

**ISTANBUL POZİTİF PSİKOTERAPİ MERKEZİ**  
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**REPORT FROM BASİC TRAINING SEMINAR IN ISTANBUL**  
**19-21 June, 2009**

This training seminar has been prepared to continue with already started basic course on positive psychotherapy. In this time the activities in Istanbul Centre for Positive Psychotherapy are focusing in preparation of coming World Congress in next year.

The place of training seminar was held in French La-Paix Mental Health Hospital Seminar Hall which was placed in the city center of Istanbul on 19–21 June 2009.

Training seminar was leaded from certified trainers Mr. Scr. Enver Cesko and assistance by Dr. Rukiye Hayran, with the program below. The total numbers of participants who have got the certificates with 25 hours were 11 of them.

Professional backgrounds of the participants were graduated psychologists, psychological counselors and three medical doctors.

Topics that participants learned in the first module of training seminar, were what is Positive Psychotherapy, concept of PP, basic concepts of Positive and Trans-culture point of view, basic principles in PP, stories as tool in PP, introduction in balance model and four aspects in PP, introduction on dealing the conflicts and five stages of interview in PP and Psychotherapy of Psychosomatics.

During the three days of seminar the participants had theoretical, group and individual works delivered from the trainers.

As understood from their written feedbacks in the evaluation forms, participants seemed to be highly satisfied with the training. Their satisfaction was very much influenced by the language of training that was understandable without translation.

In the end of the seminar we had very nice group photo.

**Istanbul, 03 July 2009**

**On behalf of Istanbul Center of  
Positive Psychotherapy  
Rukiye Hayran M.D.  
Enver Cesko, Mag.**