



European Association for Integrative Psychotherapy

www.euroaip.eu



Greek Association

for Integrative Counselling & Psychotherapy

www.athensynthesis.gr

10th European Conference

8-9 October 2021

Online

***CREATIVITY AND
SOCIAL RESPONSIBILITY***

PROGRAMME – ABSTRACTS

UNDER THE AEGIS



CONTENTS

Integrative Psychotherapy

The Board of EAIP

Acknowledgements

Salutation from Panos Asimakis

Useful information

The programme at-a-glance

Invited contributors

Abstracts

The professional associations





In memory

Ken Evans

Maria Gilbert

Integrative Psychotherapy

Integrative psychotherapy embraces first and foremost a particular attitude towards the practice of psychotherapy which affirms the importance of a unifying approach to persons. Thus a major focus is on responding appropriately and effectively to the person at the emotional, spiritual, cognitive, behavioural and physiological levels.

The aim of this is to facilitate integration such that the quality of the person's being and functioning in the intrapsychic, interpersonal and socio-political space is maximised with due regard for each individual's own personal limits and external constraints. Within this framework it is recognised that integration is a process to which therapists also need to commit themselves. Thus there is a focus on the personal integration of therapists. However, it is recognised that while a focus on personal growth in the therapist is essential there needs also to be a commitment to the pursuit of knowledge in the area of psychotherapy and its related fields. Therefore the EAIP defines as integrative any methodology and integrative orientation in psychotherapy which exemplifies or is developing towards, a conceptually coherent, principled, theoretical combination of two or more specific approaches, and/or represents a model of integration in its own right. In this regard there is a particular ethical obligation on integrative psychotherapists to dialogue with colleagues of diverse orientations and to remain informed of developments in the field.

A central tenet of integrative psychotherapy is that no single form of therapy is best or even adequate in all situations. Integrative psychotherapy therefore promotes flexibility in its approach to problems but also subscribes to the maintenance of a standard of excellence in service to clients, in supervision and in training. Thus when integrative therapists draw on different strategies, techniques and theoretical constructs when dealing with particular situations, this is not done haphazardly but in a manner informed both by clinical intuition and a sound knowledge and understanding of the problems at hand and the interventions to be applied.

In the final analysis Integrative Psychotherapy, while affirming the importance of foregrounding particular approaches or combinations of approaches in regard to specific problems, nevertheless places the highest priority on those factors which are common to all psychotherapies, especially the therapeutic relationship in all its modalities. In regard to the therapeutic relationship however, particular emphasis is placed on the maintenance of an attitude of respect, kindness, honesty and equality in regard to the personhood of the client in a manner which affirms the integrity and humanity both of the self and the other.

Integrative psychotherapy affirms the importance of providing a holding environment in which growth and healing can take place in an intersubjective space which has been co-created by both the client and the therapist.

EAIP 1997.

The officers of EAIP are as follows:

President – Bruno Van den Bosch

Vice President – Heward Wilkinson

Treasurer – Kay Conroy

Training Standards Officer – Oana Maria Popescu

Secretary – Joanna Hewitt Evans

Registrar – Kay Conroy

Membership Committee:

Heward Wilkinson – Chair

Oana Maria Popescu – Chair

Panos Asimakis

Maša Zvelc

Gregor Zvelc

Zofia Milska Wrzosinska

Vesna Hercigonja Novkovic

Milena Karlinska Nehrebeck

Corina Levu

Marine Begashvili

Ethics Committee:

Panos Asimakis – Chair

ACKNOWLEDGEMENTS

The organizing committee gratefully acknowledges the support of the EAIP board, the board of NOPG, SEPS, and many others including: Youla Pantou, Moysis Serganidis, Alternative Media, Synthesis printing, Diatypos, Anastasia Kraniou, all the presenters and of course all the participants.

**Salutation from Panos Asimakis
President of the Greek Association for Integrative
Counselling and Psychotherapy (GAICP) and the
Organizing Committee**

Dear friends and colleagues,

It is with great joy and honour I welcome you to the 10th Conference of the European Association for Integrative Psychotherapy (EAIP).

Its theme is “Creativity and Social Responsibility” and is expected to bring to the fore vital issues arising amidst the general crisis by Covid-19 the last two years.

We invite you to have an active participation in all events whether they be lectures, round tables, or workshops.

Thank you again deeply as you honoring us with your presence even if it is online.

Dear colleagues and friends,

It is with great pleasure that we welcome the conduct of the 10th European Conference on Integrative Psychotherapy in our country.

The wide participation of well-known colleagues in the field of psychotherapy from Europe (European Association of Psychotherapy) and Greece marks the scientific significance of the event. The participation of NOPG's scientific associations, as well as the participation of other organizations with widely recognized action in the field of mental health, demonstrates the significant scope of Integrative Psychotherapy applications and activities.

Integrative psychotherapy largely reflects the broader dialogue and synthesis processes taking place across Europe among the various psychotherapeutic approaches and models, especially in terms of the requirements and rules of its practice in many different social contexts.

The conference theme emphasizes the political and social dimensions of psychotherapy and how it could raise awareness of the creative side in each of us through social responsibility and active participation in "public life". The psychotherapy context, as defined by the focus on the relations with "the others" and by the rules of ethics in its practice, can probably be a successful model of what our ancestors meant by "well being".

It is a great pleasure to welcome today's event not only because it is held by a founding member of NOPG, but mainly because it will give me the opportunity to be, even virtually, among colleagues and friends whom I have known for many years. With many of them - such as Mr. Panos Asimakis - the heart and soul of Integrative Psychotherapy in Greece -, I have been working together for the widespread recognition and establishment of psychotherapy in our country.

