The European Association for Integrative Psychotherapy
and
The Institute for Integrative Psychotherapy and Counselling,
Ljubljana

7th EUROPEAN INTEGRATIVE PSYCHOTHERAPY
CONFERENCE

New developments and challenges
in psychotherapy integration

BOOK OF ABSTRACTS

Ljubljana, City Hotel, SLOVENIA
October 11-13, 2013

www.europeanintegrativepsychotherapy.com
www.institut-ipsa.si
KEYNOTE SPEACHES:

1. **Dr. Ken Evans (United Kingdom and France): ‘Humour in Integrative Psychotherapy’**

   Ken Evans is Co-Director alongside Joanna Hewitt Evans of the European Centre for Psychotherapeutic Studies (Eurocps) based in Normandy and the Channel Islands. Eurocps is a Full Member of the EAIP and an EAP Accredited Training Institute. Ken is a Visiting Professor of Psychotherapy to the Masters programme in Psychotherapy in Novi Sad which he co-authored. This programme has four modal ity routes to the Masters degree so that following a generic education students then choose one of four possible specialities: Integrative, Gestalt, Psychodrama or Family & Systemic. He is a Visiting Trainer to several institutes across Europe and authored several books and numerous articles. He is Senior Editor of the European Journal for Qualitative Research in Psychotherapy. In his ‘spare’ time he is a farmer.

2. **Prof. Maria Gilbert (United Kingdom): ’Integrative Psychotherapy : the delicate art of negotiating difference.’**

   Professor Maria C. Gilbert is currently joint head of the Integrative Department at Metanoia Institute in West London and a visiting Professor at Middlesex University. She is programme leader of the MSc in Integrative Psychotherapy and of the MA/MSc in Coaching Psychology at Metanoia. Over the years she has co-authored several books: ’Brief Therapy with Couples’ with Diana Shmukler (Wiley); ’Psychotherapy Supervision’ with Ken Evans (Open University Press); ‘An Introduction to Integrative Psychotherapy’ with Ken Evans (Palgrave Macmillan); ‘On Becoming a Supervisee : Creating Learning Partnerships’ with Michael Carroll (Vukani Publishing); ‘Becoming an Executive Coachee : Creating Learning Partnerships’ with Michael Carroll (Vukani Publishing) and most recently ‘Integrative Therapy : 100 key points and techniques’ with Vanja Orlans (Routledge).

3. **Mario Salvador (Spain): ‘The Wisdom of Subcortical Brain and Self-Healing Capacities of Brain to Treat Trauma’**

   Mario Salvador Fernández is a Clinical Psychologist, International Trainer and Supervisor in Integrative Psychotherapy by the IIPA (International Integrative Psychotherapy Association), Provisional Transactional Analyst Trainer and Supervisor by EATA-ITAA (International and European Association of Transactional Analysis); Certified Trainer in PCM and PTM (Process Therapy Model) by Kahler Associates, Brain-spotting Trainer and Supervisor, and Clinician and Supervisor in EMDR (Eye Movement Desensitization and Reprocessing) by the European EMDR Association. Director of ALECES, Institute of Integrative Psychotherapy, Professor of the Integrative Psychotherapy Master in Galene Institute of Madrid (www.galene.es), Trainer in the CEP Eric Berne Institute and Cintra Psychology and Psychotherapy in Barcelona, International Trainer in Romania, Slovenia, Austria, Mexico, Venezuela and Ecuador. Former academic coordinator and Associate tutor at the National University of Open University in Lugo (Spain). He was a member of the first board of the International Integrative Psychotherapy Association (www.integrativeassociation.com) and chair of its Commission of Standards and Certification from 2004-2011, and Spanish delegate in the European Association of Transactional Analysis (EATA) from 2000 - 2005.

4. **Maša Žvelc & Gregor Žvelc (Slovenia): Integrative Psychotherapy in Slovenia**

   Maša Žvelc is a certified integrative psychotherapist (EAIP, EAP, IIPA) and supervisor (European Institute for Psychotherapeutic Studies) and MSc of clinical psychology (University of Ljubljana). She is co-director of Institute of Integrative Psychotherapy and Counselling, Ljubljana (Slovenia), where she leads the training in integrative psychotherapy and has psychotherapy and supervision practice. She is interested in research of supervision process. She is co-author of Picture Test of Separation- Individuation, instrument for measuring separation and individuation process in adolescence and adulthood and the co-editor of the first comprehensive book of psychotherapy in Slovenia called Psychotherapy.
Gregor Žvelc is a psychotherapist and Ph.D. of Clinical Psychology (University of Ljubljana, Slovenia). He is an International Integrative Psychotherapy Trainer & Supervisor, IIPA, and a Provisional Teaching and Supervising Transactional Analyst, PTSTA. He was trained in several other schools of psychotherapy (ie. psychoanalytic therapy, cognitive-behavioral, EMDR ). He is Director of the Institute for Integrative Psychotherapy and Counselling in Ljubljana, Slovenia where he has a private practice and leads trainings in Integrative Psychotherapy and Transactional Analysis. He is assist. prof. at Department for psychology, University of Primorska. Homepage: www.institut-ipsa.si E-mail: gregor.zvelc@guest.arnes.si

PANEL DISCUSSIONS

P 1: Panel discussion 1: ‘Values and Integrative Psychotherapy’
Ken Evans (Chair) (United Kingdom), Maria Gilbert (United Kingdom), Joanna Hewitt Evans (United Kingdom), Heward Wilkinson (United Kingdom), Angela Carr (United Kingdom)

What are the values we hold most dearly as we engage professionally with integrative psychotherapy, write about it and/or engage in research, and personally with regard to our life in general? 5 minutes each for a brief presentation, then discussion among ourselves and the audience.

