



International Training Seminar with International Certificate

BASIC COURSE POSITIVE PSYCHOTHERAPY in Wroclaw, Poland

2 – 4 December 2011

3 – 5 February 2012

18 – 20 May 2012

14-16 September 2012

The training consists of lectures, practical exercises, group work, and self-discovery groups.

PROGRAM (of the 4 seminars)

- 1) **Introduction of Positive Psychotherapy:** Definition * Three principles * Positive image of man * Transcultural approach * Therapeutic approaches * Actual conflict * Key conflict * Balance model * Four areas of conflict reaction * Mactrotraumas * Starting Positive Psychotherapy in practice and self-experience
- 2) **Positive Conflict Resolution:** Reflections * Basic capabilities * Actual Conflict and actual capabilities * Primary capabilities * Micro-trauma theory and conflict content (DAI) * The four model dimensions of the past examples * Deficits * Five steps of conflict solving * Supervision and case study
- 3) **Consultant-client relationship:** Reflections * Positive therapist-client-relationship * Cultural values * Usage of stories * Five stage of treatment and consultation * Observation * Inventory * Encouragement * Verbalization * Goals broadening * Demonstration of five stages in therapeutic session * Areas of therapeutic responsibility * Supervision and cases
- 4) **Applications of Positive Psychotherapy:** Reflections * Dimensions of diagnosis in Positive Psychotherapy * Treatment planning * First Interview * Five stages of therapy/consulting * five stages of session * Self-help and education * Positive Family Therapy * Positive Psychotherapy in different professional fields (presentations)* Supervision and case studies

ORGANIZER

Roman Ciesielski, M.D. postgraduate Doctorate in Medicine (medical PH. D.), licensed psychotherapist and supervisor of Polish Psychiatric Association, representative of PPA for EAP, child and adolescent psychiatrist. In charge of Outpatient Center for Psychiatric and Speech Disorders for Children and Adolescents in Wroclaw

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PARTICIPANTS:

Medical doctors of all specialities, **clinical psychologists**, **psychotherapists**. **University graduates** (with, at least, a bachelor degree) in fields such as social sciences, counseling, humanistic sciences, psychological, educational, health or medical field or students in their third year of studies in one of the mentioned fields.

TRAINERS

The Trainers are international certified Trainers from the World Association for Positive Psychotherapy coming from different European countries.

Mr. CESKO, Enver (Kosovo): * 1957, M.Sc. in Psychology and Pedagogy, President of the Kosovo Association for Psychotherapy, Director of the Kosova Centre for Positive Psychotherapy Prishtina, International Master Trainer of the World Association for Positive Psychotherapy, Certified Bodytherapist at the European Association for Body Psychotherapy, Private Practice for psychology and psychotherapy in Prishtina, Kosovo.

Mrs. EMMERICH, Dr. Gabriele (Germany): *1961, M.D., postgraduate Doctorate in Medicine (medical Ph.D. in Ophthalmology), German Board-certified and licensed specialist in ophthalmology and psychotherapy. Board Member of the German Association for Positive and Transcultural Psychotherapy (DGPP), International Master Trainer of the World Association for Positive Psychotherapy, private practice for psychosomatic medicine and psychotherapy in Darmstadt, Germany.

Mr. HENRICHS, Christian (Germany): *1969, Master of Philosophy (M.A.), certified and licensed psychologist and psychological psychotherapist (Diploma), Private Practice for Psychotherapy and Coaching in Cologne ("Interpunktio Psychological Communication Training Cologne"), Germany, Lecturer at Wiesbaden Academy of Psychotherapy, International Master Trainer for World Association for Positive Psychotherapy.

Mrs. WERNER, Birgit (Germany): * 1957, certified and licensed psychologist (M.A.), Board-licensed psychotherapist, Private Practice for Psychotherapy in Frankfurt, Germany, Management Trainer and Personal Coach, Lecturer for social and economic topics, Personnel consultant and human resource manager in global enterprises, Crisis Intervention Coach at the Frankfurt Airport (Germany), Emergency Psychotherapist / Therapist for Traumata, Supervisor for psychotherapy training at the Wiesbaden Academy of Psychotherapy.

THE SEMINAR

- ◆ Minimum three seminars within 8 months, better four seminars
- ◆ 120 hours: theory, practice and self-discovery in Positive Psychotherapy
- ◆ 80 hours of homework
- ◆ 30 hours of regular intervision group
- ◆ 40 hours of study of literature (basic bibliography on Positive Psychotherapy). Recommended books: "Oriental stories as tools in Positive Psychotherapy", "Positive Family Psychotherapy" and "Psychotherapy for everyday life"
- ◆ A 5-page-written self-reflection report: description of one's development in Positive Psychotherapy based on the study of the recommended literature using the models of Positive Psychotherapy (min. 10 hours).
- ◆ Oral colloquium based on the written self-reflection report, theoretical questions and case review

CERTIFICATE

Each participant receives a certificate as "Basic Consultant of Positive Psychotherapy" from the World Association for Positive Psychotherapy. The fee for certificate is 100 Euro each. The fee for the seminar participation itself is decided by the local organizers.

