

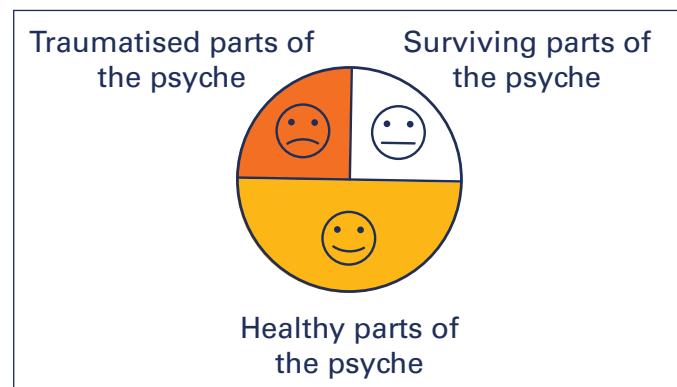
# Congress program

All times CEST

## Fourth Day: 25.10.2020

8.00 am	<b>Registration</b>
10.00 am	<b>Welcoming to the 4th Day</b>
10.15 - 11.45 am	<b>Live-online interview</b> Hans-Joachim Maaz and Franz Ruppert
12.00 - 1.00 pm	<b>Lunch break</b>
1.00 - 3.00 pm	<b>10 parallel workshops</b>
<b>WS 31</b>	<b>Education and trauma</b> Birgit Assel
<b>WS 32</b>	<b>I and my sexuality</b> Ellen Kersten
<b>WS 33</b>	<b>Three ways from surviving to living</b> Linn Arnesen
<b>WS 34</b>	<b>Who am I? What do I want?</b> Elena Pfarr
<b>WS 35</b>	<b>My body – my home?</b> Catherine Xavier
<b>WS 36</b>	<b>Loving or surviving in a couple relationship</b> Margriet Wentink, Wim Wassink
<b>WS 37</b>	<b>IoPT and profession</b> Birgit Kretzschmar
<b>WS 38</b>	<b>Who am i as a therapist</b> Christine Wong

<b>WS 39</b>	<b>IoPT and parenthood</b> Helmut Glas
<b>WS 40</b>	<b>IoPT with children</b> Mette Mehus
3.00 pm	<b>Break</b>
4.00 pm	<b>Discussion of the congress</b> panel of speakers
5.30 pm	<b>Saying goodbye</b> in special meeting rooms



**We will be happy to meet you at our first IoPT-live-online-congress worldwide!**

Prof. Dr. Franz Ruppert,  
Chairman of the Association

## Congress with

- Inspiring lectures
- 40 workshops to show Identity oriented Psychotraumatheapy (IoPT) in practice
- Presentation of empirical research
- Discussions in the plenum
- Meetings in virtual exchange rooms

**Organizer of the congress** Association for Promoting Healthy Human Autonomy e.V.

**Regular price: €390**

Get your tickets now and have a look at our website [www.healthy-autonomy.de](http://www.healthy-autonomy.de)  
Maximum number of participants: 1.000

**For booking questions**

[detlev.blechner@gesunde-autonomie.de](mailto:detlev.blechner@gesunde-autonomie.de)

**For organisational questions**

Christine Wong [christine@christinewong.sg](mailto:christine@christinewong.sg)  
Dagmar Strauß: [kontakt@praxis-ich-entwicklung.de](mailto:kontakt@praxis-ich-entwicklung.de)

**Book about the topic of the congress**

Franz Ruppert (2019) "Who am I in a traumatised and traumatising Society?"  
Steining, UK, Green Balloon Publishing.