Ken Evans is Co-Director alongside Joanna Hewitt Evans of the European Centre for Psychotherapeutic Studies (Eurocps) based in Normandy and the Channel Islands. Eurocps is a Full Member of the EAIP and an EAP Accredited Training Institute. Ken is a Visiting Professor of Psychotherapy to the Masters programme in Psychotherapy in Novi Sad which he co-authored. This programme has four modal ity routes to the Masters degree so that following a generic education students then choose one of four possible specialities: Integrative, Gestalt, Psychodrama or Family& Systemic. He is a Visiting Trainer to several institutes across Europe and authored several books and numerous articles. He is Senior Editor of the European Journal for Qualitative Research in Psychotherapy. In his 'spare' time he is a farmer.

Professor Maria C. Gilbert is currently joint head of the Integrative Department at Metanoia Institute in West London and a visiting Professor at Middlesex University. She is programme leader of the MSc in Integrative Psychotherapy and of the MA/MSc in Coaching Psychology at Metanoia. Over the years she has co-authored several books: 'Brief Therapy with Couples' with Diana Shmukler (Wiley); ‘Psychotherapy Supervision’ with Ken Evans (Open University Press); ‘An Introduction to Integrative Psychotherapy’ with Ken Evans (Palgrave Macmillan); ‘On Becoming a Supervisor : Creating Learning Partnerships’ with Michael Carroll (Vukani Publishing); ‘Becoming an Executive Coach : Creating Learning Partnerships’ with Michael Carroll (Vukani Publishing) and most recently ‘Integrative Therapy : 100 key points and techniques’ with Vanja Orlans (Routledge).

Dr. Heward Wilkinson, D. Psych, UKCP Fellow, Integrative Psychotherapist, Chair of the Humanistic and Integrative Psychotherapy College of UKCP, and Senior Editor of the International Journal of Psychotherapy, the Journal of the EAP, from 1994-2004, is based in London. Author of The Muse as Therapist, and many papers in psychotherapy, I focus on the interface between religion, philosophy, the arts, and psychotherapy, and I am also involved in several literary and philosophical communities. I love people, also the natural world, butterflies, the sea, moors and mountains, - as well as music soccer and cricket. http://hewardwilkinson.co.uk

P2: Panel discussion 2: Integrative Psychotherapy and Neuroscience
Michael Randolph – Chair (France, Italy), Mario Salvador (Spain), Philippe Vrancken (Belgium) & Kris Roose (Belgium)

Round table discussion about the place, extent, problems etc associated with the growing interest in neuro-physiology in the world of psychotherapy and especially Integrative psychotherapy.
P3: Panel discussion 3: Child and adolescence psychotherapy across Europe
Dubravka Kocijan Hercigonja – Chair (Croatia), Ken Evans (United Kingdom), Joanna Hewitt Evans (United Kingdom), Vesna Novković Hercigonja (Croatia), Mara Priceputu (Romania), Tanja Šraj (Slovenia)

P4 Panel discussion 4: Panel for Institute Leaders and Trainers: Juggling a lot of balls in the air: running a training institute
Ken Evans – Chair (Great Britain), Panos Assimakis (Greece), Gina Chiriac (Romania), Bob Cooke (United Kingdom), Oana Maria Popescu (Romania), Philippe Vrancken (Belgium), Gregor Žvelc (Slovenia), Maša Žvelc (Slovenia)

Running a training institute requires:
- meeting the (sometimes conflicting) demands of membership of a European association, a national professional regulatory body, a university
- multiple roles - the professional, the political, the financial –business
- the cost of transformation
- What space for a personal life?

Panel discussion will begin with a brief introduction of the challenges of institute leadership from each panel member followed by a discussion among participants.

WORKSHOPS

W1 Integrating the Living Body into Your Therapy and Supervision Practice.
Julianne Appel-Oppe (Germany)

The relational turn in psychotherapy has widened the perspective to focus on two bodies relating and regulating each other. Numerous publications from different fields demonstrate the importance of bodily process and implicit relational knowledge in our work. But how are we prepared for working with the body in our psychotherapy and supervision practice? (For some of us, the body hardly got mentioned in their original psychotherapy training. Others may have experienced body-oriented work as exposing, shaming or pushing, still encapsulated in a one-person-approach to psychotherapy.)

This workshop will give us the opportunity to discover and explore new ways to work with the body. Using her experience from many years of practice and teaching focusing on the importance of the body in integrative psychotherapy, Julianne offers a safe and respectful space for exercises, experiential process, live supervision as well as small group work.

Julianne Appel-Oppe is a Psychological Psychotherapist, Clinical Psychologist, UKCP Registered Gestalt and Integrative Psychotherapist, supervisor, trainer with twenty years' clinical experience. She worked in psychosomatic clinics. For twelve years she lived and worked in various countries and is now in private practice in Berlin. Julianne has developed the “Relational Living Body Psychotherapy” which she has taught internationally and published about. www.thelivingbody.de
Email: julianne.ao@web.de

W2 An Integrative Therapy Workshop Interweaving CBT (Cognitive Behavior Therapy), Transactional Analysis, Redecision Therapy, Gestalt and KEG therapy cards (Keys to Emotional Growth)
Eleanor Avinor (Israel) & Joanne Silman (Israel)

In this workshop participants will experience answering questions by choosing artwork picture cards that represent or symbolize various aspects of dilemmas and/or life events. Volunteer participants will explain why they chose the pictures they did and what the pictures symbolize for them. Integra-
tive therapy questions representing different methods of therapy will be asked and work with the answers will be demonstrated. Feedback and general discussions will be conducted in part by the guiding questions on the backside of the KEG (Keys to Emotional Growth) therapy cards. These questions stem from different therapy methods. The importance of the cards is that they by step the defence mechanisms and go straight to the core issues using CBT, Redecision therapy, Gestalt, and TA.

