



**WAPP - World Association for
Positive and Transcultural Psychotherapy (Est. 1994)**

**International Trainer Seminar of Positive
Psychotherapy (ITS) 2017
“Dynamics in Positive Psychotherapy”
28 Nov – 2 Dec 2017, Wiesbaden, Germany**

Group B



International Trainer Seminar of Positive Psychotherapy (ITS) 2017

- **Group B**
 - Albania,
 - Bulgaria,
 - Germany,
 - Kosovo,
 - Poland,
 - Romania,
 - Russia,
 - Turkey



International Trainer Seminar of Positive Psychotherapy (ITS) 2017

- **The 4 days of ITS**
 - Day 1 - The concept day
 - Day 2 – Psychodynamic day
 - Day 3 – Therapeutic relation day
 - Day 4 – Group dynamic day

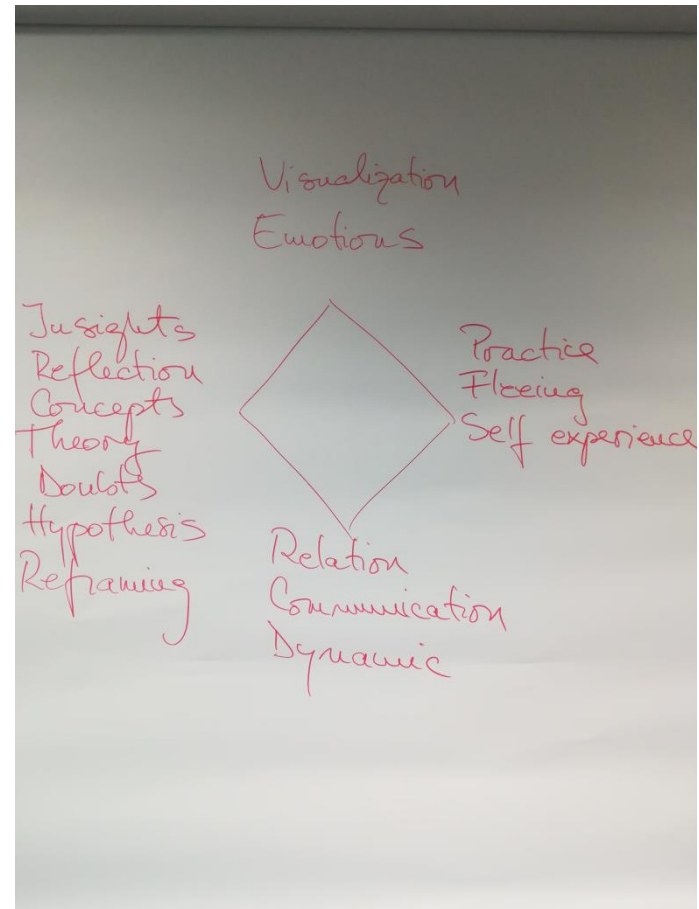


- Day 1 - The concept day
 - Get to know each other
 - The hardest part of teaching PPT during BC
 - Requests and needs of PPT students
 - Revision of PPT methods (differentiation from other methods)



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- Day 1 - The concept day - Conclusions





- Day 2 - Psychodynamic day
 - What does it mean: PPT is a psychodynamic method?
 - Defining conflicts in PPT
 - Case study, conceptualization



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- Day 2 - Psychodynamic day
 - About conflicts
 - About case conceptualization
 - Worked a real case and conceptualized it



