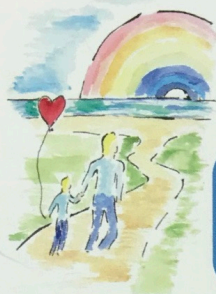


An Introductory Course in Identity-oriented Psychotrauma Therapy

September - December 2020



Four 2-day Modules

Module 1: 26/27 September

Module 2: 24/25 October

Module 3: 7/8 November

Module 4: 5/6 December

*"Resolving early traumatisation
can permanently alter and
improve a person's whole life."*
Franz Ruppert

About the Course

This course is an introduction to IoPT Theory and The Intention Method, as developed by Professor Franz Ruppert (Munich) over the past thirty years. It is open to all those interested in the topic of trauma, who wish to explore their own personal issues in a safe, closed group.

Facilitated by **Lucy Jameson**, the course will comprise experiential personal work, alongside some basic theoretical explanation and discussion. Completion of this course is a prerequisite for the 2021 IoPT Education Course, led by Vivian Broughton.

No prior experience of IoPT is necessary - just a willingness to explore yourself, and this method, in a safe setting.

Cost: £695

The Centre for Healthy Autonomy
Commerce Road, Brentford TW8 8LE

www.healthy-autonomy.co.uk



Lucy Jameson was born in London in 1976.

From 2015 to 2018, she attended Vivian Broughton's IoPT Advanced Education Course, on which she was an apprentice (senior student) for two years.

Lucy has her own private IoPT practice in West Sussex, where she lives with her partner and their two children. She offers regular group workshops, as well as individual sessions, via Skype and in person.

In 2018 Lucy presented a workshop 'Eating Disorders & Trauma' at the 4th International IoPT Conference "My Body, My Trauma, My I" in Munich, Germany. She co-presented 'Motherhood & Identity Development' at the same conference in 2016.

*"Everything you need to know for your own
trauma healing is within you. You can access it
when you are ready to take the risk."*

Franz Ruppert

For more information please visit:
www.healthy-autonomy.co.uk

or contact Lucy: +44 (0)7932 074201
lucyjameson76@gmail.com



*"The experience of being
seen and sharing intimate
material as a group was very
powerful and the level of
acceptance from the start...
was surprising and
wonderful."*

Previous course participant