Eleanor Avinor (PhD, MSc, MA), psychotherapist in hospital and in private clinic; e-mail: eleanorav@research.haifa.ac.il
Joanne Silman (ME) e-mail: kegcards@gmail.com

W3 Implementation/integration of qEEG (quantitative Electro Encephalo Gram) in the diagnosis and treatment (NeuroFeedBack) of child ADHD, Tourette, right hemisphere deficits and depression (mood disorders).
Philippe Vrancken & Kris Roose (Belgium)

Quantitative Electroencephalography (QEEG) is a technique of taking EEG data and producing a visual map of the type, location and amplitude in µVol (microvolt) of rhythms (frequencies) in a brain. Through the use of sophisticated methods of QEEG analysis, functional deficit of the electrogensis can be recognized, which could be helpful in the differential diagnosis and treatment of several developmental disorders and mood disorders. Applications of the qEEG for protocol development, treating a client for a disorder using medication or neuromodulation (neurofeedback therapy), also seems to be a fruitful area of investigation. Neurofeedback is an interesting and promising treatment method for people with ADHD, Tourette Syndrome, Nonverbal Learning Disorders, hemispherical asymmetries and depression. With neurofeedback, the brain is taught to apply other activity, at which the complaints disappear. Neurofeedback is a treatment where real-time feedback is provided for specific brain waves. By this operant-conditioning method, the brain is either encouraged or discouraged to produce specific frequencies. In this way, disorders like ADHD/ADD (but also other developmental disorders) can be treated without (or with less) medication. This can result in a decline of symptoms and a marked improvement on behavioral level. Neurofeedback can lead to a permanent and sustained effect.

An integrative use of psychopharmaca can be an additional value in the treatment. During the workshops we can give a demonstration of a qEEG recording and analysis of the recorded values.

We also use the results of a scientific study, done in a primary school with children with ADHD, autism spectrum disorders and Tourette syndrome, as well as the results of NFB in depression.

Philippe Vrancken, psychotherapist ECP, neurotherapist – E-mail: philippe@bnvip.eu
dr. Kris Roose, neuropsychiatrist, psychotherapist – E-mail: kris@bnvip.eu

W4 Beyond Recovery
Joanna Hewitt Evans, Andy Ryan, Dave Greaves and Kathleen Carroll (United Kingdom)

This workshop will consider alcohol addiction as a defense against relationship and relationship as a route to recovery. Or is it? The workshop will explore the role of shame in the process of recovery, drawing on research, ideas and experience within the group. What does being a recovering alcoholic really mean? Does defining a person’s identity limit and diminish who they are? Do those working with addiction need to be in recovery themselves? What do Integrative psychotherapists have to offer? The workshop will combine presentation of research findings, exercises and discussion.

Joanna Hewitt Evans, UKCP Gestalt and EAIP Integrative Psychotherapist is Co-director of European Centre for Psychotherapeutic Studies - EUROCPs. She jointly runs an EAIP and EAP accredited Integrative Psychotherapy Training Programme in Jersey and is a visiting trainer on several Psychotherapy training
Programmes in Europe including IPSA. Joanna’s interest in addiction was triggered by family history and through supervision of workers in the field.

Andy Ryan, UKCP Integrative Psychotherapist and Graduate Associate of EUROCPS has worked in addiction services for over 8 years and currently manages a UK Treatment Centre for people in recovery from alcohol addiction. Andy’s interest emerged from a personal struggle with substance abuse. Alongside his work in the field he has been active strategically as vice chair of a national volunteer project and as a member of stakeholder/ service user forums.

Joanna and Andy recently co-wrote and published an article ‘Addiction as a Defense against Relationship’ in the European Journal for Qualitative Research in Psychotherapy. November 2012

Dave Greaves, UKCP Integrative Psychotherapist and Graduate associate of EUROCPS has over 14 years of experience working in treatment centres with groups and individuals. Dave has drawn on both professional and personal experience in creating a personal model of work. He is also a professional musician.

Kathleen Carroll, qualified Social Worker and Counsellor is currently working towards accreditation as a Gestalt Psychotherapist. She has a private practice in the North of England and draws on theoretical and personal experience of addiction. Kathleen has a particular interest in therapy with young people and also works as an Advocate with children and young people in the care system.

Andy, Dave and Kathleen co-wrote and facilitated ‘An Integrative Workshop on Addiction’ which they presented last year in the UK.

W5 Challenges in psychotherapy work with Introjects.
Maruša Zaletel & Jana Potočnik (Slovenia)

An introject is a set of feelings, attitudes, and behaviour patterns which resemble those of parental figure. It is an unconscious defence mechanism which is frequently used by the child when there is a lack of contact between the child and the caretakers. Introjections impede awareness of needs and emotions and interrupt both internal and external contact. Because of its negative influences it is important to include working with introjects into psychotherapy. Through the specific methods of Integrative Psychotherapy the influence of an introjection can be diminished and even fully resolved. In the workshop we will present different challenges and difficulties of that process. Beside the theory you will receive some practical guidelines for working with introjects. Through experiential exercises you will be able to come in touch with your own internalised parents.

