

## Report of China Lecturing Trip

28.12.2009 - 04.01.2010

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### **Tuesday, 29.12.2009**

Early-morning arrival in Beijing. Overall-consultation with Melody Qu about activities of IAPP China and the current program.

### **Wednesday, 30.12.2009**

***Visit in the Center for burned children.*** In the morning visit of the "Center for Burning and Plastic Surgery" of the General Hospital of Air force. In this center severely burnt small children are treated medically financed by charity funds. The meeting involved visitation of some patients, the technical facilities as well as a consultation between the local head, Dr. Liu and Dr. Cao – as representative of the medical further training association –, some staff and the team of IAPP China. The objective was to identify the potentials for future cooperation in terms of providing psychological and therapeutic assistance to the staff, parents and children.

***Open lecture at Olympic Hospital.*** The open lecture at Olympic Hospital was about "The Emotional Process of Change in Positive Psychotherapy". The lecture was presented by IAPP China in order to inform about the center and to recruit potential participants for the next Basic Course to be launched in March. The lecture was well received by the approximately 60 attendances. Amongst them was also Dr. Agnes Ghaznavi who is one of the long-standing representatives of Positive Psychotherapy in China.

### **Thursday, 31.12.2009, to Sunday, 3.1.2009**

Core-activity of the lecturing trip was the implementation of the closing module of the Basic Course in Positive Psychotherapy. This Basic Course was - after Urumuqi and Beijing - the 3rd group of IAPP China to complete the internationally standardized certificate-course. The training module was provided on 4 consecutive days with 10 hours per day to about 20 participants. The focus of the module was "Processes and consultation in Positive Psychotherapy".

In the course, first some general concepts of Positive Psychotherapy were reviewed before the

concept of "stages of interaction" was addressed from different perspectives such as the clients day-to-day interaction and as well as his or her emotional development throughout life. Reference was made to some communication techniques as well as to psychodynamic theory of development and different clinical syndromes. Besides lecturing, demonstration and group work, case reviews, role plays and psychodrama were used. Another central topic of the module was the use of stories, proverbs and transcultural examples as mediators and process facilitators in the course of therapy. In this, reference was made to identifying and using resources inherent in Chinese culture.

On the last day, a group-examination was undertaken for the whole of the Basic Course with the participants answering questions to central concepts, practical applications, self development and future potentials of their studies in Positive Psychotherapy. The participants emotional and intellectual performance in the examination was very satisfactory. This fact which might have been promoted by the weekly intervision-groups throughout the whole of the basic course.

The day was concluded with deeper individual case work in 5 stages and a closing ceremony. The module was very well received by the participants, the organizer and the trainer.



*Group after completion of course*

## Social Activities

The whole trip involved numerous social activities which indicated the distinct hospitality of the local organizers and participants. Ms Meldoy Qu as the organizer and head of IAPP China accompanied me always to lunch and dinner. Very impressive for me was a visit to a Chinese Kindergarten, several private meetings with her husband and her daughter, a private invitation to one participants home, new-year's eve with Melody Qu, her business-partner and his wife, several invitations by groups of participants to the restaurant, a special social evening after the open lecture (as start of the newly established club "friends of psychology") and final social evening after the closing of the Basic Course.



*Local organizers at social closing evening*

Köln, 15.01.2010

Christian Henrichs