 07:10:43

new words you're using that it's trapped in her. It's trapped. And so I think about my clients who talk about feeling stuck. So how do you get talking about practicals, Michelle, how do you move from trapped to helping her in a healthy way and not in a violent way, to get it out of her body, right? And

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Speaker 5 07:11:06

that is the movement from so much about trauma, and we've been taught in the psychological realm so we can identify it, we can diagnose it in our minds, like I can talk to my clients, and we can be mind to mind, and then they can start to feel their emotion, and we can be heart to heart, and then I get down to their knowing, intuitive. My hands are near my belly, that knowing place. And a lot of women will use the three words I don't know, and immediately my thought goes to what trauma has happened in that knowing place that keeps you from knowing, so that your intuitive knowing is down in your belly, and then even deeper than that is your toes. So I like to say, if I'm not talking to my clients from their toes, I'm not talking to them fully. Your rooted places. I know where I come from. I know who I am. There's a rootedness most people can understand with their minds and can give me a conversation around I'm angry, right? Symptomology or their heart, they can cry and they can feel their grief. I have lost so much. I have been treated this way. But then the disorientation is that that trauma has stayed or left some scar tissue in the knowing place, and so the woman no longer knows how to get it out of her. And then, even deeper than that, she doesn't know where she comes from anymore, and she doesn't speak from a rooted place. So getting it out partially is not just the psychology of it, but it's the embodiment of it, and getting our bodies involved become imperative, which means we use our throat or we use our bodies to get out with sound, with words, with yelling, we use our hands. I mean, I just spent the last three days with 20 women who we asked, How do you want to release what's stuck in your body? How do you want to birth that? And a lot of for a lot of them, it came out in sound. It came out in yelling. It came out in in throwing something. For some it was, I'm gonna, I need to go into very cold water so I can feel the anger. I can feel something bubbling up in my body, and then release it. Right? We We regulate through breath. And so a lot of our coaching, of our anger and of our grief out of our bodies is is through breathing it out, through yelling it out, through breaking something, through being angry in a safe space, so that we're not making our body hold it inside of us that is such a cruel way of living is to think that we have to hold it in these bodies and somehow still

not express or live free in our bodies. And so I would say embodiment is the next step that psychology and talk psychology has limited us too, and I'm a talk psychologist, or have been for a long time, so the somatic then becomes important of how do we actually move through that?

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Speaker 3 07:14:23

I love how you Yeah. First of all, I wish our listeners could see you like walking through the box. As you're talking about it, but I love that you got to the toes and talking about like, where they're rooted. This is one of the things I think has been so impactful for me, learning from you, is the it's, it's our identity. And so when you said it's, there's an onslaught, right? There's an attack on our identity from the very beginning. And I think that's true for men and women. Um, but when I think about so many women who are part of our ministry, our community, with hope redefined, that's that was the place that the Lord brought the freedom. Healing for me was through the journey of my identity. It wasn't necessarily talking about I mean, yes, the trauma needed to be addressed, but at the end of the day, I had to know who I was, because until I knew who I was, I didn't know how to go forward. And so I love that you were like, What is you know, where are you rooted? And I the truth of the matter was, in my own story, I didn't know who I was. I was whoever everybody else told me to be, as a female and so and as a you know. And all of my story of origins plays into that conversation, I guess. And so my question Christy would be, where does someone start in trying to identify their roots and their toes? I

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Speaker 5 07:15:53

don't always want to jump to the book I just wrote, but I have to, because you start with birthright in my mind. And so even though that is both a spiritual and psychological idea, women, if you grew up in any sort of church culture, birthright was not given to you. If, even if you look at mythology, what we know of birthright, what we know of birthright is that it is given to the firstborn male. We know that in culture, historically, even biblically. We know that in so many places. And so what does that tell the female? Automatically, she doesn't have a birthright, nor should she even be seeking one. There's no sense in knowing that. But truthfully, birthright is given to every human when, when they're born, every human has a heartbeat and a breath, and they have a birthright, the right to live. So in that understanding, now I'm thinking, Well, what is my birthright? And that's the first time I've ever thought to even understand or know that, right? But we're going back to identity. What's your identity? Who do you identify as? What was the purpose that you are on this earth? Why are you here? But we're not asking those questions. So we're walking around the world not knowing why we're here. We're traumatized. We don't belong we don't belong ourselves. We belong to, whatever community we attach ourselves to, and if it's a community that harms us, then our identity is lost once again. So there is a very weakness, there's a ton of weakness in our understanding of identity. And so birth rights where we start first, and that would be on the day you were born, what was told or not told to you, what was the purpose, you know? And so I would start with psychologically. I start with birth order. I start with what was this? What was your mother's pregnancy with you like? What was the postpartum like? I would go into those psychological questions if you were really trying to look for that, you know, but, but I think you go back to that. You go back to identity. Why am I here? And what do I know is mine? So much of trauma is that we don't hold, we don't have anything that we can control or understand, but our bodies are ours, and when they're taken from us, even for a moment, or when they are harassed or harmed or marked, it's the way back to belonging to ourselves again and looking at those scars

