

My name is Ragnhild Brun, I was born in Oslo 1952. The family lived abroad a lot in my childhood and youth but I took my final bachelor exams in Oslo. **MY LIFE:**

1985 I married my Italian husband and I live outside Florence.

I studied art in Florence and was engaged by the auction house Sotheby's as furniture and ceramics expert.

STUDIES:

I have always been interested in mental health and in 2018 I discovered the work of a German university professor with his activity as psycho therapist in Munich, Franz Ruppert. (www.franz-rupper.de) He has developed his own theory called **IoPT** which stands for "identity oriented psycho trauma theory and therapy".

I decided to get to know his works better. In Oslo the "Institute for trauma work" led by Marta Thorsheim, organizes basic courses on Zoom, 8 modules, each 3 intense days of study and practice. (www.iopt.no)

I continued the first international English speaking advanced digital course on Zoom, consisting of 12 modules, 4 intense full days. Organized again by Marta Thorsheim from Oslo.

I decided to present my project, hoping to be accepted as trauma therapist. The project was an analysis of the method itself and I was a practicing facilitator for 7 training clients, Norwegian and English speaking, doing 27" one to one" encounters, all on Zoom.

MY ACTIVITY:

Since march 2023 I am accepted as **IoPT** trauma therapist by the Norwegian "Institute for trauma work".

I wish to develop my activity as an **IoPT** therapist using Zoom in English, Italian and Norwegian language

UNDERSTAND WHY WE ARE AS WE ARE

UNDERSTAND WHY WE DO WHAT WE DO

IT IS ALL ABOUT EMOTIONS