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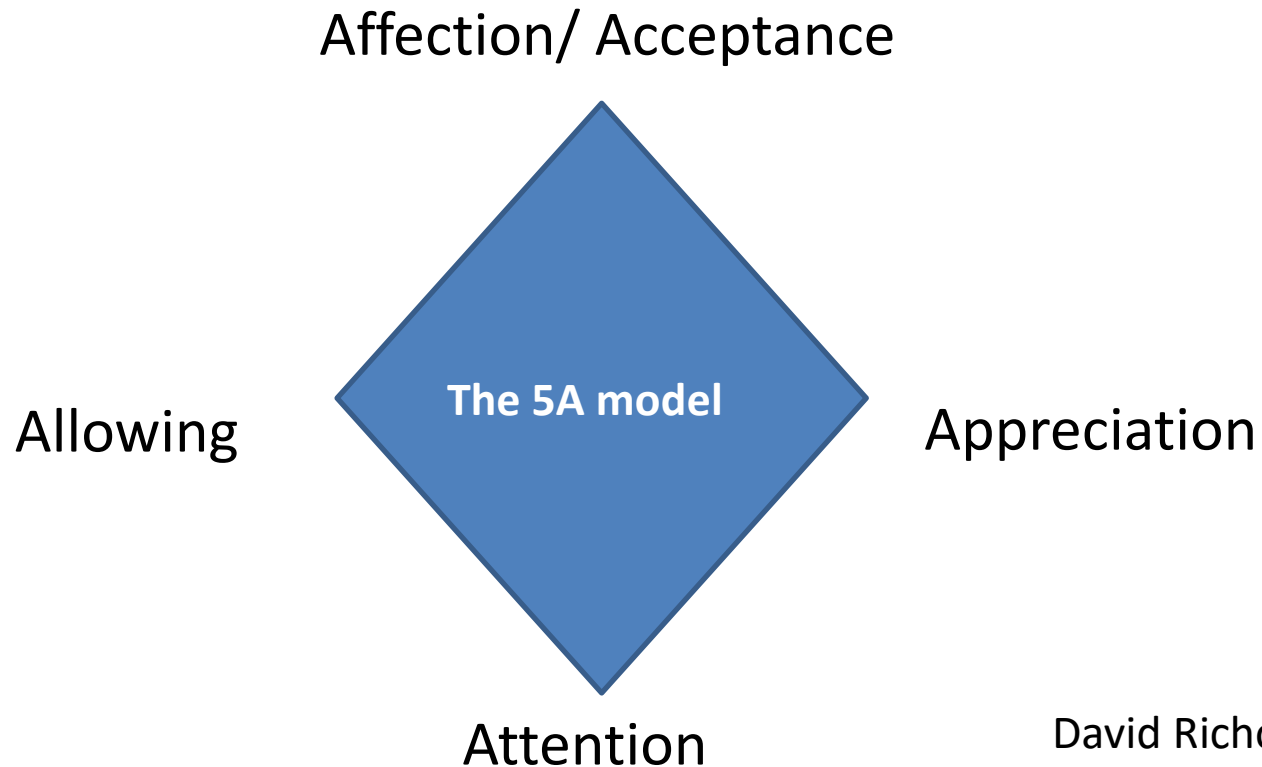
- Day 3 – Therapeutic relation day
- The 3 stages of interaction (N. Peseschkian, 1995)
- Supervision stages (M. Gocharov 2008)



- Day 3 – Therapeutic relation day
- The 3 stages of interaction
 - Attachment
 - Differentiation
 - Dettachment
- Which is my strong point stage?
- Where I still have to work?