and actually being like but this is Still my body, and this is still my story. So trauma is just the invisible scars that we have to be able to explain and share and understand fully. But it's it's back to us. It's back to these bodies that we were given. Each one of us have a birthright that the other doesn't have. We get to be in our bodies in this world.

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Speaker 3 07:19:13

I remember asking my husband, have you ever sat through a sermon that talks about what it means to love your wife as Christ? Loved the church, right? Cuz I know that as a Christian woman, it has been very clearly communicated to me about what it looks like. Via white, but I just, I was like, I don't know that I've ever if I don't think it was a general thing, right? I don't think I was sitting in a big church service and someone spent an entire hour or whatever on that subject matter. And so it just goes back to, like, what you were already saying about the male influence in so much of this. And when you said, What is your purpose? And I thought, I think our blanket purpose is to have babies and get married, and yet we're rock stars like, I mean, yeah, I did that. Did those for those two things, but that wasn't the end of me.

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Speaker 5 07:20:10

Well, also the limitation of that viewpoint for the female, right? Even when you say that that we're to have babies or to create now, we are in a womb theology, like when you talk about a sermon of men laying down their lives as Christ loved the church and gave Himself up for her. What does that mean? That means crucifixion. That means dying, breaking your body open, and bleeding in partnership. Why is that not commanded of the wife? Because every month, her body is is bleeding, is something is breaking and she is bleeding. When she has a baby, her body breaks open and bleeds. We know the crucifixion because it's embodied in us. We don't have to be commanded to do that for us to bring children into this world is to live the crucifixion. That is not true for the masculine, they are inherently disembodied. Their reproductive organs are outside of their body. They are not inside ours are inside. So even that understanding, that sacrificial, understanding of crucifixion, is why that's happening, and you're right, is that? Is that taught? I haven't heard it.

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Speaker 4 07:21:42

Yeah. So as you're as you're talking, you know I have heard and I know my husband has talked about, I would die for you that kind of thing. He would die bodily in in his before he was in recovery. He would die bodily if there was no dying to self, to be vulnerable with me. So how does that unpack with the what you've just said, and I'm not being contentious. I just some, some fuller words for me.

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Speaker 5 07:22:16

Well, so I mean, now, now we're talking about husbands and the masculine and the same way that I, you know, would say, and throwing my husband under the bust of saying like he's he's a man, and we listen to him. But I'm in a female body, and so I'm the expert on my own self. I don't want to mansplain in this moment who men are or what their journey is. So I'm not in a

masculine body, but in my relationship with the masculine, in counseling men, in working with them, what's really hard is for them to be embodied that does feel like the work and so not just in laying down their life physically for them, but emotionally vulnerability. It goes back to it goes back to the mother. It goes back to the way that they were engaged. I mean, I would say so many of the men that I work with in a marriage that can't offer themselves to their wives emotionally or intimately, is usually because of their relationship with their caregivers, so their mother and their father, how their mother loved or didn't love them, how the masculine was satiated and has desire, right? And so I could talk for years about that, but basically the first time every human is satiated is at the breast. How was the masculine satiated? And then what does that mean for his longing? And then how did he have to pay for being satiated? Now, you are really into my like, psychological brain, but that's where, if I'm working with a man, I'm going to start with his story of his body and how that impacted the way then he gives up his body. It's up his desire and his longing, but so much of that has been hijacked and then sexualized. So it just stays in one funnel. It doesn't, it doesn't go to the embodied place. Mm. And to the storied place. And so for the female who defaults there, and for the male who default somewhere, very different. That's why the work is, oh, break your body. Okay, break open your story. Break open your desire. And and, but his default is, I would lay down my life. I'm going to provide for you financially. I am going to break my back over giving you these things, and you're sitting there thinking, but I want to know you I want something different I want, or something more than that. So I could answer that question, it would just take a lot longer you Okay,

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Speaker 6 07:25:10

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Speaker 3 07:25:14

we're gonna push pause here for just a bit, and you can tune in to next week's episode to Hear the rest of this conversation. Thanks for listening. You