



**QENDRA KOSOVARE PËR PSIKOTERAPI POZITIVE
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Report from KCPP

Basic course in Kosovo and in Macedonia

During this year KCPP has started will new group of participants with new curriculum and standards which was approved from Board decision.

First seminar was done in January and the second in March 2011. All those two seminars were organized from Kosovo Center for Positive Psychotherapy and place where organized training seminar was office in KCPP in Prishtina.

The seminar was conducted by Master Trainer: Enver Cesko

In the seminar were 18 participants, mainly psychologists, students in last year of university and pedagogues.

In between the seminars participants had homework obligations where they presented in the self discovery group sessions. Also they had regularly intervision group sessions where they presented their homework.

The general themes of two seminars were **“Introduction of Positive Psychotherapy”** and **“Positive Conflict Resolution”**.

The main goal of these two themes were to introduce the positive approach and effectiveness of positive psychotherapy in our every day life, how is possible to use the positive psychotherapy in creating the balance model in our life, how to manage with conflicts and introducing the core principles of positive psychotherapy.

In the second seminar, it was one lady participants from Macedonia who came to invite me to start with seminars in Macedonia for students and psychologist with Albanian nationality who live in University city of Tetovo.

After the preparations done from both sides, I decided to accept their invitation and to do the first introduction seminar in Tetovo.

The seminar was organized from enthusiastic psychologists and students in last year of University in Tetovo. Merit for organizing this event were young psychologist Mrs. Zumera Alili and our master student in PP from Macedonia, Migjen Amzai.

The seminar was hold from 8-10 of April 2011 in University City of Tetovo.

First group of participants were 8 of them where for three days they had been taught about first seminar in PP, introducing the positive psychotherapy as transcultural approach in psychotherapy.

The group was very enthusiastic and show high level of interest for continuing the basic level. In our discussions the proposal of group were to establish of group initiation of positive psychotherapy where they will promote and decrease the number of interesting people, especially young psychologists who shows interest for positive psychotherapy. This proposal was suggested to bring in their Society of psychologists who has been established last year by initiation of Migjen Amzai.

All these participants signed a kind of contract for their continuing the training in basic level. For this reason I decided to give some homework to do till next seminar and to start with intervision group sessions.

Our next seminar for second module in Macedonia will be from June, 3-5th this year, and third module of basic course in Kosovo will be from 6-8 May 2011.

In the end enjoy looking some photos from Kosovo and Macedonia.

**Protocol was done from
Enver Cesko,
11.04. 2011
Prishtina**



First Module in BC- January 2011, Kosovo, Prishtina



Second Module in BC, March 2011-Kosovo Prishtina,



First Module in BC, April 2011- Tetovo, Macedonia



Intervision group session, February, 2011, Prishtina KCPP.