

## Preface to the German edition of Trauma and Identity:

Vivian Broughton's book Trauma and Identity first published in 2021 is now appearing in a German translation. The publication of this translation sets a new milestone in the dissemination of knowledge about IOPT. Vivian Broughton presents the complete and detailed theoretical basis of IOPT in over 300 pages, providing an overview of the psychological subjects which are central to IOPT for all readers. The chapter where Vivian Broughton defines the essential human emotions and shows how they differ from each other is valuable. Especially important is that she shows how the emotions expressed by the traumatized and the survival parts during a self-encounter differ from each other.

This book also describes the practice of IOPT with the utmost accuracy. Practitioners of IOPT will find instructions on how clients can be supported in their self-encounters, both in groups and in individual settings. She discusses the essential problems which can occur in therapeutic contexts, counseling and supervision. Vivian is able to draw on her long experience as an IOPT therapist. How IOPT practitioners can reflect critically on themselves and their way of working is her central focus. That makes this book an indispensable component for every IOPT education.

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Prof. Dr. Franz Ruppert