



**QENDRA KOSOVARE PËR PSIKOTERAPI POZITIVE
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**REPORT FROM THE SECOND BASIC TRAINING SEMINAR IN PRISHTINA,
KOSOVA
21 - 23 of November, 2008**

Between 21 – 23 of November Kosova Center for Positive Psychotherapy organized the Second Basic Seminar for Positive Psychotherapy in Prishtina “Actual capacities and conflicts in Positive Psychotherapy”. The seminar was lead by Gabriela Hum, from Romania at the Center for Telemedicine of University Medical Center of Prishtina. Enver Cesko, the organizer of the seminar, assured the translation for the students. A short introduction about Positive Psychotherapy was made by Afrim Blynta and Jusuf Ulaj.

On behalf of KCPP, it was invite Dr. Rukiye Hayran as guest in assisting the training seminar, in sense of spreading her experiences regarding to the organizing seminars and for her self discovery experience.

Thirty one person were attended the seminar, most of them psychologists and students in psychology and few medical doctors. A part of the participants were for the first time in contact with Positive Psychotherapy, and another part were present at the Seminar led by Prof. Peseschkian in 2008.

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

- Positive connotation as tool of Positive Psychotherapy
- Function of stories during psychotherapy
- Actual capacities – secondary and primary capacities
- Conflict reactions
- Basic and actual conflict
- Key conflicts – politeness - honesty

The seminar had a theoretical part and also practical exercises – individual and group exercises, case presentations, self discovery exercises using tools from Positive Psychotherapy. There were a lot of questions from participants, regarding their cases and their own experience with Positive Psychotherapy till now.

It was a very open and achievement oriented atmosphere, during the whole seminar. The feedbacks from participants showed us that they felt and saw the practical advantage of Positive Psychotherapy, the differences between already known methods and our method of psychotherapy. People were satisfied with the level of the seminar and they wrote that the most important part was the practical examples they received during the seminar.

Below are some feedbacks from the participants:

1.What I learnt?

- I learnt to see the problem first in the positive way!
- I learned many important ways of knowing myself better, which in future can help me to understand my clients better.

- It was interesting to attend this seminar, to learn more about this psychotherapy which will help us to work with our clients.
- I learnt how to see a positive side, for my problem or for my patient in the future, because I study Psychology and I will be a good psychologist in the future. First I have to ask my patient for his/her childhood, for his/her body, achievement and for his/her religion.
- I learnt that the primary and secondary abilities are very important for each person, for themselves. I realized that it is very important to accept the childhood and education which was given from parents, and now I have a clear vision how will I educate my children in future, I will be very careful.

2.What I want to apply in my practise/life?

- Seeing problem in the positive way and the BALANCE MODEL.
- I would like to apply the BALANCE MODEL, and other techniques that we learned during these days (but, of course, try it first for myself ☺).
- It was interesting the BALANCE MODEL. I will use the BALANCE MODEL.
- I will apply what I learnt these days, and I hope to have success for my patient/life.
- In my practice and my life I want to practice more the ability to listen and to accept every person in his/her unique way, because everybody is different in his/her way.

On behalf of Kosova Center of Positive Psychotherapy

Enver Cesko

Gabriela Hum (Romanian Positive Psychotherapy Association)

Prishtina, 25.December 2008