

## 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 rediscovered. 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 of being - before trauma. The IoPT leads us back there - to real life and away from mere survival.



## 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 direction to the process. Forgiving the perpetrator is not an unconditional goal of IoPT but rather becoming aware of - and thus getting out of - toxic emotional 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 true healthy 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 guide 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 development - or even to begin with it. Upon completion of the course, each participant receives a certificate. Graduates who are interested can participate free of charge in my intervision group.

## SCHEDULE & DATES

**All course modules take place online which is authorised by Franz Ruppert.**

The prerequisite for participation is a binding registration by July 31, 2025, and a personal meeting via Zoom. I will be happy to answer any questions you may have in advance. You are also welcome to arrange an info meeting or one-to-one session or to visit my open Zoom IoPT group to get to know me and my work.



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. All persons, as experts on themselves, their life and their psyche, are 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 CET, one hour lunch break each day. The participation fee is € 2,000.00. Payment in

The training starts in October 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: October 11-12, 2025**

*The human psyche*

#### **Module II: November 15-16, 2025**

*Identity and trauma of identity*

#### **Module III: December 13-14, 2025**

*Trauma of love and basics of bonding theory*

#### **Module IV: January 10-11, 2026**

*Trauma of sexuality*

#### **Module V: February 7-8, 2026**

*Perpetrator-victim-dynamic*

#### **Module VI: March 7-8, 2026**

*Intention method of IopT*

#### **Module VII: April 11-12, 2026**

*Early trauma*

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), I am continuously training myself and I 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 Professor Franz Ruppert and I am on his recommendation list. I have been a certified IoPT trainer since 2023.

### Module VIII: May 9-10, 2026

*Trauma of health - splitting of body and psyche and the consequences*

