Identity-Oriented Psychotrauma Theory and Therapy

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FELD INSTITUT

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Franz Ruppert (born 1957) is a professor emeritus of psychology at a university of applied sciences in Munich. He developed IoPT.

- **IoPT =**
  Identity-Oriented Psychotrauma Theory and Therapy

He works with the **Intention Method.**

“What is your intention?”



Ruppert's Theory

The Traumatised Mind

- A traumatised mind resists self-awareness by focusing on the outside world.
- It loses itself in talking, constant activity and fighting, and numbs itself.
- Every day, it contributes to its own unhappiness.

A Healthy Mind

distinguishes between

- I, You, We
- Yesterday, Today, Tomorrow
- Perception and Projection
- Inside and Outside
- Loving and Needing
- Sensual Pleasure and Sexual Desire
- Reality and Illusion
- The Possible and the Unattainable
- Life, Survival, Death

It is **happy with itself** and wishes the same for others.

A healthy mind requires a strong identity.

This is why Ruppert focuses on



in his work.