- Day 3 – Therapeutic relation day – the basic needs of a human being

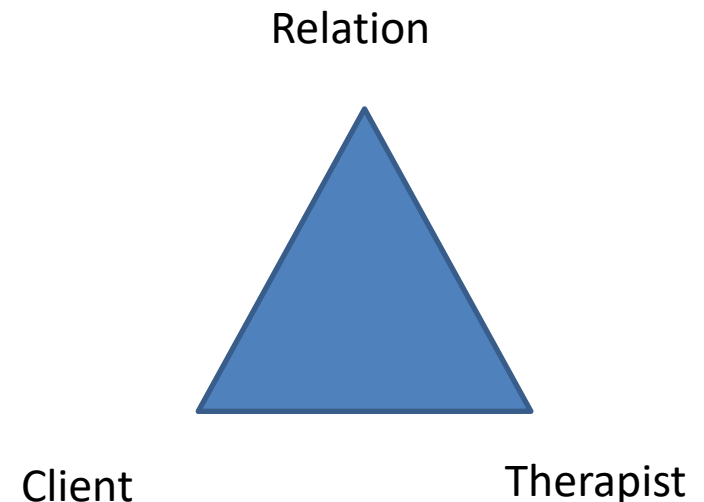


David Richo, 2007



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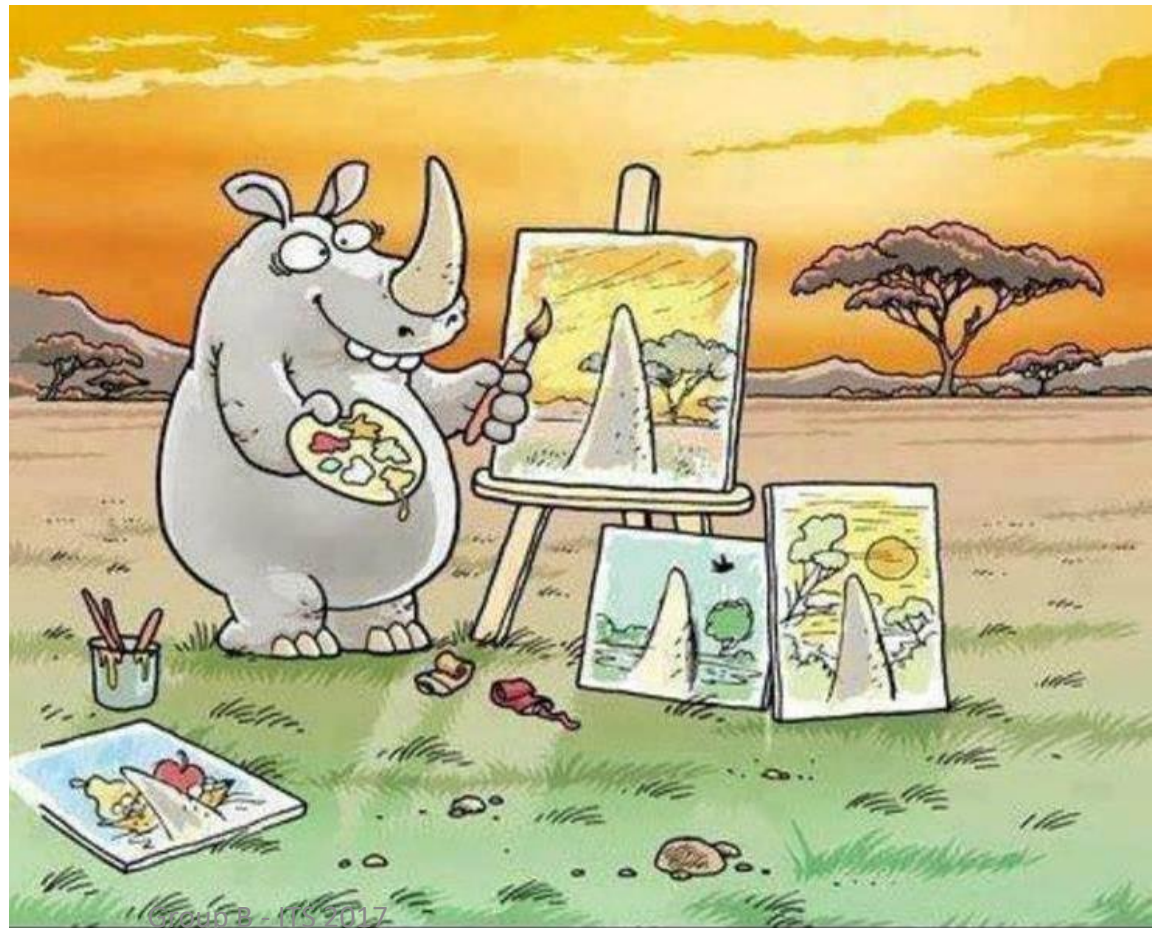
- Day 3 – Therapeutic relation day – Conclusions
- Attachment – differentiation – detachment
- Who lead the relation?
- How to take a meta-position and talk about relation?
- Stories





- Day 4 – Group psychodynamic and self-discovery day

**We see the World,
the way we are!**





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- Day 4 – Group psychodynamic and self discovery day
– Conclusions
- Let's have a look at our dynamic during the 3 days
- Kolb questionnaire – how I like to learn, how I teach, how I diversify and adapt my teaching style to the participants?
- What I take from the group, what I live to the group, what I want to throw away?



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Group B - ITS 2017