

İSTANBUL POZİTİF PSİKOTERAPİ MERKEZİ

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REPORT FROM BASİC TRAINING SEMINAR IN ISTANBUL 30-31 October and 1 November , 2009

The place of training seminar was the French La-Paix Mental Health Hospital Seminar Hall which is placed in the city center of Istanbul. This module was on basic training and very good prepared. In this seminar there were 2 new people and they were psychologists. The total numbers of participants who have got the certificates of attendances were **12 of them**. Six of them achieved to have the certificate of Basic Course.

Training seminar was leaded from certified trainers Dr. İvan Kirilov and assistance by Dr. Rukiye Hayran, with the program below.

Professional backgrounds of the participants were graduated psychologists and psychological counselors from Universities, departments of psychology and one of them from social science, international affair department. The module was concentrate on development of capabilities and individual transformation (4 areas of modeling, relationship and responsibility), differential analysis: formulating AC, BC and IC, benefits and difficulties of life in multicultural world, relationship between therapist and patient, positive image of man, positive interpretation, 3 stages of transference/counter-transference dynamic management and therapeutic plane: 5 stages in session and the therapeutic process.

During the seminar were a lot discussions about topics and sharing the self experiences between the participants. During the three days of seminar the participants had theoretical, group and individual work. The main point in this training seminar was practical work and role playing with cases from trainer experiences.

As understood from their feedbacks, participants seemed to be highly satisfied with the training.

In the end of seminar the examination of basic course certificate was done by Dr. İvan Kirilov. As a result 6 of the trainees achived to have basic course certificate. These are **Ali Özden Öztürk, Aysel Birtürk, Huri Melek Arıcı, Muharrem Köse, Seyhan Büyükcoşkun and Hatice Baykallı**.. Moreover, we had meeting with all participants where we discussed the future plans and activities in the centre and calendar of dates for supervision group and continuing the next steps in training seminar.

İstanbul, 9 November 2009

**On behalf of Istanbul Center of
Positive Psychotherapy
Rukiye Hayran M.D.
İvan Kirilov MD**

Basic Course of Positive Psychotherapy

Istanbul 2009: October 30-31- November 1

Day 1.(October 30)

9.00-10.30 Introduction of participants: what did you learn in last seminar and what are the goals this time. Balance Sociometry. Rules, plan

10.30-10-45 brake

10.45-12.15 Emotions. Methods of distancing. Balance of reactions. Demonstration.

12.15-12.30 brake

12.30-14.00 Psychosomatic. Stress. Self-discovery.

14.00-15.00 lunch

15.00-16.30 Techniques of observation

16.30-17.00 brake

17.00-18.00 feed-back of the day.

Day 2 (October 31)

9.00-10.30 Development of capabilities and individual transformation (4 areas of modeling, relationship and responsibility). Self-discovery.

10.30-10-45 brake

10.45-12.15 differential analysis: formulating AC, BC and IC. demonstration.

12.15-12.30 brake

12.30-14.00 Differential analysis: practice.

14.00-15.00 lunch

15.00-16.30 Benefits and difficulties of life in multicultural world. Discussion. Creative workshop.

16.30-17.00 brake

17.00-18.00 feed-back of the day

Day 3 (November 1)

9.00-10.30 Relationship of the therapist and the patient. Positive image of man. Positive interpretation.

10.30-10-45 brake

10.45-12.15 Relationship of the therapist and the patient. 3 stages of transference/counter-transference dynamic management

12.15-12.30 brake

12.30-14.00 Therapeutic plane: 5 stages in session and the therapeutic process

14.00-15.00 lunch

15.00-16.30 Practice and demonstrations

16.30-17.00 brake

17.00-18.00 feed-back of the seminar.