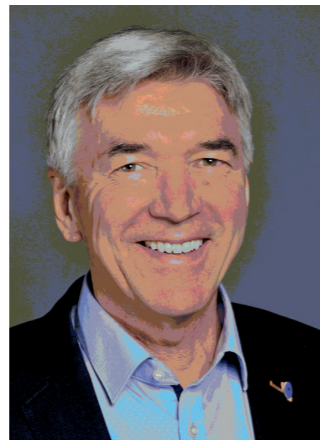


## Take your life into your own hands

Many of us have to live a trauma biography, because we were not wanted, not loved and not protected. Therefore we survive instead of living our own life. Even collectively we force us mutually to accept our trauma-surviving-strategies, in our families, in relationships with our partners, in the economy as well as in politics.

Based on Identity oriented Psychotraumatheory (IoPT) we can offer a therapeutic method by the help of the Intention Method, to exit our trauma biography. We can live instead of only to survive. We then understand what is possible to do and what is impossible to do for ourselves and in our relations.

I am happy to meet you at the 5th International Congress of the Association promoting Healthy Human Autonomy e.V.



**Franz Ruppert**  
Chairmann of the  
Association

<b>Sunday 18.10.</b>		
<b>Forum 7</b>	<b>So03</b>	<b>Yes to my life</b> Diana Lucia Vasile
<b>Forum 8</b>	<b>So04</b>	<b>I feel, therefore I am</b> Alice Schultze-Kraft
<b>Forum 10</b>	<b>So05</b>	<b>My body – my home?</b> Catherine Xavier
<b>Forum 11</b>	<b>So06</b>	<b>Loving or surviving in a couple relationship?</b> Margriet Wentink, Wim Wassink
<b>Forum 12</b>	<b>So07</b>	<b>IoPT and profession</b> Birgit Kretzschmar
<b>Forum 13</b>	<b>So08</b>	<b>Trauma and money</b> Christine Wong
<b>Forum 15</b>	<b>So09</b>	<b>IoPT and parenthood</b> Helmut Glas
<b>Forum 16</b>	<b>So10</b>	<b>Living or surviving with ADHS?</b> Mette Mehus
12.45-13.15	<b>Break</b>	
13.15-14.15	<b>Exchange in Plenum</b>	
14.15-14.30	<b>End of the Congress</b>	

All lectures will be translated simultaneously; all workshops and discussions will be translated consecutively English-German or German-English.

## Congress program

- **Inspiring lectures**
- **40 workshops to show Identity oriented Psychotraumatheory (IoPT) in practice**
- **Presentation of empirical research**
- **Discussions in the plenum**
- **Congress party with Music and Dancing**

### Organizer of the Congress

Association for Promoting Healthy Human Autonomy e.V. [www.healthy-autonomy.de](http://www.healthy-autonomy.de)

### Regular price: 390 Euro

Further information about the speakers and the workshops and booking online [www.healthy-autonomy.de](http://www.healthy-autonomy.de)

**Questions to the registration:** Detlev Blechner  
[detlev.blechner@gesunde-autonomie.de](mailto:detlev.blechner@gesunde-autonomie.de)

**Questions for the organization:** Dagmar Strauß  
[kontakt@praxis-ich-entwicklung.de](mailto:kontakt@praxis-ich-entwicklung.de)

### Book on the topic of the Congress

Franz Ruppert (2019). Who am I in a traumatised and traumatising Society?  
Steyning, UK, Green Balloon Publishing.

**We will be happy to welcome you here in Munich!**

## 5th International Congress

# What do I want: To live or to survive?

## Exiting our Trauma Biography with IoPT and the Intention Method

### Main Speakers:

Prof. Dr. Joachim Bauer  
Prof. Dr. Gerald Hüther  
Dr. Hans-Joachim Maaz  
Prof. Dr. Franz Ruppert

### 16. – 18. October 2020 in Munich

Holiday Inn Munich  
City Centre am Gasteig  
Hochstrasse 3  
81669 München

# Congress program

<b>Friday 16.10.</b>	<b>Registration from 10 o`Clock</b>	
12.00-12.15	<b>Congress Opening</b>	
12.15-13.45	<b>To live or to Survive?</b> Franz Ruppert	
13.45-14.15	<b>Break</b>	
14.15-15.45	<b>10 Parallel Workshops</b>	
<b>Forum 1</b>	<b>Fr01</b>	<b>Functional object or living subject?</b> Marta Thorsheim
<b>Forum 6</b>	<b>Fr02</b>	<b>What do I want: To suffer or to live?</b> Annemarie Denk
<b>Forum 7</b>	<b>Fr03</b>	<b>IoPT and individual sessions</b> Sophie Ruhlig
<b>Forum 8</b>	<b>Fr04</b>	<b>Trauma and birth</b> Mischa Witteck
<b>Forum 10</b>	<b>Fr05</b>	<b>Saying YES to life or Yes to survival?</b> Alexandra Smith
<b>Forum 11</b>	<b>Fr06</b>	<b>My life as a mother now</b> Bettina Kronegger
<b>Forum 12</b>	<b>Fr07</b>	<b>Compassion with my traumatized I</b> Cordula Schulte
<b>Forum 13</b>	<b>Fr08</b>	<b>Identity trauma and dementia</b> Martina Wittmann
<b>Forum 15</b>	<b>Fr09</b>	<b>Parents, children and IoPT</b> Beate Herrmann
<b>Forum 16</b>	<b>Fr10</b>	<b>I Need to be perfect</b> Jia Huey Lui

