CONTENTS

FOREWORD ACKNOWLEDGEMENTS INTRODUCTION NOTES

PART 1 - THEORY

- 1. Introduction
- 2. Existence & The Human Species
- 3. The Human Psyche
 - 3.1 Structure of the Human Psyche
 - 3.2 The Purpose of the Human Psyche
 - 3.3 The Functioning of the Human Psyche
 - 3.4 The Levels of Reality

4. Identity

- 4.1 What is Identity?
- 4.2 How can I know my Identity?
- 4.3 Healthy Identity Process... "YES!" and "NO!"
- 4.4 Will and 'I' as Special Functions of the Psyche

5. Trauma

- 5.1 Introduction
- 5.2 What is Trauma?
- 5.3 The Split Self
- 5.4 Trauma Survival
 - 5.4.1 The IOPT Trauma Survival Model
 - 5.4.2 Dissociation
 - 5.4.3 Splitting
 - 5.4.4 The 'healthy I'
 - 5.4.5 The Trauma Parts
 - 5.4.6 The 'survival I'
 - 5.4.7 Physical Survival Strategies
 - 5.4.8 Survival Behaviours
 - 5.4.9 Emotions as Survival Strategies
 - 5.4.10 Perpetrator & Victim Attitudes as Survival Strategies
 - 5.4.11 The Traumatised Bonding System
 - 5.4.12 'I' and 'Will' and Trauma Survival
 - 5.4.13 Subject and Object
- 5.5 Conclusion

6. Emotions

- 6.1 Introduction
- 6.2 Love
- 6.3 Joy
- 6.4 Anger
- 6.5 Hate

- 6.6 Fear
- 6.7 Anxiety
- 6.8 Grief
- 6.9 Sadness
- 6.10 Disgust
- 6.11 Shame & Guilt
- 6.12 Trust
- 6.13 Hope
- 6.14 Empathy
- 6.15 ... And Compassion
- 6.16 Difference between Empathy and Compassion
- 6.17 Intimacy and Contact
- 6.18 The 'Emotional Pain' of Trauma
- 6.19 Emotions of the 'survival I'

7. The Traumabiography

- 7.1 Existential Trauma
- 7.2 The Identity Traumas
 - 7.2.1 The Parental Context
 - 7.2.2 Conception
- 7.3 The Trauma of Identity
 - 7.3.1 What is it?
 - 7.3.2 Becoming a Mother
 - 7.3.3 Pregnancy
 - 7.3.4 The 'Not-Wanted' Pregnancy
 - 7.3.5 Being Unwanted
 - 7.3.6 What About the Father?
 - 7.3.7 The Child's Response
 - 7.3.8 Surviving the Trauma of Identity
 - 7.3.9 Conclusion
- 7.4 The Trauma of Love
 - 7.4.1 Introduction
 - 7.4.2 The Chemistry of Love
 - 7.4.3 The Trauma of Identity and The Trauma of Love
 - 7.4.4 The Consequences of The Trauma of Love
 - 7.4.5 Connection and Contact
 - 7.4.6 Conclusion
- 7.5 The Trauma of Sexuality
 - 7.5.1 Introduction
 - 7.5.2 Sexuality as a Healthy Part of Life
 - 7.5.3 Sex and Gender
 - 7.5.4 Reproduction
 - 7.5.5 Masturbation
 - 7.5.6 Sexual Trauma
 - 7.5.7 Sexual Confusion and Sexual Trauma
 - 7.5.8 Sexuality and The Parents
 - 7.5.9 The Sexually Confused Mother
 - 7.5.10 The Sexually Confused Father
 - 7.5.11 The Traumatised Family System

- 7.5.12 Sexually Traumatised and Traumatising Communities
- 7.5.13 Trauma of Sexuality as a Survival Strategy
- 7.5.14 Conclusion
- 7.6 The Trauma of Becoming a Perpetrator
- 8. The Healing Process
- 9. On Being a Parent
- 10. Conclusion

PART 2 - PRACTICE

11. Introduction

- 11.1 Healing Trauma
- 11.2 Living a Good Life
- 11.3 Different Ways of Using the IOPT Icon
- 11.4 Exiting Perpetrator-Victim (P-V) Dynamics
- 11.5 IOPT Therapy vs Conventional Psychotherapy

12. The Intention Method

- 12.1 Introduction
- 12.2 The Intention Method
- 12.3 The Intention
- 12.4 More on the Intention
- 12.5 Safety and Integrity in the Intention
- 12.6 Resonance
- 12.7 Stages and Phases of Healing
- 12.8 Parents with Children

13. The IOPT Practitioner

- 13.1 The IOPT Practitioner
- 13.2 Trust at Work
- 13.3 Balance and Creative Indifference...
- 13.4 The Practitioner's Questions, Actions and Body Language
- 13.5 Hypotheses and Interpretations
- 13.6 Conclusion

14. Working with the Intention Method Process

- 14.1 Starting Principles
- 14.2 Working with the Enquirer
- 14.3 Listening to the Resonators
- 14.4 Working with 'I' and 'Want'
- 14.5 Bringing in Other Representatives
- 14.6 Working with Survival Strategies
- 14.7 Working with Physical Symptoms
- 14.8 The Underlying Emotional Pain of Early Trauma

15. The Individual Session

- 15.1 Introduction
- 15.2 Challenges of the Individual Session
- 15.3 Resonance in the Individual Session
- 15.4 Introducing the New Person to the Work
- 15.5 The Enquirer as a Resonator in Her Own Work

- 15.6 The Practitioner as Potential Resonator
- 15.7 Conclusion

Some Further Thoughts16.1 On Becoming an IOPT Practitioner 16.

- 16.2 Managing Complaints

Conclusion **APPENDIX - A Brief History of Trauma REFERENCES**