

Application and registration

Please send us an e-mail with some personal and professional background about you, also about prior knowledge of Professor Ruppert's work and current practice.

We will give you an answer within a few days.

Application and information at:

www.iopt.no

www.franz-ruppert.de

Email: marta@iopt.no

Phone: + 47 916 67 211

Organiser

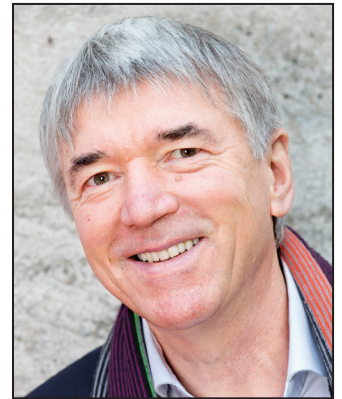
The programme is organized by The Institute for Traumawork in Norway, which is run by Marta Thorsheim, Psychotherapist and Trainer within IoPT.

In 2007 we were the first Institute to offer an Advanced Training Programme in Constellation and Traumawork outside Germany.

Professor Ruppert joined us as one of the main teachers at an early stage, and has been of great significance for our programmes.

Read more about us at:

www.iopt.no



**4th International
Advanced Training
in IoPT
with Prof. Dr Franz Ruppert**

**in Munich, Germany
2018–2020**

www.iopt.no/en/trainings/international-advanced-training/

Marta Thorsheim and her Institute for Trauma-work is happy to welcome you to the 4th Advanced International Training Programme in Identity oriented Psychotraumatheory and – therapy with Professor Dr Franz Ruppert. This training is for Psychotraumatheorists, Psychologists, Psychiatrists, Social Workers, Medical doctors and other health care professionals.

The programme is composed of five modules and will last one and a half year, starting in November 2018 and ending in January 2020. For all five modules we will meet in Munich, Germany.

Objective

The objective of the programme is that the participants shall get a deeper understanding of Professor Ruppert's groundbreaking theories and concepts on *Identity development and how trauma does affect it*. This refers to *the development of our I and our will and all other psychic structures including the growth of our body*. It will also be trained how to work with the split personality structures induced by trauma. The key method is called *Self Encounter by the sentence or picture of intention*.

Theoretical framework

The programme builds on Professor Ruppert's theoretical framework of an *Identity oriented Psychotraumatheory – IoPT*.

During the past 20 years Professor Ruppert has devoted much of his work to get a better understanding of psychological and mental disorders as well as physical illnesses.

IoPT – Identity oriented Psychotraumatheory

Based on established theories as well as on his own research and through many therapeutic sessions with clients, both in individual and group situations, he has developed a theoretical framework which he calls

Identity oriented Psychotraumatheory and -therapy (IoPT). This framework emanates from two theoretical building blocks and a practical method: 1. The concept and theory of *Bonding*, 2. *Trauma* theory, 3. The method of *Self Encounter by the sentence or picture of intention*.

What is the central reference point for our change processes?

In the past we thought it must be the family or «the system». Today we know that only we can be our own point of reference for a substantial change. Therefore, our I must be the central focus for therapy. But what is I? How does it develop? What is blocking I development? And how does trauma affect it? What is the difference between a healthy identity and identification processes that do harms to us?

Free will – fiction or reality?

The focus on our own will has been widely neglected in recent years as well. The focus has often been too rapidly directly on the trauma. But for lasting and sustainable change to happen, a deliberate decision is needed. Therefore, in working with the *sentence or picture of intention* the *will* plays an important role. And the question arises: How does our will develop? What promotes and what prevents its evolution? How do traumatic experiences influence the formation of a free human will?

Identity and free will

How does a healthy *I* and a free *will* interact with each other, and what happens when *survival I states* together with *the will to survive* determine our behavior? These basic patterns have to be examined in more detail using practical examples.

Who am I in relationships?

