

**ANKARA POZİTİF PSİKOTERAPİ MERKEZİ**  
**ANKARA CENTRE FOR POSITIVE PSYCHOTHERAPY**

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**REPORT FROM BASIC TRAINING SEMINAR IN ANKARA 27,28 and 29  
MAY, 2011**

It was third model of Basic Course in Positive Psychotherapy organized by Ankara Centre for Positive Psychotherapy. The organizer was Dr. Tugba Sari, chair person and responsible for the Center.

The place of activities was comfortable for participants were they enjoyed lectures and group activities.

The number of participants were 20 mostly psychologist and counselors working in schools. 15 of them are coming from different cities else from Ankara as İstanbul, Kayseri, İzmir, Denizli, Konya, Kastamonu.

Training seminar was three days starting on Friday from 9.30-16.00 ending on Sandy. All of them in the end received the certificates of attendances with 30 hours of theory and group sessions.

The trainer was Mr. Sci. Enver Cesko, with assistant as co-trainer Dr. Tugba Sari who invest very much effort not only in organizing issues but also with her active participating in training process during the group sessions.

The topic of seminar was Psychosomatics in Positive Psychotherapy.

The content of the seminar was as following:

First day:

- Discussing about the homework from last module
- Psychosomatics in Positive Psychotherapy
- Balance model and positive psychotherapy
- Biology of psychosomatics, CNS, hormones and life events(trauma)
- Group work about the role playing

Second day:

- Group work about Conflicts; actual, basic and inner conflicts

- Psychosomatics and relationships in therapeutic process
- Capabilities and dealing with conflicts
- Presentation of case study-feedback and comments
- Group work in self discovery

Third day:

- Presentation of case study –Trichothylomania
- Role play case study about the using the 5 stages in psychosomatic
- Group work in triple; therapist-client-observer
- Case study –difficult case with conflicts in psychosomatic
- Feed back about the seminar, group photo and certificates

Participants in seminar were very much interesting about the case studies and group work of self discovery, so one during the last we decided to do all day practical demonstration group and self discovery work which were very much liked from participants.

During our contacts with Dr. Tugba Sari, I had also informed the participants about the standards and criteria's of procedures in Basic and Master Course and spread the written information presented in power point.

As we understood from their feedbacks, participants seemed to be highly satisfied with the training, and all of them expressed wishes to continue with training of BC and also to start with MC.

The participants were informed that next additional seminar for the participants who need to full field the obligatory hours according to the standards criteria, will be deliver from Dr. Tugba Sari. In the end of this training seminar, all participants got their homework and other obligations.

In the end we had a nice group picture.



**Reported by**  
**Mr. Sci. Enver Cesko, Trainer**  
**Dr. Tugba Sari, Assistant trainer, Head of Ankara PP Center**

**Ankara, 30.05.2011**