

Venue

Seminar Center for Psychotherapy
Prof. Dr. Franz Ruppert
Englmannstr. 2
81673 München

www.franz-ruppert.de

Link for Englmannstraße: www.g.co/maps/348tg

Information for transportation and hotels/private rooms etc will be sent to you when signing up for the training.

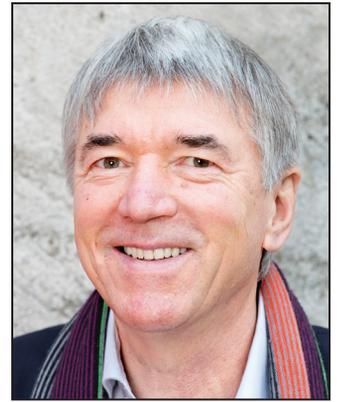
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5th International Advanced Training in Identity oriented Psychotraumatheory and – therapy, (IoPT), and the Intention Method

2020–2021

Marta Thorsheim and her Institute for Traumawork is happy to welcome you to the 5th Advanced International Training Program in Identity oriented Psychotherapeutic theory and – therapy (IoPT) with Professor Dr Franz Ruppert. This training is for Psychotherapists, Psychologists, Psychiatrists, Social Workers, Medical Doctors and other health care professionals.

The programme is composed of five modules and will last for one and a half year, starting in July 2020 ending in November 2021. We will meet all five modules in Munich, Germany.

Objective

The objective of the programme is that the participants shall reach a deeper understanding of Professor Ruppert`s ground breaking theories and concepts on *Identity development* and how *psychotrauma* 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 be trained how to work with the split personality structures induced by psychotrauma. The key method is called *the Intention Method*.

Theoretical framework

The program builds on professor Rupperts theoretical framework of an *Identity oriented Psychotherapeutic theory – IoPT*.

During the past 27 years Professor Ruppert has devoted much of his work to get to a better understanding of psychological and mental disorders, as well as physical illnesses.

IoPT – Identity oriented Psychotherapeutic theory

Based on established theories as well as 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 Psychotherapeutic theory (IoPT). This framework emanates from five theoretical building blocks and one practical method:

What is the central reference point for our change processes?

In the past, we thought it must be “the family” or “the system” or “trauma”. Today we know that only the I 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 its development? In addition, how does psychotrauma affect it? What is the difference between a healthy identity and destructive forms of identification?

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 psychotrauma. But for lasting and sustainable change to happen, a deliberate decision is needed. Therefore, in working with *the intention* the *will* plays an important role. And the question arises: How does our own will develop? What promotes and what prevents its evolution? How do traumatic experiences influence the formation of a free human 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 behaviour? These basic patterns have to be examined in more detail by case studies.

Who am I in relationships?

With whom do I want a relationship? 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 experiences with traumatised mothers and fathers have on this? How do *the trauma of Identity, the trauma of Love, the trauma of Sexuality 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 our human psyche. Together we will gain new insights on how a lost or suppressed 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 Psychotrauma-therapy, is called *Intention Method*. 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. 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 the basis for the now following self-encounter process. The person who is going to work on herself selects persons from the group to resonate with the different parts of the intention, first nonver-

bal and then by asking them one by one about their experiences in the resonance. Gradually the underlying issues of her traumabiography show up and can be brought into a healing process. So a sustainable change process can take place in our psyche and body.

The method can also be used for individual work and we will show you how to do this.

Contents

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

If you wish, **in addition** to the training modules, to participate in a supervision group day before or day after each module, please contact Marta Thorsheim at marta@iopt.no.

Time schedule for each module:

First day: 9 am–6 pm, lecture 7 pm–8.30 pm

Second day: 9 am–7 pm

Third day: 9 am–4 pm

2020

MODULE 1: July 2–4

The Human Psyche in a living organism and what Psychotrauma means.

MODULE 2: November 19–21

Identity, Identification and Attributions and The Trauma of Identity

2021

MODULE 3: March 11–13

Love, Bonding and the Trauma of Love

MODULE 4: July 8–10

Sexuality and the Trauma of Sexuality

MODULE 5: November 18–20

Victims, Perpetrators and the Trauma of being a Perpetrator

When signing up, you book the complete programme.

The training is acknowledged as maintenance by The Norwegian Psychological Association (NPF) and as update by The Norwegian Traumatherapist Association (NTF)

Fee and payment

The fee for the training programme will be:

2 700 Euro. The fee covers the Training Programme and coffee/tee and snacks/fruits in the breaks.

Payment will be done by invoice.

Recommended reading

Publications in English and Norwegian by Franz Ruppert, most books are also published in other languages:

- *Who am I in a traumatised society?*
(in German October 2018, in Norwegian November 2018, in English and Spanish coming soon)
- *My Body, My Trauma, My I*
(Green Balloon October 2018)
- *Min kropp, mine traumer, mitt jeg*
(IT 2018)
- *Barndomstraumer*
(IT 2015)
- *Early Trauma*
- *Traumer, frykt og kjærlighet*
(IT 2013)
- *Trauma, fear and love*
(Green Balloon 2015)
- *Symbiose og Autonomi: Fra usunn til sunn selvstendighet*
(IT 2012)
- *Symbiosis and Autonomy: Symbiotic Trauma – Love beyond Entanglement*
(Green Balloon 2012)
- *Splits in the Soul: Integrating Traumatic Experiences*
(Green Balloon 2011)
- *Forstå dine sår i sjelen. Traumer, tilknytning og familiekonstellasjoner*
(Flux 2013)
- *Trauma, Bonding and Family Constellations: Understanding and Healing Injuries of the Soul*
(Green Balloon 2008)