

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

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 of the Mental Health Center of Chaoyang District of Beijing took part on 9.7.2011 in the Master Course to understand the possibilities of PPT for their psychotherapeutic trainings in their district and wanted to have further co-operation.

Seminar contents for WAPP and the future trainers by Arno Remmers, 11.7.2011