

# 4th International Congress

# MY BODY MY TRAUMA MY I

## FORMING AN INTENTION – EXITING THE TRAUMA BIOGRAPHY

12.- 14. October 2018  
Kolpinghaus Zentral, Munich

## THE CONGRESS

**Lectures on the latest developments  
of Identity oriented Psychotrauma  
Theory and Therapy (IoPT)**

**40 Workshops about the connection  
between psychotrauma and body  
symptoms and so called illnesses**

**Discussion of results in plenum**

**Congress Party with Music  
and Dancing**

**Welcome to our Congress!**

## LET'S TAKE OUR HEALTH INTO YOUR OWN HANDS

Health is neither the result of medications nor can it be gained technically. Being and staying healthy is the consequence, how we deal with others and ourselves. That I do know and that is the empirically tested knowledge of my colleagues that are presenting lectures and workshops at this congress. Based on Identity oriented Psychotrauma Theory (IoPT) we can offer the Intention Method as most powerful tool to shed light on the deeper causes of the symptoms we suffer bodily and psychologically. IoPT can help us, to exit our trauma biography.

I am very happy to meet you at our 4th International Congress of the Association for Promoting Healthy Human Autonomy e.V.



**Prof. Dr. Franz Ruppert 1st Chairman of the Association**

### **Organisation**

Association for Promoting  
Healthy Human Autonomy e.V.

### **Online registration for the Congress**

[www.healthy-autonomy.de](http://www.healthy-autonomy.de)

### **Venue of the Congress**

**12-14 October 2016**

Kolpinghaus Munich

Adolf-Kolping-Str. 1

D-80336 Munich

### **For organisational questions**

Dagmar Strauss

[kontakt@lebenssinn-wandlung.de](mailto:kontakt@lebenssinn-wandlung.de)

### **Reserve your tickets now**

[Detlev.Blechner@gesunde-autonomie.de](mailto:Detlev.Blechner@gesunde-autonomie.de)

### **Fee**

Regular price: 290 Euro (from 1th of March 2018 on)

Early Bird price: 260 Euro (until 28th of February 2018)

### **Bank account details**

GLS-Bank Bochum

BIC: GEN OD EM1 GLS

IBAN: DE05 4306 0967 8210 6895 00

### **New book about the issue of the Congress**

Franz Ruppert & Harald Banzhaf (ed) (2017).

My Body, my Trauma, my I.

Steining: Green Balloon Publishing.

# PROGRAMME FOR THE CONGRESS

<b>Friday 12.10.</b>	Registration ( <i>Please note, time schedule in German notification</i> )	
12.00-12.15	Opening of the Congress	
12.15-13.45 Great Hall	My Body, my Trauma, my I <b>Prof. Dr. Franz Ruppert</b>	
13.45-14.15	Lunch Break	
14.15-15.45	<b>Parallel Workshops</b>	
Room 1	Fr01	My Pain, my Trauma, my I <b>Annemarie Denk</b>
Room 2	Fr02	Heart Diseases and Trauma of Love <b>Dagmar Strauss</b>
Room 3	Fr03	Self-encounter in Individual Therapy <b>Sophie Ruhlig</b>
Room 4	Fr04	Trauma and being childless <b>Cordula Schulte</b>
Room 5	Fr05	Autoimmune diseases - the body fights against us <b>Maria Macarenco</b>
Great Hall	Fr06	Body, Trauma and Children <b>Bettina Schmalnauer</b>
Room 6	Fr07	The pleasure to be I <b>Astrid Erslund Sandvik</b>
Parlour	Fr08	Psychotrauma and Dementia <b>Martina Wittmann</b>
15.45-16.15	Break	
16.15-17.45	<b>Parallel Workshops</b>	
Room 1	Fr09	My body and my blood disease <b>Rebecca Lee</b>
Room 2	Fr10	My knee, my Trauma, my I <b>Detlev Blechner</b>