Maruša Zaletel is a psychologist and a Certified Integrative Psychotherapist, Supervisor and Trainer. She is also trained in EMDR and Brainspotting. She is working in her private practice in Kranj, Slovenia as a psychotherapist, supervisor and is giving workshops for psychotherapy trainees in Slovenia, England and Romania. Her special interests are integrating body into psychotherapy and working with introjects. You can contact her at Maruša Zaletel, Gregoričeva 22, 4000 Kranj, Slovenia; e-mail: info@psihoterapija-mz.si

Jana Potočnik is a Bachelor of Communication Sciences at University of Ljubljana, Faculty of Social Sciences and has a clinical training in integrative psychotherapy from Institute for Integrative Psychotherapy and Counselling in Ljubljana. She is also trained in EMDR. She is trainee psychotherapist in private practice in Ljubljana, Slovenia and is preparing to be certified as Integrative Psychotherapist. You can contact her at Jana Potočnik, Na Jami 9, 1000 Ljubljana, Slovenia; e-mail: psihoterapija@janapotocnik.si
W6 Where you look affects what you feel. Brainspotting: Using self healing capacity of the brain to treat Trauma
Mario Salvador (Spain)

The last level of change in psychotherapy is needed to be done in the sense of self felt in the body. The core self is the foundation of felt self that is formed into the body and in the earliest stages of development, which are then the organizational schema of later experience. Unintegrated experiences (fixated) are vivid somatosensory aspects which have been dissociated from the conscious sense of who we are. Traditional therapies usually access experience through cognitive, emotional, behavioral or somatic, but the latest studies in neuroscience support the importance of neurological approaches as a way to attune into the neural network where experiences are recorded.

With Brainspotting we seek neurological attunement with the neural network which is registered and to promote the experience neuroprocessing, providing complete integration and change in the level of the felt sense of self through the implementation of 'self-healing' capabilities of the brain itself. We built this with an open therapeutic presence to reprocess the experience, creating a 'safe space' that enable the integration of fragmented and dissociated aspects of the self.

Mario Salvador Fernández is a Clinical Psychologist, International Trainer and Supervisor in Integrative Psychotherapy by the IIPA (International Integrative Psychotherapy Association), Provisional Transactional Analyst Trainer and Supervisor by EATA-ITAA (International and European Association of Transactional Analysis); Certified Trainer in PCM and PTM (Process Therapy Model) by Kahler Associates, Brainspotting Trainer and Supervisor, and Clinician and Supervisor in EMDR (Eye Movement Desensitization and Reprocessing) by the European EMDR Association.

W7 Body Symptoms, Dreams and Creative Processes.
Zora Subotić (Croatia)

In this workshop we explore body symptoms; often disturbing body experiences - not through the polarizing concept of pathology versus health, but with open and creative mind and ways, approaching them as body "dreams" According to process work ideas, as we dream during the night our bodies dream while we are awake. Bodies dream through symptoms; these symptoms are like big dreams that carry important messages to us needing to be unfolded. Every body experience that we have can be visualized and usually appears in our dreams so that our dreams refer to particular body experiences. In order to work on our bodies we can work on our dreams, or we can work on our body symptoms and unfold our dreams.

This is a very dynamic and creative work. We enter the field of exploration of the mirror connection between our night-time dreams and body experiences. We aim to get a new perspective in order to understand our body experiences – in doing that we move much beyond the idea of patologizing them, but we rather make new and important discoveries about the nature of our creative bodies and their deep ways of expressing themselves, thus supporting our growth towards wholeness.

Zora Subotić is a psychologist, psychotherapist and trainer, having over twenty-five years of experience in the various areas of psychotherapy and neuroscience. In her work she merges two dimensions of human development – personal and professional. She has completed training courses in neuroscience at Harvard Medical School, Boston, at the VA Hospital Portland and in Innsbruck and has worked for a number of years as a clinical neuropsychologist. During over twenty years of continuous learning and development at various psychotherapeutic schools and institutes she has met and worked with exceptional and inspirational teachers. She has "learned" wisdom from them and relativised „knowledge“ through Gestalt psychotherapy and art therapy at the IGW Wurzburg, biodynamic bodywork at the London School of Biodynamic, education in trauma at the University of Texas, Houston, and DPP Zagreb, process psychotherapy in Zurich and Portland. She is a licensed Ge-
stalt psychotherapist, supervisor and trainer; she has educated several generations of Gestalt psychotherapists in Croatia and has a considerable experience in the organisational development, counselling and education of managers and teams. She has founded "Mostove" (Bridges) with an idea to provide counselling and education, while promoting development and connecting different worlds, knowledge, people and ideas. She has co-authored several professional books and led workshops, transferring knowledge outside Croatia (Germany, Switzerland, and USA).

**W8 Developing one’s personal therapeutic approach: training and research perspectives.**

**Jan Roubal (Czech), Tomáš Řiháček (Czech), Markéta Skálová (Czech), Jana Koutná Kostínková (Czech)**

The presentation will first introduce the Training in Psychotherapy Integration, a long-term psychotherapeutic training recently founded in the Czech Republic. This training is theoretically grounded in the common factors model of psychotherapy integration. On the practical level, students learn basic skills (exploration, insight, action) and advanced psychotherapeutic skills (case formulation). The training is focused on the individual process of psychotherapy integration.

