

Welcome to the workshop: The pleasure to be I.

My name is Astrid Erslund Sandvik and I am from the west coast of Norway. I have followed and studied with Marta Thorsheim since 2003 and with Franz Ruppert since 2013. I work with small groups and individual settings. And I have supervision groups for IoPT-students and therapists in Norway.

The pleasure to be I. Or as I first noted: The great joy of finding my I! So it tells that **my I** has been lost in some way, and has been found. That is the tema.

The teori is really essential. It goes together with the therapi like hand in a glove. I hope you read and studie Ruppert's books.

**After early trauma it is hard to develop your own identity.
After early trauma it is difficult to find your own will.**

Here are **some** of the consequences when you early had **to give up your unity** in order to survive and split off your healthy I and healthy will.

1)Movement:

Searching, begging for mother. And later in life: people close to you. Father, partner, children. **I need to be seen, to be liked, to be loved. Where can I feel home? Alone I am nothing.**

Without your I you get into a lot of **Identifications** with others.

2)Movement:

To be a good girl/boy. Two ways of trying to be loved:

Do my very, very best. Always.

Adjust to what they want. Always.

Constellations can help you find your own healthy will.

3)Movement:

Being invisible. Protection from the scary things.

It is a great strategy. But the senter in our brain which has to report to the body that the danger is over does not work so well after early traumatization.

The hidden stress continues, the sabotasje of my life continues.

IoPT shows a way out of the hidingplace!

**All this includes searching or avoiding contact with other people.
But the consequences are also big**

In contact with myself.

1) **Less or none contact with parts of my body.**

2) **Building up an pseudo-I.** Because I cannot find my own.

This lack of contact creates stress, which leads to pain and illnesses.

The problems with early traumatizations is that you really do not know how it is to have good contact with yourself. Not before you have done some loPT therapy. In a way it is to go from «apparently good contact» to real good contact with yourself and others.

2 stories from my practice:

An example from the time with intention sentence without the silent start: A woman working in a small group with representatives.

Some parts were shouting, having fun and dancing. The I-part was scared and went away hiding herself, being very small. The will was frozen. **The client preferred contact with the jolly surviving parts because she searched for some more joy in life.** She did not have the understanding about searching her I and will. And I did not teach enough about this!

The teori and therapy goes together! Should always go together!

A one-to one session. We used white papers with the words on. Often there is an urge to move or reorganize the papers after some time. This time all the resonans points were coming more together like a circle. Then the I paper claimed to be placed in the middle, and the woman could stand on it and go into resonance. She was shocked and thrilled. «I thought placing myself in the middle mend to be a psychopath!» She is well educated, she new this is rubbish. Still this was an active prevention in her to avoid good contact with herself. **This is attributions.** Someone had given her that impression as a child. I am too much. I am wrong. **She now started to enjoy being in the midle of her own life.**

loPT teori is great in understanding the whole living body. loPT therapy is a good tool to find and live truly with your I and your will. Step by step. In your own speed. Follow your own intentions.

You pick up all your bits and pieces. Not to go back and stay in trauma. But to see, feel, have compassion with yourself. Include all that happened to you, all that influenced your life. Slowly you are getting back the wholeness, the unity. And on your way you will meet and get to know your true I.

When you really find your I it is a great joy!