With whom do I want a relationship with? What is the work I really like to do? The questions regarding our

identity and our own will are of central importance for our everyday life. How can we live in intimate relationships and in greater social unities, in *constructive forms of love and stay healthy*? What can make the development of a *healthy Identity* so difficult or even impossible? What impact do traumatic life experiences have on this? How do *the trauma of love, early trauma and perpetrator-victim dynamics form and split our identity*? And what options are available to overcome the splits in our psyche?

During the training modules we will learn what the benefits are, to have a closer look deep into the structure of the human psyche. Together we will gain new insights on how a lost healthy I can be re-established, and how we can come into emotional contact with our healthy free will to improve our own life and the life of those we are professionally dealing with.

Methodology

The method by which we implement the insights and objectives of the Identity oriented Psychotherapy, is called *Self Encounter with the sentence or picture of intention*. Which means the following: A person who wants to work therapeutically on him- or herself first considers his/her intention: What do I want to achieve through this work? What is my goal? What would I like to look at more closely? What is the next step in my therapy?

When the intention is clear, the client is asked to write it on a whiteboard or a flip-chart. He may reflect once again, while writing and if necessary, modify.

The intention is now for him and for all others visible and works as basis for the now following self-encounter process. The person who is going to work on herself selects one person from the group for each word of the sentence of intention, and asks the persons to tune into resonance with the words.

The process continues, and every word reflects an essential part of the psyche. Often uncounscious and repressed experiences from the biography can show

up. This allows us, to consciously get in touch with it. So a sustainable change process can take place in our psyche and body.

Contents

In the modules of this programme we will teach, reflect and discuss the theory and do practical work with the intentions of the participants of the training.

Module 1

The Human Psyche in a living organism and in relationships. General aspects of Identity oriented Psychotherapy and -therapy.

Module 2

Identity, Identification and Attributions, The Trauma of Identity.

Module 3

Love and Sexuality, The Trauma of Love and The Trauma of Sexuality.

Module 4

What makes us ill and what makes us healthy? Health, Illnesses and Psychotrauma.

Module 5

Victims and Perpetrators and the Victim-Perpetrator-Entanglements. The ways that lead in and the ways that lead out.

The training is acknowledged as maintenance by The Norwegian Psychological Association (NPF) and as update by The Norwegian Association for Trauma-therapists (NTF).

Recommended reading

Publications in English and Norwegian by Franz Ruppert:

- *My Trauma, My Body and My I* (in English; autumn 2018)
 - *Mine traumer, min kropp og mitt jeg* (in Norwegian; spring 2018)
- *Early Trauma* (English edition, 2016)
 - *Barndomstraumer* (Norwegian edition, 2015)
- *Trauma, fear and love* (English edition, 2015)
 - *Traumer, frykt og kjærlighet* (Norwegian edition, 2013, 2nd edition 2016).
- *Symbiosis and Autonomy: Symbiotic Trauma – Love Beyond Entanglement* (English edition, 2012).
 - *Symbiose og Autonomi: Fra usunn til sunn selvstendighet* (Norwegian edition, 2012, 2nd edition 2016)
- *Trauma, Bonding and Family Constellations: Understanding and Healing Injuries of the Soul* (2008).
 - *Forstå dine sår i sjelen. Traumer, tilknytning og familiekonstellasjoner* (Norw. edition, 2013).
- *Splits in the Soul: Integrating Traumatic Experiences* (2011)

Dates

2018

Module 1: November 1–3

2019

Module 2: January 24–26

Module 3: June 27–29

Module 4: October 31–November 2

2020

Module 5: January 23–25

When signing up, you book the complete programme.

Fee and payment

The fee for the training programme will be:

25 000 NOK or 2 800 euro. The fee covers the Training Programme and coffee/tee and snacks/fruits in the breaks.

Payment will be done by invoice.

Venues and accommodation

All modules will be conducted at Prof. Franz Ruppert's seminar center:
Englmannstrasse 2
81673 München

Recommendations for hotels, bed and breakfast in walking distance from the venues will be sent to you after signing up for the training. Special rates will be negotiated and the code for the special rate sent to you.

Language

The entire programme will be in English.