The second part of the presentation will focus on a qualitative longitudinal research project, conducted on this training. The goal of the research project is to explore the process of a personal integrative perspective development. The presentation will explore the symbiotic coexistence and deep interconnectedness of the training and the research. Reflections will be provided on the collaboration between the researchers and the trainers during the project development. The presentation will also outline how the research feedback is used to support the training process.

Finally, the presentation will offer a working conceptual framework for personal therapeutic approach and its development, based on recent research findings. Discussion will be opened with the question when, during a trainee’s career, it is useful to start learning an integrative perspective and searching for one’s own style.

**Jan Roubal** is a psychotherapist, psychiatrist, supervisor, psychotherapy trainer and assistant at Department of Psychology, Faculty of Social Science, Masaryk University in Brno. He is the founder and leader of the Training in Psychotherapy Integration (TPI) in Czech Republic. He is a member of a research team exploring TPI. E-mail: jan.roubal.cz@gmail.com

**Tomáš Řiháček** is a psychologist, psychotherapist and assistant professor at Department of Psychology, Faculty of Social Science, Masaryk University in Brno. He is the leader of a research team exploring TPI.

**Markéta Skálová** is a psychotherapist and psychiatrist. She is a trainer of TPI.

**Jana Koutná Kostínková** is an assistant at Department of Psychology, Faculty of Social Science, Masaryk University in Brno. She is a member of a research team exploring TPI.

**W9 Conceptual interaction – A therapeutic process on the triangle of action, perception and will.**

**Suzanne Kempeneers (Belgium)**

Conceptual Interaction is a new therapeutic approach which follows an integrative, eclectic and integral method and which brings different models into interaction to result in a new, self-sustaining model. In this configuration the original forms fertilize, deepen and enrich each other without however losing their peculiarities.

The triangle or the tetrahedron offers a framework to integrate the different aspects of psychotherapy. We explore its significance for the client, for his or her context and for the therapist. In this workshop we bring to life the concept and its possibilities.
Suzanne Kempeneers is a EAIP registered Integrative Psychotherapist living in Mechelen, Belgium where she runs a private practice. She has almost 20 years of experience in the psychotherapy field and extensive training in Conceptual Interaction, psychotraumatology, Voice Dialogue and EMDR. In addition, she has provided therapist training (Conceptual Interaction) for the past 9 years and is a supervisor with the Educatieve Academie, Berchem Belgium. She’s fascinated by the link between therapy and theatre/storytelling and has published on this topic. E-mail: suzanne.kempeneers@telenet.be Website: www.essentie.net

W10 Breakthrough in Sexual diseases: The Integrative Psychotherapy Perspective.
    Simona Ramella Paia (Italy)

Sexuality expresses itself in psychotherapeutic relationships more often than we are ready to admit it and may, this way, misleads all of us, including leading experts. During the Workshop an innovative, yet well-known tool will be discussed: the author unveils a new approach on how to deal with sexual diseases when being faced with in the course of psychotherapeutic setting. Clinical case introduced by both the author and participants will be reviewed.

Simona Ramella Paia, Psychologist, psychotherapist, sexologist, PTSTA – EATA, in IIPA training. She lives and works in Biella, in the north of Italy. She is teacher and director of the first master in sexology and transactional analysis in Turin. She works with law court as expert in sexual abuses. She works with adults, couples and groups. E-mail: simonaramellapaia@gmail.com

    Dubravka Kocijan Hercigonja & Vesna Novković Hercigonja (Croatia)

Authors through the case study are showing the psychotherapeutic process with tracking the changes related to developmental stage and actual exogenous factors. Starting from the basic concepts of integrative approach that the goal of therapy is to help the client to gather the fragments of ego and integrate them in new ego with the final goal to change the relationship with the world. The concept of internal and external contact is viewed in the perspective of human development where each developmental phase has its own relevance and requires different therapeutic approaches. The case of development of the 16 years old boy and his numerous traumatic experiences is the example of the necessity of integration different therapeutic approaches and techniques regarding the development stage and as well as in relation to the new created life situations and relationships with the environment.

XX has been taken away from his parents for neglecting him at the age of three months and placed in foster family till he was four, where he was also neglected and emotionally abused. Then he was placed in a home for abandoned children where he lived isolated because of his unregulated diabetes. He was adopted with 7 year when followed new adjustments, expectations, starting school, curing diabetes. He has had problems with adjusting to a new home and school, behavioral disorders, testing the environment and limits and finally expulsion from all schools followed by separation of adoptive family. Therapeutic approaches regarding the development stage and as well changes in relationships with the environment demanded therapy of insecure attachment, Trauma focused therapy, correction of behavior, family therapy, work with the school and work on the creation of a new ego and establishing new relationships.

Dubravka Kocijan Hercigonja is a neuropsychiatrist and psychotherapist and Ph.D. of Psychiatry (University of Zagreb, Croatia). She is world renowned and respected psychiatrist, subspeciality of child and adolescent Psychiatry. She was full professor of University of medicine and University of education and rehabilitation science. She deserved highly recognition with her professional achievements. One of the founders of the first Center for Autism in Zagreb 1985, in Croatia, then Center for Mental Health and psychological trauma of children in the Children’s Hospital »Klaićeva«. She was at
the head of the national Center for psychological trauma, Departmen of Psychiatry and the reference center of the Ministry of health for disorders caused by stress. She founded private Psychiatric Policlinic Kocijan – Hercigonja, and is a president of the EIATCYP, and Croatian association for children and adolescent psychotherapy. She leads trainings in Integrative Psychotherapy and Child and adolescent Psychotherapy. Homepage: www.hitudim.hr, e-mail: poliklinika.kocijan@hi.t-com.hr.

