

ISTANBUL POZİTİF PSİKOTERAPİ MERKEZİ
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REPORT FROM MASTER TRAINING SEMINAR IN ISTANBUL
18-20 December, 2009

After the first seminar done last month, activities in Istanbul Centre for Positive Psychotherapy are improving in much progressive and quality level. It was the first group of second model. Training seminar was held in French La-Paix Mental Health Hospital Seminar Hall which was placed in the city center of Istanbul on 18–20 December 2009.

The total numbers of participants who have got the certificates with 30 hours were 15 of them. In the training seminar was assistant Dr. Rukiye Hayran.

Topic of this second module was “**Similarities between Positive and Body Psychotherapy**”. We choose this topic to show and to learn students with different modalities in psychotherapy and how can we use different techniques and methods from other approaches in psychotherapy and to find the common things between each other.

The main issues that we used in this seminar were principles, aspects, methods, techniques and therapeutic process between positive and body psychotherapy. It was discussed how can we use balance model from PP in BP and what is balance model in BP, Principe of hope, five stages in first interview and therapy, conflict management and actual capabilities. From BP it was teach concept of energy and feelings, how they work in treatment process and influences in human body, some changes in body while we are energizing body, types of personality according the BP, dealing with conflict situations and crises management, dealing with stress and trauma. In this seminar we demonstrate autogenic training with using the biodots to measure the level of stress in students. Every day we started with warm up exercises and during the each break we had body mind exercises.

Also we had case studies each days and group work with students were they show very much interest by working in group and in case studies.

Many of participants were graduates of psychology and psychological counseling departments of universities and three of them were medical doctors.

The impressions from this seminar were that all students are highly motivated for continuing and engaging their opportunity and capabilities for graduating the master course as professional attitudes.

Istanbul, 21 December 2009

**On behalf of Istanbul Center of
Positive Psychotherapy
Mr. Sci. Enver Cesko
Rukiye Hayran M.D.**