

## Developmental Trauma, IoPT Theory and Therapy 2 day seminar

### Introduction and Curriculum:

**This introductory seminar** investigates the impact of Developmental and Relational Trauma which can be seen in people from every walk of life, from birth through to final years. The eminent writers and practitioners in the trauma field all point to the importance of understanding how trauma imprints are created, and how they underlie mental health, behavioural and personality disorders.

This seminar will appeal to anyone who wants to expand their knowledge about developmental trauma and the ripples it creates.

**Day 1** we will explore the dynamics of Developmental Trauma, including sessions on the neuroscience of trauma and particularly natal trauma. Extracts from the documentary **In Utero** will be used to bring depth to the topic of natal trauma. We will also explore the Identity oriented Psychotrauma Theory of Professor Franz Ruppert (IoPT) and its related Intention Method of therapy. Other topics will include:

- **Infant bonding and trauma**- how infant attachment is impaired by trauma and how it effects developing physiology and psychology
- **Mind/body connection and trauma**- the trauma emergency response and trauma imprints
- **Identity and trauma**- the effects of developmental trauma on inner Identity and outer life
- **Identity Therapy**-an experiential method that accesses trauma imprints for healing

**Day 2** is an opportunity for participants to further expand their knowledge of IoPT and the Intention Method by either choosing to work on a personal topic, and/or being a resource in the working sessions. There will be many opportunities to bring the learning from Day 1 into life, resulting in a clearer view of the many impacts of developmental trauma. In Day 2 will also explore the Intention Method in a 1:1 session.

The programme carries a CPD certificate of 14 hours.

Booking is easy go to [www.alexandraasmith.co.uk](http://www.alexandraasmith.co.uk)