Vesna Hercigonja-Novković is Professor of Special Education (University for Special Education, Zagreb). She has completed postgraduate study in Integrative Psychotherapy (University of Derby, Great Britain), also Ma in Integrative Psychotherapy, Postgraduate study in Social Psychiatry and Socio-pathology, (University of Medicine Zagreb). Finished Postdoctorate study in Biomedicine, (University of Medicine, Zagreb). She has International certificate in Integrative Psychotherapy. She is a member of European Interdisciplinary Association for therapy with children and young people, and is vicepresident in Croatian Interdisciplinary Therapeutic Association for children and youth. In her work she has published 13 articles about Child behaviour disorders, 4 books and participated in many Croatian and International congresses and symposia. Her domain is Hyperactive children ADHD, child neglect, child abuse, eating disorders. Homepage: www.hitudim.hr, e-mail: poliklinika.kocijan@hi.t-com.hr.

W12 Group psychotherapy – Teaching off the therapy
Bob Cooke (Great Britain)

Within this workshop I will be demonstrating group therapy. My style of group therapy can be termed as “Individual Therapy” within a Group setting. This workshop will be useful to people who wish to observe a group psychotherapy in the above style, or people who may wish to refresh their psychotherapy skills. I will be teaching off the work from both a Transactional Analysis view point and an Integrative Relational stand point.

Thus, this workshop will also be useful for people from either of the above disciplines, who want to see, not only clinical work in action but, also, to discuss the theory off the “ Clinical work”. I will be demonstrating and discussing:

- The use of Contracting
- Identification of Therapeutic Issues
- How to maintain Contact with clients
- How to use Inquiry, Attunement, and Involvement as a methodology of Relational Psychotherapy
- How to deal with Transference and Counter-Transference issues
- Observation of Ego States and Transactions in action
- How to work with Archaic and current relational needs as they emerge within the Therapeutic Process

TA and Integrative Relational Knowledge required - Basic
Workshop Style - Teaching Experiential Demonstration Discussion
Applicable Fields - Counselling, Psychotherapy.

Bob Cooke, Teaching and Supervising Transactional Analyst, UKCP Registered Psychotherapist. He is the founder of the Manchester Institute for Psychotherapy UK, and is an experienced Psychotherapist, Freelance Trainer and Supervisor. Bob is the Clinical Director of Training and runs a four-year TA Psychotherapy Programme, at MIP (Established 1987). As well as the above, he has trained people to be Psychotherapists for many years in both Australia and Slovenia. The basic theoretical framework that he uses in his work is Transactional Analysis and Integrative Relational Psychotherapy.
W13 Traumatic Loss and resilience. Supporting post-traumatic growth (Part 1)
Albert Zandvoort (United Kingdom)

Context
When loss/grief and trauma occur together, subsequent reactions tend to be more prolonged and distressing. The suddenness, violence and sense of injustice associated with the loss, as well as the nature of the relationship between the deceased person/s and the survivor, may cause people to suffer trauma and grief simultaneously, leading to traumatic or complicated grief. Complicated grief reactions tend to be more prevalent following extreme losses, such as suicide, murder of a loved one or other violent catastrophes; and the death of a child is uniformly associated with prolonged and complicated grief in parents. But there are different ways in which people who have suffered such extreme losses can be resilient:
- a commitment to finding meaningful purpose in life.
- the conviction that one can grow from both positive and negative life experiences.

It appears that the role of meaning making accounts for nearly all the difference in positive bereavement outcomes for people whose loved ones died traumatically, as opposed to those who died of ‘natural causes’.
It is also worth bearing in mind that traumatic loss does not necessarily require a reappraisal of life’s meanings, as many will find consolation in systems of secular and spiritual beliefs (spirituality, nature, mosque, church) and practices that have served them well in the past.

Workshop
In the workshop we will explore aspects of complicated grief/loss and psychological trauma. We will explore the concept of resilience and discuss coping responses like humour, positive emotions and meaning making. I will argue that the distinctions between complicated grief and psychological trauma may be only of academic interest for the therapist faced with a traumatically bereaved client and therefore I propose an inclusive vision of trauma and complicated bereavement. In essence, grief is a unique experience for each individual and the workshop will explore how attachment theory and meaning making may inform the therapist’s work in this respect.

Dr Albert Zandvoort, BA, BA Hons, MA, MSc, PhD, DLit et Phil, is a Metanoia trained integrative psychotherapist registered with the UKCP. He works in private practice in Hertfordshire and London and, together with his daughter Michelle, founded an addiction treatment centre in Oxfordshire. He is a trustee of Drugfam, a charity supporting families, carers and friends affected by substance abuse. He is also Academic Director of the Witten School of Management at the University of Witten/Herdecke in Germany as well as a visiting professor at several European business schools.

