

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

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

Reserve your tickets now

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

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

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

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

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

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