Room 3	Fr11	Body Resonance in Individual work <b>Beate Neumann-Kumm</b>
Room 4	Fr12	Chronic pain and early Trauma <b>Bente Fjeldstad</b>
Room 5	Fr13	To be or to have a body? <b>Alice Schultze-Kraft</b>
Great Hall	Fr14	Lust-Dilemma and Sexual Traumata <b>Andrea Stoffers</b>
Room 6	Fr15	Psychotrauma and Colon Disease <b>Beate Thiessen</b>
Parlour	Fr16	I and healthy body movement <b>Christina Freund</b>
17.45-18.15	Break	
18.15-19.45	Discussion in Plenum	

<b>Saturday 13.10.</b>		
09.00-09.15	Introduction to the second day	
09.15-10.30 Great Hall	Intention Method in Theory and Practice <b>Prof. Dr. Franz Ruppert</b>	
10.45-11.15	Break	
11.15-12.45	<b>Parallele Workshops</b>	
Room 1	Sa01	My Heart, my Trauma, my Anxiety <b>Andrea Tietz</b>
Great Hall	Sa02	Forum for practical questions on IoPT <b>Vivian Broughton</b>
Room 2	Sa03	Children and traumatized parents <b>Birgit Schaumburg</b>
Room 3	Sa04	Bodily visible Trauma <b>Ingrid Perg</b>

Room 4	Sa05	My body and my Sexuality <b>Christine Wong</b>
Room 5	Sa06	Neuroscience and IoPT <b>Alexandra Smith</b>
Room 6	Sa07	High Blood Pressure and Psycho-trauma <b>Christina Schön</b>
Parlour	Sa08	Bodily suffering of unborn children <b>Aurora Wolf</b>
12.45-14.00	Lunch break	
14.00-15.30	<b>Parallel Workshops</b>	
Great Hall	Sa09	Individual IoPT and in utero issues <b>Bill Johnson</b>
Room 1	Sa10	My lung, my Trauma, my I <b>Patrizia Manukian</b>
Room 2	Sa11	Healthy and full of life, is it possible? <b>Gerlinde Fishedick</b>
Room 3	Sa12	Ritual Traumatisation and skin diseases <b>Marta Thorsheim</b>
Room 4	Sa13	My body is awake during my sleep <b>Raymond Foong</b>
Room 5	Sa14	My Body - Friend or Enemy? <b>Ellen Kersten</b>
Room 6	Sa15	My teeth, my Trauma, my I <b>Thomas Röhl</b>
Parlour	Sa16	Eating disorders and Trauma <b>Lucy Jameson</b>
15.30-16.00	Break	
16.00-17.30	Discussion in Plenum	
from 19.30	<b>Congress party</b> with music and dancing	

<b>Sunday 14.10.</b>		
09.00-09.15	Introduction to the third day	
9.15 – 10.15 Great Hall	Psychotrauma and Medicine <b>Harald Banzhaf</b>	
10.15-10.45 Great Hall	Rheumatoid Arthritis and IoPT <b>Isabella Gerstgrasser</b>	
10.45-11.15	Break	
11.15-12.45	<b>Parallel Workshops</b>	
Room 1	So01	IoPT and Individual Work <b>Birgit Assel</b>
Room 2	So02	Birth trauma and IoPT <b>Anne Maier</b>
Room 3	So03	My I-Body <b>Diana Lucia Vasile</b>
Room 4	So04	Symptoms of illness – Friend or Enemy? <b>Hedwig Nießen</b>
Room 5	So05	When the body lives in the past <b>Catherine Xavier</b>
Great Hall	So06	Regulation of Emotions and IoPT <b>Margriet Wentink, Wim Wassink</b>
Room 6	So07	Early Trauma and Thyroid Diseases <b>Manuela Specht</b>
Parlour	So08	Body and Trauma from a child's perspective <b>Mette Mehus</b>
12.45-13.15	Break	
13.15-14.15	Exchange in Plenum	
14.15-14.30	Closure of the Congress	

All lectures, workshops and discussions will be translated German to English and English to German.