**IoPT-live-online congress**  
17/18. and 24./ 25. Oktober 20

**What do I want?  
To live or to survive?**

**The real happiness to meet myself**

**Exiting our trauma biography with the Intention Method**

special guests

Prof. Dr. Gerald Hüther

Dr. Ludwig Janus

Dr. Hans-Joachim Maaz

# Congress program

All times CEST

## First Day: 17. October 2020

8.00 am	<b>Registration</b>
10.00 am	<b>Opening of the congress</b>
10.15 -11.45 am	<b>To live or to survive</b> Lecture and discussion with Prof. Dr. Franz Ruppert
12.00 -1.00 pm	<b>Lunch break</b>
1.00 - 3.00 pm	<b>10 parallel workshops</b>
<b>WS 01</b>	<b>Functional object or living subject?</b> Marta Thorsheim
<b>WS 02</b>	<b>IoPT and couples</b> Marion Nebbe
<b>WS 03</b>	<b>IoPT and individual sessions</b> Sophie Ruhlig
<b>WS 04</b>	<b>Self-encounter with my Immune system</b> Milagros Carmona
<b>WS 05</b>	<b>Saying Yes to life or Yes to survival?</b> Alexandra Smith
<b>WS 06</b>	<b>My life as a mother now</b> Bettina Kronegger
<b>WS 07</b>	<b>Traumatized parents and babies</b> Susanne Baldini
<b>WS 08</b>	<b>Sexual violence as trauma surviving strategy</b> Andrea Stoffers
<b>WS 09</b>	<b>My Healthy Self: Intimate and vulnerable</b> Maria Green

<b>WS 10</b>	<b>I need to be perfect</b> Lui Jia Huey
3.00 pm	<b>Break</b>
	<b>Presentation of research</b>
4.00 - 4.45 pm	<b>Explorative study to IoPT</b> Sigrid Stjernwård
4.45 - 5.30 pm	<b>Study about IoPT and autoimmune diseases</b> Maria Macarenco
5.30 pm	<b>Gathering</b> in special meeting rooms

## Second Day: 18. October 2020

8.00 am	<b>Registration</b>
10.00 am	<b>Welcoming to the 2nd Day</b>
10.15-11.45 am	<b>Live-online interview</b> Gerald Hüther and Franz Ruppert
12.00 - 1.00 pm	<b>Lunch break</b>
1.00 - 3.00 pm	<b>10 parallel workshops</b>
<b>WS 11</b>	<b>I have to or I am?</b> Harald Banzhaf
<b>WS 12</b>	<b>First intention and trauma biography</b> Helge Max Jahns
<b>WS 13</b>	<b>What do I want: To suffer or to live?</b> Annemarie Denk

<b>WS 14</b>	<b>I and Corona</b> Sissel Bru Reksten
<b>WS 15</b>	<b>Yes to my life</b> Diana Lucia Vasile
<b>WS 16</b>	<b>Identity trauma and dementia</b> Martina Wittmann
<b>WS 17</b>	<b>Being a cuckoo child</b> Gila Ring
<b>WS 18</b>	<b>I forever guilty and ashamed?</b> Christina Freund
<b>WS 19</b>	<b>IoPT in midwifery</b> Lily Anne Maier
<b>WS 20</b>	<b>IoPT and inheritance</b> Bernd LeMar
3.00 pm	<b>Break</b>
4.00 - 5.30 pm	<b>Live-online interview</b> Ludwig Janus und Franz Ruppert
5.30 pm	<b>Gathering</b> in special meeting rooms

## Third Day: 24. October 2020

8.00 am	<b>Registration</b>
10.00 am	<b>Welcoming to the 3rd Day</b>
10.15 -11.45 am	Franz Ruppert is conducting <b>IoPT-live-online workshop</b>

12.00 - 1.00 pm	<b>Lunch break</b>
1.00 - 3.00 pm	<b>10 parallel workshops</b>
<b>WS 21</b>	<b>Identity, intention and I</b> Vivian Broughton
<b>WS 22</b>	<b>Loving oneself</b> Dagmar Strauss
<b>WS 23</b>	<b>We don't listen, I don't care</b> Raymond Foong
<b>WS 24</b>	<b>Trauma and vaccinations</b> Gabriele Hoppe
<b>WS 25</b>	<b>My money and I</b> Rebecca Szeto
<b>WS 26</b>	<b>IoPT and my helper syndrome</b> Ruth Kuczka
<b>WS 27</b>	<b>I as a leader</b> Wayne Carpenter
<b>WS 28</b>	<b>I or still We?</b> Cristina Common
<b>WS 29</b>	<b>IoPT and attempts of abortion</b> Alexandra Leonova
<b>WS 30</b>	<b>Body, psyche and trauma</b> Margriet Senn und Ewald Dietrich
3.00 pm	<b>Break</b>
4.00 pm	<b>Mother-Child-Bonding</b> lecture and discussion with Franz Ruppert
5.30 pm	<b>Gathering</b> in special meeting rooms