

**MASTER TRAINING IN POSITIVE PSYCHOTHERAPY AND MASTER
EXAMINATION
RIGA, LATVIA, 27.06.-02.07.2009**



Trainers: A. Makarenko, Arno Remmers (translated by Dr. A. Makarenko and A. C. Zhiro)

In the end of June 18 trainees in Positive Psychotherapy from Latvia and Lithuania held the last seminar of Positive Psychotherapy and pass the examination for the master Course. Dr. Alla Makarenko held the first day of the seminar about salutogenesis and stress, death and meaning. Dr. Arno Remmers led the next days of seminar and the examination. There were discussions about feelings and objectives of the participants in the last Master seminar, Positive Psychotherapy in the landscape of psychotherapeutic methods, PPT as integrative method, working with WIPPF, explanation of its use with a participants example like in a session, psychodynamic understanding: iceberg of personality capacities, conflict contents and symptom reaction. There were also discussions of following topics:

- Overview about all methods in PPT as the fingers of the two hands,
- Relation PPT – psychodynamic therapy
- Actual capacities (politeness/openness, love/justice) in institutions and systems
- PPT methods in management, Positive Management model, five steps, four areas

One of the important idea of this meeting was to found a clinic for Positive Psychotherapy “Positivus”, group works as 2 treatment groups, management group, marketing group, projects with Positive Psychotherapy in social spheres: School, parents, management

On the 01.07.09 and 02. 07.2009 examination for Master Cours took place with A. Makarenko and A. Remmers as commission members. All participants passed the examination in the end of second day.

Arno Remmers
2009