

IoPT Trainings and Seminars

***with Prof. Dr. Franz Ruppert
and Marta Thorsheim***





Identity oriented Psychotrauma Theory and Therapy with the intention method

“WHO AM I? AND WHAT DO I WANT?”

A healthy self, a free will and good emotional contact with our body. These are both together and separately important building blocks in what we call identity. How do we best unlock and strengthen this core in our being – find and live out the real edition of ourselves?

In our trainings and seminars we use Prof. Dr. Franz Ruppert's intention method to work with each individual's "history", recognizing and resolving the many traumatic life experiences that lie behind the splits in our identity. Guiding, supporting and working with you toward the great goal - realizing the true version of yourself.

A warm welcome to our seminars and training programmes!

Manja Thuestem



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“I’ve had the pleasure of witnessing the remarkable work of Marta Thorsheim in IoPT, and to experience personally the impact of this modality. In one session I was guided to the very core issue in my life, in a deeper way than I had experienced before.

Within one day integrating this new insight made an immediate difference in my life. I highly recommend Marta’s seminar to everyone and especially to counselors, therapists and all those working in health care.”

— DR. GABOR MATÉ —



“All we need to process is stored in our body and our psyche and appears in the IoPT session when we need it.”

— PROF. DR. FRANZ RUPPERT —
FOUNDER IoPT

IoPT NORWAY – SEMINARS AND TRAINING

SEMINARS AND TRAINING

— See iopt.no/en for more information

LEVEL 1: Basic Training

— **Basic Training IoPT**

- Currently offered only in Norwegian.

LEVEL 2: Advanced Training

— **Advanced Training IoPT**

- Module 1 in Los Angeles, 2020.

LEVEL 3: Advanced International Trainings Oslo and Munich

— **Advanced International Trainings**

- With Prof. Dr. Franz Ruppert in Munich.
- With Marta Thorsheim in Oslo.
- 5 modules.

Los Angeles Programme

Hosted by The Institute for Identity Development

Prof. Dr. Franz Ruppert 1st USA Seminar
3 Days Workshop and Lecture

August 16-18, 2019

Who am I and what do I want? Moving away from surviving towards a good life

How can we live in intimate relationships and in larger society, in constructive forms of love and stay healthy? Why is the development of a healthy Identity so difficult? What impact do traumatic life experiences have on this? How do the trauma of love and other early trauma dynamics form and split our identity? And what options are available to overcome the splits that are hidden deep within the human psychological structure?

Marta Thorsheim
Workshop and Lecture

February 15-16, 2020

Who am I in a Traumatized and Traumatizing Society? Victim-perpetrator Dynamics and the Way Out

This is an open workshop in Los Angeles for anyone interested in learning how earliest experiences shape their lives. Working in roughly hour-long sessions, using the Sentence of intention as developed by Prof. Dr. Franz Ruppert, Marta helps participants access core issues involving early trauma in childhood, infancy, birth and even pre-natal and transgenerational trauma. In this way a person's healthy I (core identity) and healthy will (what we really want) begin to gain the freedom to develop and grow.

Venue all events: University of California, UCLA

More information and registration: instituteforidentitydevelopment.com

Marta Thorsheim, 4 Days in Los Angeles
Training Module 1

February 18-21, 2020

The Human Psyche and what Psychotrauma means

The objective of the program is to provide a thorough insight into modern trauma theory and treatment for adults, adolescents and children/families. You will learn how trauma affects identity development, the development of our free will, and all other mental structures, including body development and growth. The training also includes the different trauma types and their characteristics as well as how to deal with split parts after traumatization. ID sessions, lecture and reflections.



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*”Profoundly empathic
and clear minded,
Marta Thorsheim is
a brilliant, international
IoPT trainer.”*

— PROF. DR. FRANZ RUPPERT —



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*“In 45 years of work, no therapist,
practitioner or doctor has come close to being
as effective for me as Marta Thorsheim.”*

— STEPHEN GYLLENHAAL —
FILMMAKER LOS ANGELES

Book your IoPT Skype Session

*Self encounter with **your** intention*

Marta Thorsheim and team in Oslo, Norway
and you in your home

Experience Identity Skype Sessions – IoPT

The sessions need to be booked well in advance.

And preferably you connect from a big screen, to give you as many details as possible.

When working therapeutically using IoPT, you first of all consider your intention:

- What do I want to achieve through this work?
- What is my goal?
- What would I like to look at more closely?
- What is the next step in my therapy?

Based on this, you formulate your Sentence of Intention. No further information from you is needed. Everything needed will show up in the process. Here are a few examples of intentions:

- I want to sleep well
- I want to have a child
- I want to be happy
- What happened to me?
- How did I experience my birth?

The intentions come in many variations, and all are accepted as formulated. The intention provides a safe and defined framework. The therapist supports the process and initiates external impulses where healing and change processes are beneficial and relevant.

More information: iopt.no/en

Welcome to book your process!

International Advanced Training IoPT

The latest developments

The programme in Munich

is with the founder of IoPT, Prof. Dr. Franz Ruppert

The programme in Oslo

is with Marta Thorsheim and is aligned with the programme in Munich

The objective of the programme is that the participants shall reach a deeper understanding of Professor Ruppert's groundbreaking theories and concepts on Identity development and how trauma does affect it. This refers to the development of our I and our will and all other psychic structures including the growth of our body.

It will also be trained how to work with the split personality structures induced by trauma. **The key method is called Self Encounter by my Intention.**

The training in Munich is acknowledged as maintenance by The Norwegian Psychological Association (NPF) and both trainings as update by The Norwegian Traumatherapist Association (NTF).

The trainings may be eligible for Professional Development Credits or Professional Continuing Education Credits from other professional accreditation and licensing organizations.

Registration and more information: iopt.no/en

Welcome!



	MUNICH 2022 - 2023	OSLO 2022 - 2023
MODULE 1 The Human Psyche in a living organism and what Psychotrauma means	2022 January 27-29	2022 February 1-3
MODULE 2 Identity, Identification and Attributions and The Trauma of Identity	2022 May 19-21	2022 May 24-26
MODULE 3 Love, Bonding and The trauma of Love	2022 November 17-19	2022 November 22-24
MODULE 4 Sexuality and The Trauma of Sexuality	2023 January 26-28	2023 January 31-February 2
MODULE 5 Victims and Perpetrators and the Trauma of being a Perpetrator	2023 June 29-July 1	2023 July 4-6

Munich 2020 - 2021: Fully booked • Oslo 2018 - 2020 and 2020 - 2021: Fully booked

5th International Congress

October 16-18, 2020 in Munich

What do I want: Surviving or living?

Speakers:

Prof. Dr. Joachim Bauer

Dr. Michaela Huber

Prof. Dr. Gerald Hüther

Dr. Hans-Joachim Maaz

Prof. Dr. Franz Ruppert

40 IoPT - Workshops

Venue all events: Hotel Holiday Inn City Center, am Gasteig, Munich

More information: healthy-autonomy.de or iopt.no/en

Seminar and Lecture

Prof. Dr. Franz Ruppert in Oslo 2020

March 27-28, 2020

September 18-19, 2020



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“With IoPT, Franz Ruppert has opened the door to our future.”

— STEPHEN GYLLENHAAL —
FILMMAKER LOS ANGELES

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