15.45-16.15	<b>Break</b>	
16.15-17.45	<b>10 Parallel Workshops</b>	
<b>Forum 1</b>	<b>Fr11</b>	<b>I have to or I am?</b> Harald Banzhaf
<b>Forum 6</b>	<b>Fr12</b>	<b>I don't yet understand myself</b> Detlev Blechner
<b>Forum 7</b>	<b>Fr13</b>	<b>IoPT and Couples</b> Marion Nebbe
<b>Forum 8</b>	<b>Fr14</b>	<b>Surviving attempted abortions</b> Bente Fjeldstad
<b>Forum 10</b>	<b>Fr15</b>	<b>Sexually traumatized in a couple relationship</b> Meike Hansen
<b>Forum 11</b>	<b>Fr16</b>	<b>Sexual violence as trauma surviving strategy</b> Andrea Stoffers
<b>Forum 12</b>	<b>Fr17</b>	<b>Being a Cuckoo child</b> Gila Ring
<b>Forum 13</b>	<b>Fr18</b>	<b>I forever guilty and shamed?</b> Christina Freund
<b>Forum 15</b>	<b>Fr19</b>	<b>IoPT in midwifery</b> Lily Anne Maier
<b>Forum 16</b>	<b>Fr20</b>	<b>IoPT and Inheritance</b> Bernd LeMar
17.45-18.15	<b>Break</b>	
18.15-19.45	<b>Development of I and Self</b> <b>Forum 1</b> Joachim Bauer	

<b>Saturday 17.10.</b>		
09.00-09.15	<b>Introduction</b>	
09.15-10.45	<b>The Intention Method</b> Franz Ruppert	
10.45-11.15	<b>Break</b>	
11.15-12.45	<b>10 Parallel Workshops</b>	
<b>Forum 1</b>	<b>Sa01</b>	<b>Identity, Intention and I</b> Vivian Broughton
<b>Forum 6</b>	<b>Sa02</b>	<b>Loving oneself</b> Dagmar Strauss
<b>Forum 7</b>	<b>Sa03</b>	<b>We don't listen, I don't care</b> Raymond Foong
<b>Forum 8</b>	<b>Sa04</b>	<b>Drug abuse and IoPT</b> Anneliese Myra
<b>Forum 10</b>	<b>Sa05</b>	<b>My money and I</b> Rebecca Szeto
<b>Forum 11</b>	<b>Sa06</b>	<b>IoPT and my helper syndrome</b> Ruth Kuczka
<b>Forum 12</b>	<b>Sa07</b>	<b>How to integrate trauma feelings?</b> Ingrid Perg
<b>Forum 13</b>	<b>Sa08</b>	<b>I, or still We?</b> Cristina Common
<b>Forum 15</b>	<b>Sa09</b>	<b>Who am I in the here and now</b> Marion Adler/Dieter Konwiarz
<b>Forum 16</b>	<b>Sa10</b>	<b>Body, psyche and IoPT</b> Margrit Senn/Ewald Dietrich

12.45-14.00	<b>Lunch break</b>	
14.00-15.30	<b>Living in love – surviving without</b> <b>Forum 1</b> Hans-Joachim Maaz	
15.30-16.00	<b>Break</b>	
16.00-16.30	<b>Explorative Study to IoPT</b> Sigrid Stjernwård	
16.30-17.00	<b>Study about IoPT and autoimmune diseases</b> Maria Macarenco	
17.00-18.00	<b>Discussion in Plenum</b>	
ab19.30	<b>Congress party</b> with music and dancing	

<b>Sunday 18.10.</b>		
09.00-09.15	<b>Introduction</b>	
09.15 – 10.45	<b>From entanglement to development. Reorganising patterns in our brain</b> <b>Forum 1</b> Gerald Hüther	
10.45-11.15	<b>Break</b>	
11.15-12.45	<b>10 Parallel Workshops</b>	
<b>Forum 1</b>	<b>So01</b>	<b>IoPT and individual sessions</b> Birgit Assel
<b>Forum 6</b>	<b>So02</b>	<b>I and my sexuality</b> Ellen Kersten