

### ***How is the group workshop structured?***

Workshops are based on the **Intention Method** for self development, and the Identity oriented Psychotrauma Theory (IoPT) of Dr. Professor Franz Ruppert, a German psychotherapist and expert in the trauma field.

Clients are able to explore issues that are troublesome and/or distressing to them in a safe setting, which is focused on what THEY want to be improved. At the beginning of each working session the client briefly talks about what they want to focus on in their session. Some people may choose to give some brief information about their background as an additional orientation; however this is not necessary for the session to be effective. In a short sentence the client is asked to state their Intention for their session- or in other words, ***what the client wants to get from their session?***

This is an active approach, and the client is involved in the session from the beginning. The Intention Method enables the client to access inner dynamics about their troublesome issue, which are likely to be unconscious, yet be contributing in a real way. This is achieved by the client inviting individuals from the group to represent specific words from the intention statement which they have formed. Any person who is invited to represent has the free choice to accept, and then the client places themselves and the representative for the word in the working space, and the work begins. As the work continues, and additional representatives are added, the client expands their Identity encounter and the inner dynamics that relate to their intention.

Representatives are asked to pay particular attention to their senses during their resonance with the word they are representing, because they are likely to think or feel things as their representation continues during the session. This information is shared with the client as the work proceeds. What we know about this Identity oriented work is that it taps into unconscious information from both the mind and body, and through certain naturally occurring functions of the brain, this information becomes known. Because this is a Person-Centred approach we work at a pace that best suits the client.

My role is to facilitate the sessions in a way that provides a conducive and helpful environment for everyone in the group, especially the clients who are undertaking their session. At the conclusion of each session the representatives are thanked by the client, and everyone returns to their seat.

The outcome of the session is likely to reveal things to the client which are new or were unknown, and supports their Intention to an improved situation for themselves. Reflections may be invited at the conclusion of the session, but only at the client's request.

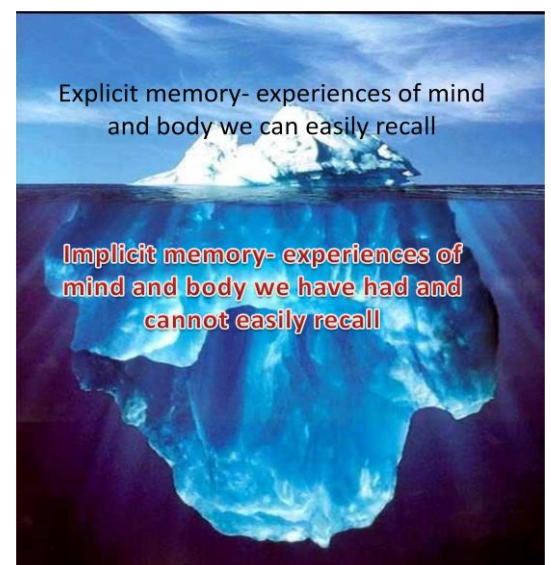


## What's happening in the sessions and how does it help?

What we know is that emotional trauma has an affect on mind, body and identity. From past experience of working with clients with this Identity oriented approach, many important aspects of their inner psychology have been illuminated. This has helped clients to expand their self insight and aided their deep self development and personal growth.

Through the extensive research and neuroscience now available, we know that from birth (and probably from about 12 weeks in the womb) **the brain 'records' everything our senses experience. That means all the sensations, feelings, emotions, sights, sounds, touch, taste, smell, and thoughts are all recorded and 'filed'**

Sometimes, the experiences we have had we can recall easily. This is known as **explicit memory**. The memory of other experiences, particularly those that have a high emotional charge, move from explicit memory to **implicit memory**- meaning we have experienced them and they are 'recorded', but we are not able to recall them readily. This is a natural trauma response that is triggered automatically to save us from becoming emotionally overwhelmed. It is experiences in the implicit memory that usually cause the most trouble for a person, and the Intention Method enables implicit memory to be accessed in a step by step, and safe way.



### For Representatives

What Neuroscientists have demonstrated so far is that there is a real and active connection between the mind and the body- what goes on in the mind shows up in the body somehow. What scientists have also shown is that everyone's brain has structures called *mirror neurons*. These act just like a mirror, and are active at all times when a person is awake. When a client chooses a representative for a particular word in their intention statement, information from their implicit memory is associated with that word. When a representative stands in for the word, they pick up through their own mirror neurons some of the information associated with the word, and are able to reflect this back to the client through their thoughts and feelings. This feedback from the representative helps the client to piece together more information that relates to their issue, and helps the client heal the affect of emotionally traumatic experiences they have had in the past, that are contributing to their present day issue.

Also many representatives have reported that standing in for a word has also benefitted them and their own self development.