W14 A relatively new frontier: Bringing the body systematically into the psychotherapeutic process. Benefits, linkage, intricacy, pitfalls.
Michael Randolph (France, Italy)

The psychotherapeutic world has been trying on different lenses in the last few years in the hope of understanding better the tasks before it, the relational underpinnings of the psychotherapeutic effect, and the linkages between linguistic/symbolic processes and those physiological and neuro-physiological ones which accompany, parallel, enhance and sometimes diverge from them. Bodily and energetic phenomena are quite often artificially corralled outside the area we think we feel comfortable exploring or basing our observations and reactions on. We can’t afford this functional apartheid anymore.
This workshop is designed to challenge a recurrent malaise or resistance to allowing and engaging with the body’s distinct expressive qualities. It will include some exercises both in pairs and with the whole group designed to broaden awareness about what we tend to want to leave out of the psychotherapy workspace. We will look at and learn how to engage therapeutically with this other self-evident level of existence, this zone of vitality, and, often, devitalisation. I will spend some time, of course, expanding these notions and, especially, in inviting participants through questions, com-
ments and personal syntheses to contribute to the wider range of awareness and understanding we are trying to build here.

**Michael Randolph** was trained in Primal Therapy with Art Janov's director of training, Jules Roth, neo-Reichian Radix Education in Feeling and Purpose, with Chuck Kelley, and has been strongly influenced by the world of French Psychoanalysis in twenty five years as a psychotherapist in Toulouse, France. He cofounded the Centre de Psychothérapie in that city in 1988. He has been on the board of the French Psychotherapy Union for twenty years and General Secretary for eight. He edited the union professional magazine ACTUAPSY for six years until 2008. He has also been active on the board of the EAIP for the last eight years. He now lives in Sardinia and specialises in training workshops, experiential workshops and supervision. He works in England, France, Poland, Italy, Romania and, last but not least, Slovenia.

**W15 Dressed for dancing or be carried on a stretcher? – Dealing with existential anxiety.**

Barbara Repinc Zupančič (Slovenia)

By using one of its core concepts – the life script – Transactional Analysis explains how in our early childhood we form strategies which give us the best chances of survival in our environment. We continue to use these strategies throughout our lives, for they give us a sense of predictability and certainty. On the one hand, we pay the price for this by losing our authenticity, autonomy and intimacy. On the other hand, our life scripts protect us from existential anxiety, which we feel when we come in contact with such gives of existence as freedom, isolation, rationality, responsibility and death. Dealing with existential anxiety is anything but pleasant, for it involves taking risks, pain and suffering. Nevertheless, such anxiety is part of an authentic life, and as therapists we cannot protect our clients against it. By being involved in the therapeutic process, we show our clients that this is something all people have to experience, although nobody finds it pleasant. We can help our clients to discover the courage, to take responsibility and start their journey towards freedom – i.e. to step out from their script or as Hafis, persian poet, already mentioned in his poem A Divine Invitation: You have been invited to meet The Friend. No one can resist a Divine Invitation. That narrows down all our choices To just two: We can come to God Dressed for Dancing, Or Be carried on a stretcher To God’s Ward. This is where the therapist's frame of reference and their involvement in the therapeutic relationship plays a crucial role. In this workshop we will explore our own mortality through imagination exercise and we will speak also about how it is correlated with Code of ethics, especially with our Professional will.

Barbara Repinc, Certified Transactional Analyst  e-mail: brepinc@gmail.com

**W16 From Surviving to THRIVING! A Holistic Approach.**

Hannah Clarke (United Kingdom)

Many studies show that resilience is the single most important personal skill you can develop, if you want to be happier, healthier and more successful in whatever you do. In this workshop you will:

- Understand the four core areas of resilience.
- Know why it is crucial to support your clients to develop all four areas.
- Learn some really quick and simple ways to develop resilience.
- Be introduced to the resilience development programme THRIVE!
- Discover how THRIVE! Can benefit your clients.
- Have fun!

Hannah Clarke B.Sc, BA(Hons) PGCE, is an author, social entrepreneur, teacher, senior youth and community worker, equine facilitated learning practitioner and qualifying Integrative Therapist in Advanced Training with over 20 years experience of working with young people. For the past nine years she has been developing social programmes for young people and young adults both on the
autism spectrum and with other disabilities and is dedicated to supporting all people to reach their potential, develop meaningful relationships and increase their physical, mental, emotional and social resilience. Hannah has been a trustee for Autism Jersey, Jersey Community Relations Trust and is the founder of the charities EASD – Equine Assisted Self Development. (charity membership number 376 Association of Jersey Charities) and the Emily Williams Charitable Trust. She was recently a finalist for the Barclays Wealth Inspirational Woman 2012 Award. Email: hannahmingclarke@gmail.com

W17 Mindfulness- and compassion-based psychotherapy and interventions.
Julia Wahl (Poland)

This workshop is divided into two modules: (1) mindfulness-based psychotherapy and interventions and (2) compassion-based psychotherapy and interventions, and each module is further divided into two parts: theoretical background (its foundations, roots, scientific research) and various exercises (experiential part). The workshop focuses on mindfulness and compassion and its various applications in medicine and psychotherapy: Mindfulness-Based Stress Reduction Programme, Mindful Self-Compassion Programme, Mindfulness-Based Cancer Recovery, 3rd Wave CBT (including MBCT, MBCT-Ca, ACT, DBT, CFT), psychodynamic schools which use mindfulness (with many notable representatives, e.g. Mark Epstein, Jeremy Safran, Pilar Jennings). It also provides the possibility to experience basic mindfulness and compassion techniques.

