

**Report from training activities in China in June/July 2011**  
**Arno Remmers**

**Basic Course, Module 2**



Basic Course on PPT, Module 2, Group Photo

**Basic Course Part 2: Principles of Balance –  
Positive Psychotherapy in Practice**  
Beijing, 30.6.-3.7.2011

In this module we worked out the main principals of PPT and its appliance for our personal experience. Practical exercises of working with the five steps, actual capacities, model dimensions, resources and the conflict model deepened the understanding of the approaches of PPT. Balance model and the individual personality, conflict reactions, comparison with psychodynamic models, the place of PPT in treatment of affective and psychosomatic disorders, consultation and self development had been worked out together in interactive lectures, group and pair work especially about:

The Basic capacities of loving and knowing in practice, functions of the secondary capacities as social norms in education, and the primary capacities in development and as needs. The four dimensions of the past examples, relationships and of responsibility had been focussed and used. The model of balance was used for to understand the resources and the reactions of the client and the therapist.

Psychosomatic reactions, areas of conflict reaction and mechanisms of defense and compensation had been discussed. Basic conflict, actual conflict and inner conflict became conscious with own examples of the participants. The influence of the family culture, concepts and traditions was worked out with the own experience of the participants. Key conflict and physiological reactions, three stages of interaction, the WIPPF of the participants themselves had been shared. The 5 step strategy of therapy and self help was used.

The group is very interested, brings in professional backgrounds from psychology, pedagogy, management and medicine and had been working very actively with each other and in self reflection with the tools of PPT. It was a pleasure to be their trainer.

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## **Master Course of Positive Psychotherapy, MODULE 7: Schools of psychotherapy + Integration and Research in Psychotherapy**

Beijing, 7.-10. July 2011, WAPP Master Trainer: Arno Remmers  
Organized by Beijing Center for Positive Psychotherapy



Master Course Module 7, Working with Methods of C. G. Jung in the Beijing Center for Positive Psychotherapy



Master Course Module 7, Interactive Lecture, in the Beijing Center for Positive Psychotherapy

## **Evolution of Psychotherapy Through Times and Cultures.**

### **Client Centered Therapy (Rogers) and Relation to Positive Psychotherapy**

1. day, 7.7.2011

- Psychotherapy and its long history – psychotherapy and its role in cultural contexts, the differentiation of therapeutic approaches in civilization, urbanization and in times of a scientific paradigms.
- Participants attachment and experience with other psychotherapy approaches
- Positive Psychotherapy: Short history of the founder and development of Positive Psychotherapy; precursors, contemporary context, current situation.
- Research methods and meta-analysis, Grawe, Hubble and other studies
- Humanistic-existential psychotherapy (Rogers; mentioned: Perls, Frankl, Berne, Yalom)
- Film with and interview and about the method of Carl Rogers (1959, 1983)
- Practicing in pairs and interactive reflection of theory, biographic influence of the founder and history of Client Centered Psychotherapy (Rogers)
- Trainer giving examples of the practice in Client Centered Therapy
- Comparison of the specific influence of the biographies of Rogers and others psychotherapists on the development of different psychotherapeutic approaches and techniques

### **Psychodynamic and Psychoanalytic Therapy**

2. day, 8.7.2011

- Freud and Adler, the development of their schools on the background of Vienna's cultural environment and the different biography influences on Adler and Freud
- Film about the method of Alfred Adler, biographic and cultural background of the method
- Participants practicing Individual Psychology with typical questions and first interview of Individual Psychology (A. Adler); Subjective, objective anamnesis, life style and complexes of inferiority; finding proverbs, stories or symbols fitting the life style; childhood situation, family influence on psychodynamic
- Reflection of the experience and comparison with the model and perspectives of PPT
- Practicing Psychoanalytic session of the trainer with a client (30 minutes) with reflection of the method, transference, counter transference, therapeutic behavior, setting
- Psychoanalytical techniques in Positive Psychotherapy.

