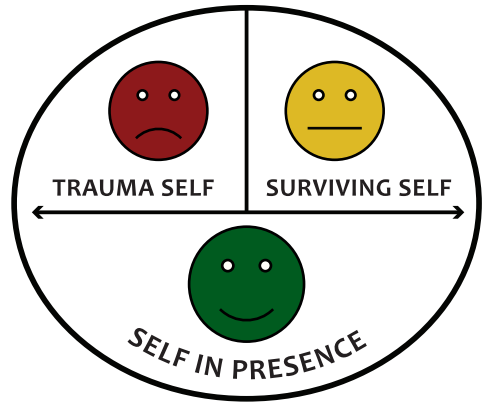


# Who are you really?



Do you know the true you . . .  
the life force who was born with hope,  
innocence, possibility and love ?

Do you want to connect to and resolve subconscious  
holding and patterning showing up as pain, illness,  
depression, disease, stress and anxiety . . . ?



## An Integrative approach to Identity Development

Identity oriented Psychotrauma Therapy

Resonance based group work using your words or images to support  
your intention of self-enquiry

**Saturday 29 December 10am-6pm Adare Heritage Centre**

**2019**

Introduction to IOPT 5 Jan 2-4pm 9 Feb 2-4pm

Full day events 19 Jan 24 Feb 23 March 10am-6pm

For event information or to book contact IOPT facilitator Deirdre Kennedy

**M. +353 87 293 21 20 [www.iopt.ie](http://www.iopt.ie)**

## IoPT | TRAUMA INFORMED THERAPY - Integrating the Whole of YOU

Trauma is a buzz word at the moment it covers a psychosomatic response to experiences from conception onwards. We lack choice to respond which results in splits in our psyche. Splits are formed into a hidden traumatised part, an emergent coping strategy and a disconnect from our whole informed selves. The accumulation of experiences causes confusion around who is in the driving seat of our life. It is more difficult to figure out what to trust as real.

Early trauma means we give up our authenticity get our basic needs met by our caregivers. We create our very own strategies to manage the need for being LOVED, being WANTED, and being PROTECTED.

Such experiences, many of which we cannot explicitly remember are stored in our body. They are torn between being connected with, and protecting the vulnerability of the pain and hurt they hold.

IoPT work is a clear methodology to finally access these hidden aspects. They can be seen and connected with so they can be integrated with the adult self. The body physiology is under pressure to manage internal strategies of holding and protecting our core being. Connecting with them and how they really needed to express at the time of the experience creates more ease and inherent life force in the body and mind.

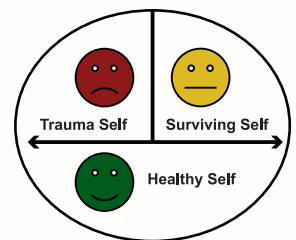
Suppressed trauma comes at an expense to the body and life force. It can manifest as illness, pain, self harm, self sabotage, burn out, depression, lack of self confidence, anger, overwhelm and lack of purpose.

Find out how early trauma imprints underlie your mental health, behavioural, personality and physical well-being.

### IoPT

Identity-oriented Psycho-trauma Therapy (IoPT) is founded on the theories and practice developed by Professor Franz Ruppert over the past 27 years, and articulated in his many books.

IoPT addresses trauma from the earliest stages of life and the resulting changes to the child in trying to have basic needs met.



### IoPT FACILITATOR Deirdre Kennedy B.Sc.

CST-T - Craniosacral Therapist 2006.

IoPT - Identity Orientated Psychotherapy trained Facilitator 2018.

Equine qualifications - EAGALA 2009, Cert Life and Workplace coaching.

QQI Festina Lente 2013, EGE Equine Guided Education 2011.

Focusing Oriented Therapy Foundation Skills training.

Non-violent Communication training.

A certified Craniosacral Therapist and Equine Assisted Therapy facilitator

Deirdre runs a full time clinic in Adare where she specialises in babies and birth trauma. She has worked worldwide as a craniosacral therapist and equine therapy facilitator. Deirdre runs equine facilitated workshops for personal development, team building, self awareness and psychosomatic blockage release and integration. She also treats children with special needs on a one-to one basis with her horses and dogs.



To find out more about Deirdre and future IoPT workshops in 2019 please check out her website

[www.iopt.ie](http://www.iopt.ie)