



## **KOSOVO CENTRE FOR POSITIVE PSYCHOTHERAPY**

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### **REPORT FROM TRAINING SEMINAR IN KOSOVO Pristina, 13-15 November, 2009**

#### **FIRST MODULE OF MASTER COURSE ON POSITIVE PSYCHOTHERAPY IN KOSOVO**

After some years of international lecturers traveling to Kosovo, after the establishing of the Kosovo Center of Positive Psychotherapy, its various activities inside and outside of Kosovo and after the completion of the first basic course the opening of the first masters course in Kosovo was a significant moment in time. The first seminar of the masters course took place at Kosovo University Hospital. The Training seminar was held on the weekend of 13 – 15 November 2009 with a total 25 hours of training.

The opening was done by Enver Cesko as head of Kosovo Center of Positive Psychotherapy and by Afrim Blyta and Jusuf Ulaj as heads of Kosovo University Hospital (department for psychiatry and neurology). It was pointed out that the participants enroll in a process that will finally make them to be representatives of Positive Psychotherapy in their country providing an important service to society.

The seminar was conducted by Christian Henrichs from Germany. There were 22 participants. International participants were Mirela Sula-Strugaj from Albania Viola Edward from Cyprus. In the evening of the first day the graduates of the Basic Course received their certificates.

The title of the training module was “The positive image of men and practical therapy”. It was emphasized that in Positive Psychotherapy the positive image of men is not only the starting point but basis of the transcultural and psychodynamic concept of Positive Psychotherapy. A special focus were the actual capacities (relation to basic capacities, differential analytical analysis, working with microtrauma etc). In terms of practical application, there was self experience with the DAI, some supervision sessions with special reference to the actual capacities and role plays also specifically addressing the actual capacities.

Most of the participants were young professional psychologists or graduates, and there were also some psychiatrists and GPs. They all had a good basis understanding of Positive Psychotherapy understanding and engaged intellectually and emotionally very much in the course.

Assessment of training seminar was showed that all participants were very satisfied. In their feedback they were pleased with both the results and the process of the seminar and showed good motivation to commit themselves for the future of the masters course and for the future of Positive Psychotherapy in Kosovo.

In the evenings and in the breaks there was a nice social program with beautiful atmosphere of hospitality, friendship and transcultural sharing.

The report is following with a photo of the group at the end of the seminar.

**Pristine/Cologne 26 November 2009**

**Mr. Sci. Enver Cesko  
Dipl.-Psych. Christian Henrichs, M.Phil.**