### **Integrative and Scientific Approaches to Psychotherapy, and Analytical Psychology (C. G. Jung)**

3. day, 9.7. 2011

- Psychotherapy in social systems: Therapy of disorders and medical approach of efficiency – therapist as consultant in conflict situations – therapeutic approaches for pedagogy, self experience and development
- Scientific results of therapy research

- Position of PPT, integration and comparison with Psychodynamic Therapy, Systemic Family Therapy and Cognitive Therapy; the different influence of the founders biography on the methods
- Behavioral techniques in Positive Psychotherapy, case examples (OCD)
- Film about the method of C. G. Jung
- C. G. Jung: Transcultural, transcendental, associative, symbolic approaches; extroversion, introversion, four areas of Jung, the personality of the founder
- Practicing methods of C. G. Jung: Association experience, amplification, dream and day dream work and interpretation, painting, story telling, association chains
- WIPPF: Functions, questions and discussion of interpretation of practical examples of the participants. The place of WIPPF in therapy

### **The Stage of Life – Psychodrama. Integrative Approaches in Psychotherapy**

4. day, 10.7.2011

- Deepening the understanding of the therapeutic theories and practice in comparison and the integrative approach. Positive Psychotherapy as a meta-model
- Film about psychodrama, J. L. Moreno and his places of work, with Zerka Moreno, having a therapy session with a suicidal patient in a clinic
- Reflecting the film. Basics of Psychodrama and Sociodrama
- Sociodrama and Psychodrama practice with the participants, explaining stages, roles, therapeutic moderation, role feedback, sharing and the role of psychodrama as a method within therapy
- Reflecting the personal experiences in psychodrama and the former methods in the seminar
- Psychodrama techniques in Positive Psychotherapy
- Questions and answers
- Reflection of the seminar experience, group dynamic, subjects for future development of the participants

Director Dr. Xu Wei Mental Health Center of Chaoyang District of Beijing took part on the third day in the Master Course to understand the possibilities of PPT for their psychotherapeutic trainings.

This Master Group is deeply interested in and informed about PPT, takes an analytically reflecting and integrating position towards it, uses PPT for a very deep understanding of the own personality, resources, therapeutic abilities and psychodynamic structure.

The group has the capacity to interact with the trainer in a way to encourage him to give them the very best of the possible information and practice, so it was a challenge and a pleasure to be their trainer.

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## “Healing Principles of Positive Psychotherapy”,

Lecture for psychiatrists, psychotherapists and mental health workers in the Anding Mental Hospital, founded as the first mental health hospital in Beijing in 1914 on Monday, 4.7.2011, 13.30-16.00.



Vice Director Dr. Li Zhanjiang introduced Arno Remmers, Melody Qu translated, ca 120 participants from this and other clinics took part actively. Presented had been the main principles, scientific theory and practice of Positive Psychotherapy after Nossrat Peseschkian, in comparison and its relation with psychodynamic therapy and Cognitive Therapy, similarities and differences to Positive Psychology. Power Point slides had been translated in Chinese language before by Melody Qu. A case was brought in by a relative of a traumatized patient and worked out in 5 steps.

## Self Experience and Supervision,

- Tuesday 5.7. and Wednesday 6.7. 3 Self experience groups met, consisting of the members of the Master class, taking 5 hours each.
- Individual Self experience and supervision in 5 individual cases on 5.7., further self experience and supervision on 7.7. and 8.7. after the seminar, 1 hour each time.

## Future Trainers and the “Saturday Saloon” for PPT

The Beijing Center for PPT organizes Wednesday Workshops and yearly 26 “Saturday Saloons” on subjects of PPT. The Saloon is hold by participants of the Master Course.

A meeting with 15 potential future trainers from the master group took place on July, 9<sup>th</sup>, and I could see their enthusiasm and activity in practice. We were debating the workshops, results and the didactic process of the first 5 of 26 planned ones.

