

ISTANBUL POZİTİF PSİKOTERAPİ MERKEZİ

ISTANBUL CENTRE FOR POSITIVE PSYCHOTHERAPY

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REPORT FROM THE FIRST BASIC TRAINING SEMINAR IN ISTANBUL, TURKEY 24 - 26 of October, 2008

After long preparations done since months ago, we succeed in organizing the training seminar for basic course in positive psychotherapy in Istanbul, Turkey. Activities in Istanbul Centre for Positive Psychotherapy are improving and we organized training seminar for a new group of people.

During the preparation period for the training seminar, a lot of people were interesting to attend the seminar. For some objective reasons, some participants didn't have chance to take part in this seminar. The total numbers of participants who have got the certificates for 25 hours of training was 10. The training seminar was held between 24 – 26 of October 2008 in French La-Paixhe Mental Health Hospital Seminar Hall, which is placed in the city center of Istanbul.

Professional backgrounds of the participants were graduated psychologists and psychological counselors from University department for psychology. Training seminar was leaded by certified trainer Mr. Scr. Enver Cesko and assisted by Dr. Rukiye Hayran, with the program below.

The topics for the first module of basic training seminar were:

- What is Positive Psychotherapy,
- Concept of PP,
- Basic concepts of Positive and Trans-culture point of view,
- Basic principles in PP,
- Stories as tool in PP,
- Introduction of balance model and four aspects in PP,
- Introduction on dealing the conflicts
- Five stages of interview in PP and Psychosomatics.

During the three days of seminar the participants had theoretical, group and individual works delivered from the trainers. The main point in this training seminar was demonstration and practical work with two cases with real patients who was organized from Dr. Rukiye Hayran.

We have also informed the participants about the standards and criterias in Positive Psychotherapy.

As we understood from their written feedbacks in the end of the seminar, participants seemed to be highly satisfied with the training. Their satisfaction was very much influenced by the language of training that was understandable without translation (Turkish language).

In the end of the seminar we had a meeting with all participants where discussed the further plans and activities in the centre and the schedule for supervision group, and how to continue the next steps in training seminar. The participants agreed that next (second) basic seminar module will be delivered by Enver Cesko on January 2009.

We would like to inform you that we are starting also supervision activities with the group who already has been attended in previous training seminars and with the new group as well. Those supervision activities will be held on 16th of November 2008.

Istanbul, 3 November 2008

**On behalf of Istanbul Center of
Positive Psychotherapy
Rukiye Hayran M.D.
Enver Cesko, Mag.**