Many of us have to live a trauma biography, because we were not wanted, not loved and not protected. Therefore we survive instead of living our own life. Even collectively we force us mutually to accept our trauma-surviving-strategies, in our families, in relationships with our partners, in the economy as well as in politics.

Based on Identity oriented Psychotraumatheory (IoPT) we can offer a therapeutic method by the help of the Intention Method, to exit our trauma biography. We can live instead of only to survive. We then understand what is possible to do and what is impossible to do for ourselves and in our relations.

I am happy to meet you at the 5th International Congress of the Association promoting Healthy Human Autonomy e.V.

Take your life into your own hands

Franz Ruppert
Chairman of the Association

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<th>Sunday 18.10.</th>
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All lectures will be translated simultaneously; all workshops and discussions will be translated consecutively English-German or German-English.

Congress program

- Inspiring lectures
- 40 workshops to show Identity oriented Psychotraumatherapy (IoPT) in practice
- Presentation of empirical research
- Discussions in the plenum
- Congress party with Music and Dancing

Organizer of the Congress
Association for Promoting Healthy Human Autonomy e.V. www.healthy-autonomy.de

Regular price: 390 Euro
Further information about the speakers and the workshops and booking online
www.healthy-autonomy.de

Questions to the registration:
Detlev Blechner
detlev.blechner@gesunde-autonomie.de

Questions for the organization:
Dagmar Strauß
kontakt@praxis-ich-entwicklung.de

Book on the topic of the Congress
Franz Ruppert (2019). Who am I in a traumatised and traumatising Society?
Steyning, UK, Green Balloon Publishing.

We will be happy to welcome you here in Munich!
Congress program

Friday 16.10.
Registration from 10 o’Clock
12.00-12.15 Congress Opening
12.15-13.45 To live or to Survive? Franz Ruppert
13.45-14.15 Break
14.15-15.45 10 Parallel Workshops
Forum 1 Fr01 Functional object or living subject? Marta Thorshøj
Forum 6 Fr02 What do I want: To suffer or to live? Annemarie Denk
Forum 7 Fr03 IoPT and individual sessions Sophie Ruhlig
Forum 8 Fr04 Trauma and birth Mischa Witecki
Forum 10 Fr05 My life as a mother now Bettina Kronegger
Forum 11 Fr06 Compassion with my traumatized I Cordula Schulte
Forum 12 Fr07 Identity trauma and dementia Martina Wittmann
Forum 13 Fr08 Parents, children and IoPT Beate Herrmann
Forum 15 Fr09 I Need to be perfect Jia Huey Lui
Forum 16 Fr10 Development of I and Self Joachim Bauer
15.45-16.15 Break
16.15-17.45 10 Parallel Workshops
Forum 1 Fr11 I have to or I am? Harald Banzhaf
Forum 6 Fr12 I don’t yet understand myself Detlev Blechmair
Forum 7 Fr13 IoPT and Couples Marion Nebbe
Forum 8 Fr14 Surviving attempted abortions Bente Feldstad
Forum 10 Fr15 Sexually traumatized in a couple relationship Meike Hansen
Forum 11 Fr16 Sexual violence as trauma surviving strategy Andrea Stoffers
Forum 12 Fr17 Being a Cuckoo child Gila Ring
Forum 13 Fr18 I forever guilty and shamed? Christina Freund
Forum 15 Fr19 IoPT in midwifery Lily Anne Maier
Forum 16 Fr20 IoPT and Inheritance Bernd LeMar
17.45-18.15 Break
18.15-19.45 Development of I and Self Joachim Bauer

Saturday 17.10.
09.00-09.15 Introduction
09.15-10.45 The Intention Method Franz Ruppert
10.45-11.15 Break
11.15-12.45 10 Parallel Workshops
Forum 1 Sa01 Identity, Intention and I Vivian Broughton
Forum 6 Sa02 Loving oneself Dagmar Strauss
Forum 7 Sa03 We don’t listen, I don’t care Raymond Foong
Forum 8 Sa04 Drug abuse and IoPT Anneliese Myra
Forum 10 Sa05 My money and I Rebecca Szeto
Forum 11 Sa06 IoPT and my helper syndrome Ruth Kuczka
Forum 12 Sa07 How to integrate trauma feelings? Ingrid Perg
Forum 13 Sa08 I, or still We? Cristina Common
Forum 15 Sa09 Who am I in the here and now Marion Dieter/Dieter Konwiarz
Forum 16 Sa10 Body, psyche and IoPT Margrit Senn/Ewald Dietrich
12.45-14.00 Lunch break
14.00-15.30 Living in love – surviving without Hans-Joachim Maaz
15.30-16.00 Break
16.00-16.30 Explorative Study to IoPT Sigrid Stjernwärd
16.30-17.00 Study about IoPT and autoimmu–ne diseases Maria Macarenco
17.00-18.00 Discussion in Plenum
ab19.30 Congress party with music and dancing

Sunday 18.10.
09.00-09.15 Introduction
09.15 – 10.45 From entanglement to development. Reorganising patterns in our brain Gerald Hüther
10.45-11.15 Break
11.15-12.45 10 Parallel Workshops
Forum 1 So01 IoPT and individual sessions Birgit Assel
Forum 6 So02 I and my sexuality Ellen Kersten