Julia E. Wahl, clinical psychologist, mindfulness and self-compassion trainer. Works at the Hospital of the Ministry of the Interior and Administration in Otwock, Poland (Department for Treating Neurotic Disorders) – mainly with law enforcement officers (police officers, prison wards). Founder and Director of the Mind Institute (Warsaw, Poland) which so far invited the following distinguished guests: Christopher Germer (Harvard Medical School), Rick Hanson (Greater Good Science Center at UC Berkeley), Antonia Sumbundu, Kelly Wilson (University of Mississippi), Albert Aniskiewicz (Michigan State University), Christopher Willard (Tufts University). Julia also runs 8-week mindfulness training based on MBSR, 8-week self-compassion trainings, anger management groups (mainly based on mindfulness) for prisons' (corrections') directors. She is one of the authors and organisers of the 1st Conference on Practical Application of Buddhism in Western Psychology, Mindfulness: Theory and Practice. Julia did her 4-year integrative psychotherapy training with Richard Erskine.

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W18 Using play therapy for change in young children's partial script matrix.
Tatjana Gjurković (Croatia)

Play is natural way of communicating with children. Thus, play therapy is the easiest way to work with children age between 3 and 11 years, who experienced some form of socio-emotional trauma or problems in their relationships. Working with children, the therapist influences child's developing script matrix. For that reason it is very important to work with child's parents and other social groups whenever it's possible. That makes the therapeutic process very complex and challenging.

Tatjana Gjurković is a psychologist. She has clinical training in transactional analysis and also in play therapy field. Tatjana works in private practice with children and adults in Zagreb, Croatia.

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W19 Integrative strategic psychotherapy: four domains of the Self and six psychological axes.
Oana-Maria Popescu & Loredana Drobot (Romania)

Integrative strategic psychotherapy is a research-informed approach to psychotherapy, organized around the centrality of the therapeutic relationship. It works with a model of the Self, which integrates several major theories (humanistic-existential, psychodynamic and cognitive-behavioural) in a coherent framework based on research in neurobiology and attachment. The common therapeutic factors are the main forces behind therapeutic change, whilst the therapeutic relationship stands out among these factors. At the core of the therapeutic relationship are the client and therapist variables, and in this context issues regarding attachment become central for therapeutic work. Integrative strategic psychotherapy postulates the existence of six psychological axes: psychodynamic, cognitive, emotional, existential/transpersonal, family/transgenerational and biological, which intersect four domains of the Self: the proto-self, the core self, the plastic self and the external self.

We will work with techniques drawing from art-therapy, hypnosis, psychosynthesis and transactional analysis in order to reach the proto-self and understand experientially the psychodynamic axis.

Oana Maria Popescu is a medical doctor, psychotherapist, trainer and supervisor in integrative psychotherapy; founding president of the Association of Integrative Research, Counselling and Psychotherapy; hypnotherapist; member in the Board of Directors of the Romanian Association of Clinical Hypnosis, Relaxation and Ericksonian Therapy, member of the Institute of Psychology and Sexual Therapy, member in the Board of Directors- Timis county in the Psychology College of Romania, general manager of Psih Blue Centre in Timisoara. Oana Maria Popescu is the co-editor of the Journal of Integrative Research, Counselling and Psychotherapy, a member of the scientific committee of the journal Integrative Educational Counselling- Here and Now, and author of the Romanian version of the journal Hypnogenesis. E-mail: dr.oana.maria.popescu@gmail.com

Loredana Ileana Drobot Ph.D., is a psychotherapist, trainer and supervisor in integrative psychotherapy; science secretary and founding member of the Association of Integrative Research, Counselling and Psychotherapy; Chartered Psychologist and supervisor in the UK – educational psychology and counselling psychology, supervisor in occupational psychology; associate professor at Eftimie Murgu University Resita. She is a member of the Romanian Association of Clinical Hypnosis, Relaxation and Ericksonian Therapy, the Institute of Psychology and Sexual Therapy, and general manager of the Applied Psychology Centre in Resita. Loredana Ileana Drobot is the co-editor of the Journal of Integrative Research, Counselling and Psychotherapy and a member of the scientific committee of the Journal Integrative Educational Counselling- Here and Now. E-mail: loredana_drobot@yahoo.com

W20 A Recipe for Success: Therapeutic Tasters to Feed a School Environment.
Lydia Noor (Great Britain)

This workshop offers a ‘taster menu’ to therapists working in schools. School environments can often feel hostile to learners and their carers. Equally, the therapist can feel helpless and overwhelmed by the magnitude of emotional need. We will begin by considering a relational-developmental therapeutic model and its application to schools, and then look at environmental factors that inhibit the child/young person’s engagement with learning. My intention is to challenge participants to work beyond the therapy room - in the corridors, staffrooms and playgrounds - to initiate a dialogue for change within the school. I will offer experiential exercises, theoretical concepts and practical ideas to help the therapist ‘nudge’ the school towards becoming a more empathic, responsive and containing environment for its learners, workers and community. The therapist in a school may only get a few minutes of a senior leader’s, a teacher’s or a teaching assistant’s time. This workshop will provide examples of how to be effective in the short moments when the school is listening.

Lydia Noor is an Integrative Psychotherapist and teaches Integrative Psychotherapy in the UK. She has over twenty-five years teaching experience in Primary and Secondary Schools, latterly as a Head-
teacher. For the last ten years, she has worked at the interface of therapy and education and has a commitment to challenging and enriching the culture, policies and practices of schools, so that they provide a more containing and supportive environment for both learners and adults. She is currently studying for an MA by research, on the impact of using therapeutic skills in school environments. She has a small therapy and supervision practice in East Yorkshire and is the Director of NESTT: Northern Educational Studies with Therapeutic Training (www.nestt.co). NESTT is an organisational member of EIATCYP and delivers certificate and diploma level therapy training for those who work in schools. E-mail: Lydia@webnoor.plus.com, www.lydianoor.co.uk