

3 PILLARS OF PPT



HOPE

Focusing on patient capacities and understanding the function of symptoms and conflicts

BALANCE

Developing balance in the four areas of life:
body-productivity
-relationship- imagination



CONSULTATION

Conflict recognition and resolution based on 5 stages of psychotherapy.

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FIND YOUR BALANCE



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A blue robot superhero with a red cape stands on a globe. The robot has a rectangular head with two dots for eyes and a small black grille for a mouth. It has long, thin arms and legs. One arm is on its hip, and the other points to the right. The globe is blue with dark blue continents. The background is a light green wall.

I'm positive
psychotherapist.

What's your
superpower?

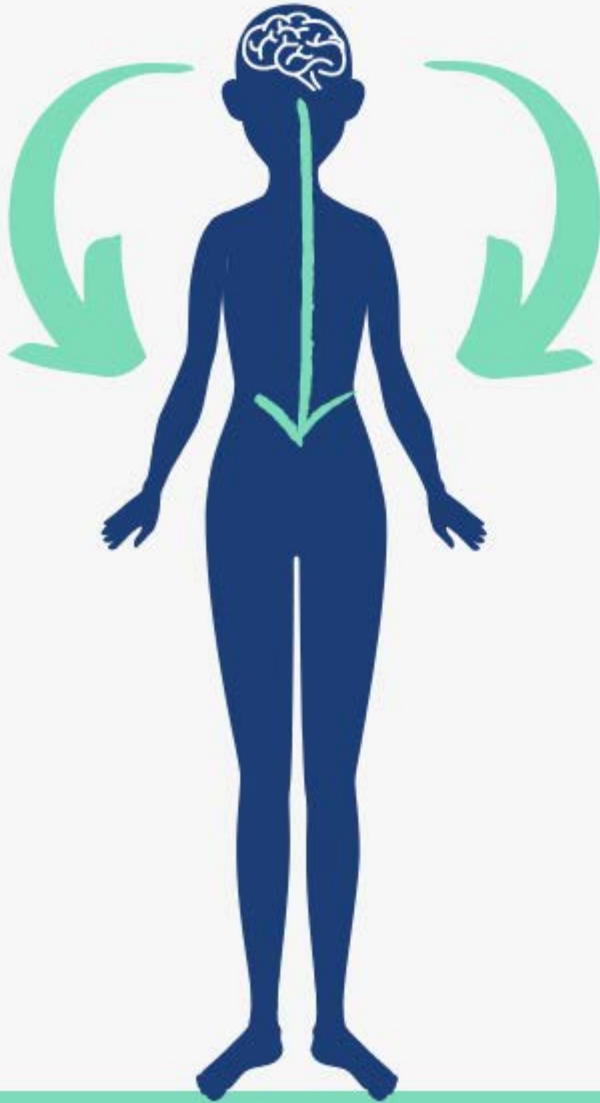
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PSYCHOSOMATICS



"Specific line of research and treatment that strives to illuminate the connection between the mental events and bodily reactions."

NOSSRAT PESECHKIAN

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POSITIVE PSYCHOTHERAPY AS A STRATEGIC APPROACH

STRUCTURING THE
THERAPEUTIC PROCESS



5 STAGES OF
PSYCHOTHERAPY

STRUCTURING THE
THERAPEUTIC RELATIONSHIP



3 STAGES OF
INTERACTION

CASE
CONCEPTUALIZATION



CONFLICT
OPERATIONALIZATION

BEHAVIOR CHANGE AND
NEW COPING STRATEGIES



SELF-HELP TOOLS

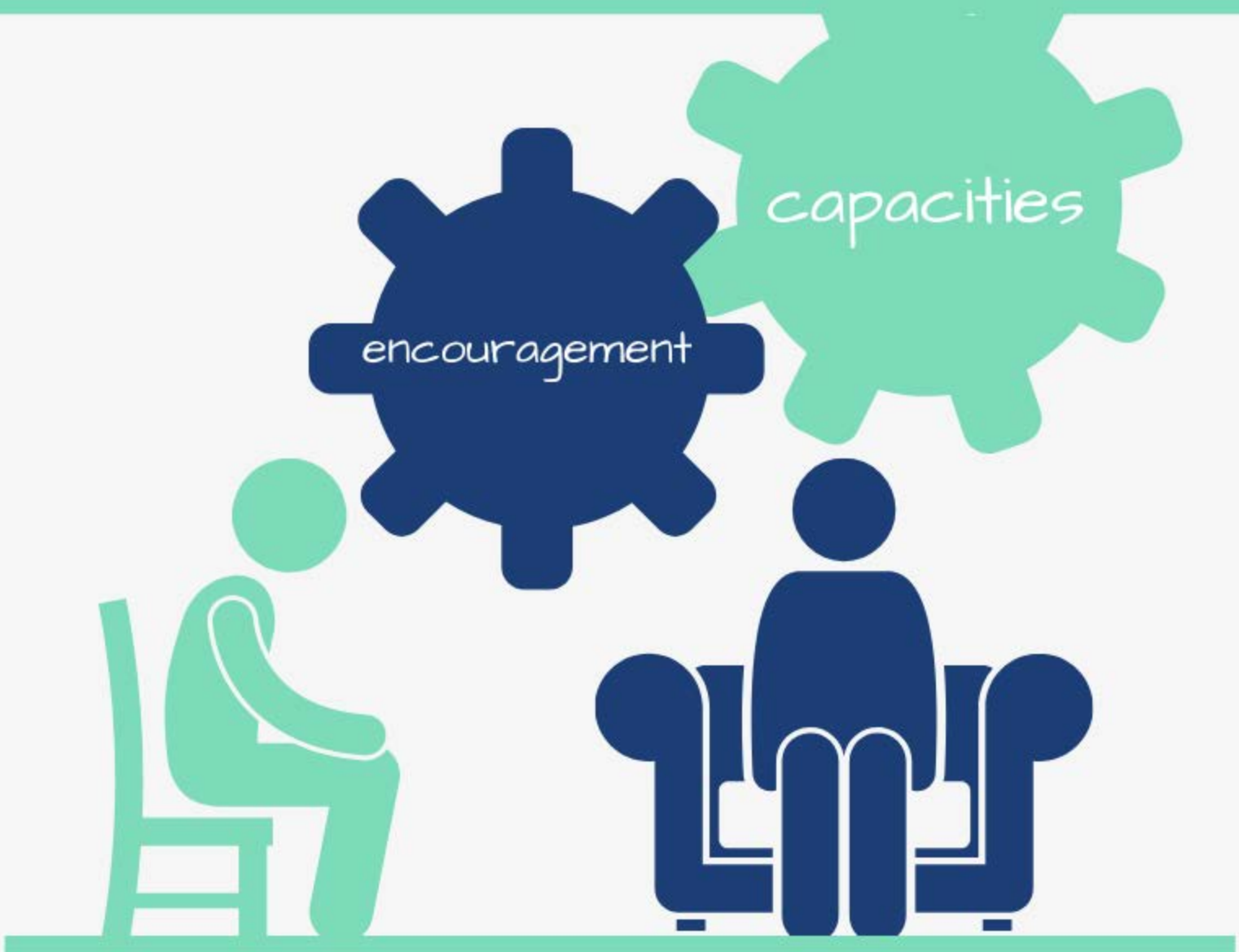
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THERAPEUTIC RELATIONSHIP



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