WHAT IS POSITIVE PSYCHOTHERAPY?

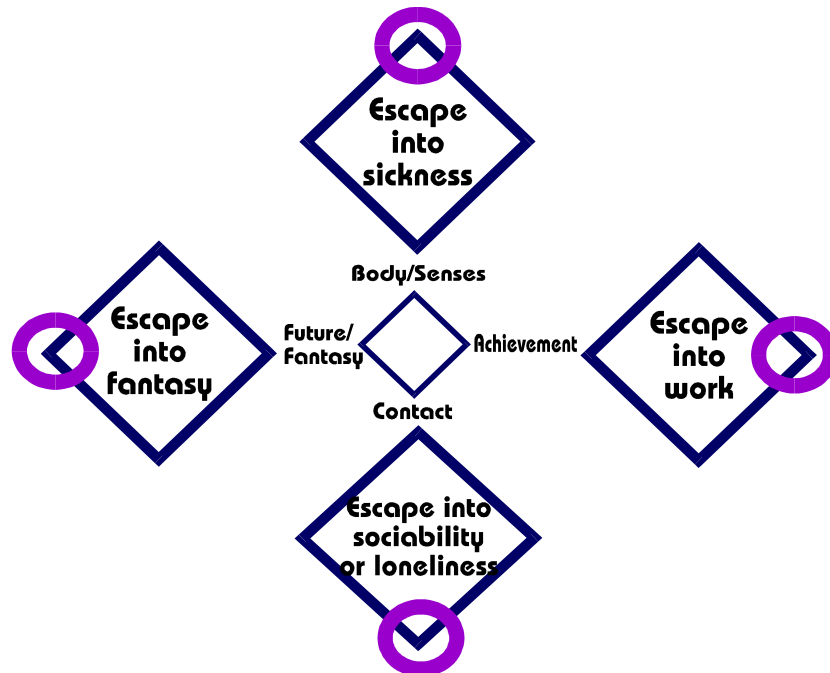
Positive Psychotherapy (PPT) is a form of short-term psychotherapy based on a psychodynamic approach, resulting from cross-cultural research, and a humanistic conception of man. Positive Psychotherapy is resource-oriented and conflict-centered. The word „positive“ in the context of Positive Psychotherapy is derived from the latin word "positum", which means what is factual and given. Disorders and conflicts within a patient are not the only things that are factual and given. The patient also brings with him the capacity to deal with conflicts. The method has been developed since 1968 by Prof. Dr. Nossrat Peseschkian (1933-2010) and his co-workers in Germany, and is today an officially accepted method in the field of postgraduate training in many countries.

The method of Positive Psychotherapy which is build up on transcultural researches in over 20 cultures, is based on three main principles:

The positive concept: The world-view is based on the concept that "every human-being is good by nature" and "endowed with a lot of capabilities and a great potential." This positive image of man – that everybody has the two basic capabilities "to love" and "to know" – has led to the concept that illnesses and disorders are some kind of capability, and are therefore interpreted in a positive way. E.g. depression regarded as "the capability to react with deep emotions on conflicts". Through the further use of stories, anecdotes and examples from other cultures the patient is encouraged to play a more active role in his own healing process. Positive Psychotherapy believes that every human-being is an entity of body, mind, emotions and soul, and the aim of the therapeutic process is to help the client to develop his capabilities and find the balance in his or her life.

The Conflict Contents and Conflict Dynamics: A main model of Positive Psychotherapy is the Balance Model, and the patient is encouraged to develop all sphere of life and to distribute his daily energy equally in the four spheres of body, work/achievement, contacts/relationships, and future/fantasy.

(see model on the next page)



The four qualities of life and the four ways of coping with conflicts with the respective modes of the capacity to know are: (a) body (method of the senses); (b) achievement (method of reason); (c) contact (method of tradition); (d) fantasy (method of intuition).

The Five-Stage-Therapy: With the help of a structured five-stage-procedure, the patient is led from his symptoms to the solution of his conflict. In the aspect of self-help, he is also encouraged to become a therapist for his own family and environment. Here, elements of other methods are applied in order to secure a flexible approach to the unique needs of every client. This interdisciplinary approach of Positive Psychotherapy presents a framework in which different methods can work and cooperate together.

Since 1968, Positive Psychotherapy is applied mainly in the following areas: psychotherapy, counselling, education, prevention and management training.

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