

FROM SURVIVAL TO LIFE

Everyone has been traumatized in childhood at some stage. But everyone also has a healthy self, an indestructible core of being. The self can be re-discovered. A healthy identity, i.e. an unconditional yes to one's own existence and the development of unbridled vitality and joie de vivre, are the key to a fulfilled life and our normal state - before trauma. The IoPT leads us back there - to real life.

CONTACT


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Online training 2025 in identity-oriented psychotrauma theory/therapy (IoPT)

Licensed IoPT further training based on the original documents of the founder of the IoPT, Prof. Dr. Franz Ruppert





We cannot win a war
today that we have
already lost in our
childhood.

Franz Ruppert

IOPT – AT A GLANCE

Franz Ruppert's Identity-Oriented Psychotrauma Theory (IoPT) aims to resolve unconscious and split-off emotional conflicts. Franz Ruppert developed his own constellation method (intention method or self-encounter) from Bert Hellinger's family constellations. It always works with a personal intention, which strengthens self-responsibility and gives the process direction. Forgiveness of the perpetrator is not an unconditional goal of IoPT, but rather becoming aware of - and thus getting out of - toxic entanglements and perpetrator-victim dynamics. The method, underpinned by a sound theory, is highly effective on all levels: mental, psychological, physical and above all emotional: through emotional self-resonance, the gradual feeling of suppressed pain, we come back to ourselves. IoPT is cause- and truth-oriented. It reveals a deep understanding of who we are and thus offers a key to discovering our self and identity.

Through the proven principle of resonance, we experience our personal and psychological reality holistically and sustainably, which makes real transformation possible - both internally and externally.

IoPT makes you aware of your own identity development; strengthens healthy self

BENEFITS

All participants will have the opportunity to take part in the update seminars for Franz Ruppert graduates. For people who offer IoPT themselves - or would like to integrate it into their work with people - this further training offers what I consider to be an indispensable prerequisite. You can only accompany people to where you have already been. The seminar modules take you to all possible stages of your trauma biography and thus offer you an all-round view of your psychological map. The course is therefore also very suitable for people who want to use IoPT to progress further in their own processes - or even to begin with them. Upon completion of the course, each participant receives a certificate. After completing the course, graduates who are interested can participate free of charge in my intervention group as well as in a supervision group for a fee.

SCHEDULE & DATES

All course modules take place online.

The prerequisite for participation is a binding registration by November 30, 2024 and a personal meeting via Zoom. I will be happy to answer any questions you may have in advance and to help you get to know and try out the method without obligation. You are also welcome

structures; promotes your own free will; makes you aware of survival strategies; helps you to recognize the truth of your own traumas, overcome divisions and give up entanglements. It leads back to wholeness: healing means becoming whole - with yourself.

IOPT TRAINING

The training enables a deeper understanding and internalization of IopT. In addition to teaching theory, the course is primarily aimed at practice: self-encounters, accompanied by me or by participants who want to gain experience as process facilitators. IopT is also and above all an experiential science. It lives equally from theoretical and practical knowledge. It evolves and is not dogmatic. Every person, as an expert on themselves, their life and their psyche, is welcome to contribute to the general increase in knowledge. Consciousness arises from co-awareness. Self-encounters are reflected as practical teaching examples and theoretical inputs are discussed. All participants are equally given the opportunity for their own self-encounters and guiding others.

SEMINAR TIMES & PRICE

The 8 modules take place over 8 weekends: Saturday & Sunday from 10:00 - 18:00, one hour lunch break each day. The participation

to arrange a one-to-one session to get to know me and my work.

The training starts in January 2025 with a minimum of six participants and a maximum of twelve participants. It comprises 8 modules of 2 days each on these dates:

Module I: January 18-19, 2025

The human psyche

Module II: February 22-23, 2025

Psychotrauma in general

Module III: March 29-30, 2025

Identity

Module IV: May 3-4, 2025

Early traumata

Module V: June 14-15, 2025

Trauma of love

Module VI: July 26-27, 2025

Sexual trauma

Module VII: September 6-7, 2025

Perpetrator-victim-dynamic

fee is € 2,700.00. Payment in instalments on a quarterly or monthly basis is possible.

ABOUT ME

I am Christian, born in Duisburg, Germany, in 1975, a graduate social scientist. I work as an identity-oriented & trauma-focused coach and legal guardian in Stralsund, Germany. I have completed training as a systemic coach (certified according to the International Coach Federation - ICF), am continuously training myself and am in a constant process of self-development. I have been working as a freelance coach and consultant since 2017. In 2021 I completed the one-year further training in Identity-Oriented Psychotrauma Theory (IoPT) & practice for self-encounter with the intention method according to Franz Ruppert and am on his recommendation list. I have been a certified IoPT trainer since 2023.

Module VIII: October 18-18, 2025

Intention method