

**Program of Online ITS 2021 (proposal) / Motto: "Stay in Balance, Stay Positive, Stay Connected"**  
**9-10 October, ZOOM, Eastern European Time (EET) (CET = 1 hour earlier!) Time zone: Bulgaria, Romania, Ukraine etc.**

**22nd International Training Seminar for Positive and Transcultural Psychotherapy.**

<b>Saturday, 9 October (only for trainers and candidate-trainers)</b>												
<b>Main meeting room (room 1)</b>												
<b>Zoom link:</b>												
8:30-9:00	PLENARY: <b>Music, moving and dancing</b>											
9:00-9:15	PLENARY: <b>Welcoming and opening of the ITS;</b> highlights of the past year											
9:15-10:45	PLENARY: <b>Didactics of Positive Psychotherapy trainings</b> (workshop) with an invited guest trainer											
15 min break												
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #0070c0; color: white;">Main meeting room (1)</th> <th style="background-color: #800000; color: white;">Room 2</th> <th style="background-color: #6aa84f; color: white;">Room 3</th> <th style="background-color: #f4a460; color: white;">Room 4</th> <th style="background-color: #808080; color: white;">Room 5</th> <th style="background-color: #663399; color: white;">Room 6</th> </tr> </thead> </table>							Main meeting room (1)	Room 2	Room 3	Room 4	Room 5	Room 6
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<b>Zoom link:</b>												
11:00-13:00 parallel workshops	Workshop (120 min): <b>xxx:</b> Supervision of cases (from trainings, from patients) <a href="#">English A</a>	Workshop (120 min): <b>xxx:</b> Supervision of cases (from trainings, from patients) <a href="#">English B</a>	Workshop (120 min): <b>xxx:</b> Supervision of cases (from trainings, from patients) <a href="#">Russian A</a>	Workshop (120 min): <b>xxx:</b> Supervision of cases (from trainings, from patients) <a href="#">Russian B</a>	Workshop (120 min): <b>xxx:</b> Supervision of cases (from trainings, from patients) <a href="#">Turkish</a>	Workshop (120 min): <b>xxx:</b> Supervision of cases (from trainings, from patients) <a href="#">other language?</a>						
Lunch break 1 hour												
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14:00-15:30 parallel self- discovery groups	Workshop (90 min): <b>xxx:</b> Group self-discovery <a href="#">English A</a>	Workshop (90 min): <b>xxx:</b> Group self-discovery <a href="#">English B</a>	Workshop (90 min): <b>xxx:</b> Group self-discovery <a href="#">Russian A</a>	Workshop (90 min): <b>xxx:</b> Group self-discovery <a href="#">Russian B</a>	Workshop (90 min): <b>xxx:</b> Group self-discovery <a href="#">Turkish</a>	Workshop (90 min): <b>xxx:</b> Group self-discovery <a href="#">other language?</a>						
15 min break												
<b>Main meeting room (room 1)</b>												
<b>Zoom link:</b>												
15:45-16:45	PLENARY: <b>Exchange of experiences about working during the pandemic and with online therapy</b>											
15 min break												
17:00-18:00	PLENARY: The 4th area of the balance model of Positive Psychotherapy: <b>Self-care and mental hygiene for psychotherapists and trainers (what can we do for ourselves?)</b>											

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<b>Sunday, 10 October (open for everyone interested)</b>						
	Main meeting room (room 1)					
<b>Zoom link:</b>						
8:30-9:00	PLENARY <b>Music, moving and dancing</b>					
9:00 - 9:15	<b>Welcoming and opening;</b> highlights of the last year					
9:15-10:00	PLENARY: <b>Welcoming and Round table discussion with participants from different countries about a specific topic</b>					
15 min break						
	Main meeting room (1)	Room 2	Room 3	Room 4	Room 5	Room 6
<b>Zoom link:</b>						
10:15-11:45 parallel self-discovery groups 90 minutes	Workshop (90 min): <b>xxx:</b> Group self-discovery <u>English A</u>	Workshop (90 min): <b>xxx:</b> Group self-discovery <u>English B</u>	Workshop (90 min): <b>xxx:</b> Group self-discovery <u>Russian A</u>	Workshop (90 min): <b>xxx:</b> Group self-discovery <u>Russian B</u>	Workshop (90 min): <b>xxx:</b> Group self-discovery <u>Turkish</u>	Workshop (90 min): <b>xxx:</b> Group self-discovery <u>other language?</u>
15 min break						
<b>Zoom link:</b>						
12:00-13:00 parallel presentations	Presentation (60 min): <b>Presenter:</b> Topic	Presentation (60 min): <b>Presenter:</b> Topic	Presentation (60 min): <b>Presenter:</b> Topic	Presentation (60 min): <b>Presenter:</b> Topic	Presentation (60 min): <b>Presenter:</b> Topic	Presentation (60 min): <b>Presenter:</b> Topic
Lunch break 1 hour						
	Main meeting room (1)	Room 2	Room 3	Room 4	Room 5	Room 6
<b>Zoom link:</b>						
14:00-15:30 parallel workshops	Workshop (90 min): <b>Presenter:</b> Topic	Workshop (90 min): <b>Presenter:</b> Topic	Workshop (90 min): <b>Presenter:</b> Topic	Workshop (90 min): <b>Presenter:</b> Topic	Workshop (90 min): <b>Presenter:</b> Topic	Workshop (90 min): <b>Presenter:</b> Topic
30 min break						
<b>Zoom link:</b>						
16:00-17:00	PLENARY: <b>International story telling as a tool of Positive Psychotherapy</b> (colleagues from different countries will tell their favorite therapeutic stories)					
17:00-17:30	PLENARY: <b>Summary and closing of the ITS; presentation of the next world congress in October 2022</b>					
17:30-18:00	PLENARY: <b>Music and prayers for world peace</b>					