That said, I wish you all a lively, active and creative Conference, one that will broaden our scientific horizons and transmute our creativity and our social sensitivity and responsibility into scientific, cultural and social reflections and actions.

Thank you

Dimitris Moschonas

President

National Organization of Psychotherapy of Greece (NOPG)

USEFUL INFORMATION

All the lectures and round tables will have simultaneous translation and will be taped and will be in our platform for the next three months for review.

Due to new European law on personal data GDPR is not permitted for someone to record part or the whole of the meetings etc., by video or audio taping and distribute it on internet (facebook, etc).

Those interested to receive a certificate of attendance with 18 hours of Continuous Professional Development it is possible. Please contact info@eaipathens.eu for more details. Allow two to three weeks after the conference to receive it.



PROGRAMME

Friday

FRIDAY 8 OCTOBER 2021 r. 4.10.2021

10.45-11.00	Questions and answers on the programme with Panos Asimakis
11.00-11.15	Inauguration by EAIP President Bruno Van den Bosch
11.15-12.00	Ivana Slavkovic and Vesna Petrović - From Discriminatory Practice to a Vision of Society - Organized around People's Needs: The Role of Psychotherapy
12.00-12.10	Break
12.10-12.40	Hilde Vleugels presented by Joanna Hewitt Evans - THE CHAOS WHISPERER: Creativity and Integration
12.40-12.50	Break
12.50-13.20	Joanna Kato - When Psychotherapy Meets Social Responsibility
13.20-13.30	Break
13.30-14.00	Heward Wilkinson - Impossible Questions for an Impossible Profession: the Philosophy of Psychotherapy
14.00-14.45	Lunch break
14.45-15.45 Round table	Popescu Oana Maria, Yanna Anagnostou, C.E.A. Levu - A New Classification of Common Factors in Integrative Psychotherapy - Inside mirror of external and reverse Connections against the odds: How to create intimacy in personal development groups for psychotherapy trainees-online groups during the pandemic
15.45-15.55	Break

15.55-16.55	<p>Iva Enachescu-Hroncova, & Vladimir A. Enachescu & Neagu Andreea,</p> <ul style="list-style-type: none"> - Creativity in integrated psychotherapy/Knobloch - Play Therapy as a creative means to accessing the Self
16.55 -17.05	Break
17.05-17.35	<p>Nionia Vallianatou and Giannis Nestoros</p> <ul style="list-style-type: none"> - Parallel use of biofeedback and integrative psychotherapy for the evolution of brain activity
17.35-17.45	Break
17.45-18.15	<p>Vîşcu Loredana-Ileana, Watkins Clifton Edward Jr. and Cădariu Ioana-Eva</p> <ul style="list-style-type: none"> - The Supervision Pyramid as tool in developing psychotherapy supervisor competencies
18.15-18.25	Break
18.25-19.40 workshop	<p>Finley Linda</p> <ul style="list-style-type: none"> - The challenge or 'relational ethics'
19.40-19.50	Break
19.50-21.05 workshop	<p>Claire Michell</p> <ul style="list-style-type: none"> - Working with dreams integratively



PROGRAMME

Saturday

SATURDAY 9 OCTOBER 2021

11.00-12.00 Round table	Panhellenic Professional Association of Drama and Play Therapists - From chaos to creativity and from creativity where?
12.00- 12.10	Break
12.10-13.10 Round table	Open Psychotherapeutic Center - Multifactorial approach in the therapy of children and adolescents - Coping with traumatic experiences in a communal setting - A multifactorial approach for severely disturbed patients
13.10-13.20	Break
13.20-14.20 Round table	Institute for Contemporary Psychotherapy Athens - Death anxiety and creativity - Influence of the socio-political context on therapeutic practice - Self-care and psychotherapy
14.20-15.05	Lunch break
15.05 -16.20 workshop	Hewitt Evans Joanna - Relational integrative supervision: Meeting the relational needs of the supervisee
16.20--16.30	Break
16.30-17.45 workshop	Wilkinson Heward, - Impossible questions for an impossible profession: the philosophy of psychotherapy
17.45-17.55	Break

17.55-19.10
workshop

Popescu Oana Maria

- **Films and cinema as interventions
in integrative psychotherapy**

19.10-19.20

Break

19.20- 20.35
Workshop

Gregor Zvelc & Masa Zvelc

- **Relational mindfulness and compassion
in integrative psychotherapy**

20.35-20.45

Break

20.45- 21.15

Concluding remarks

INVITED CONTRIBUTORS

Short Biographical Notes

Anagnostou Yanna

Ph.D., cand. S. Freud University, MA., ECP, ECIP, trainer, supervisor, recent chapter 'Relational Psychotherapy' in 'Current Psychotherapies in Greece' (CPG) P. Asimakis (ed., publisher).

Asimakis Panos

Ph.D., MSc., MA., BA., ECP, ECIP, PLC, president Greek Association for Integrative Counselling and Psychotherapy (GAICP), past president National Association of Psychotherapy of Greece (NOPG), former president European Association for Integrative Psychotherapy (EAIP), Greek Association for Counselling, founder Athens Synthesis Centre.

Dourdouma Anna

Ph.D. S. Freud University, MSc, BSc, ECP, psychologist, systemic psychotherapist, trainer, supervisor, chapter "Brief Integrative Couple Therapy" in CPG.

Finley Linda

Ph.D., is an existentially-orientated relational Integrative Psychotherapist and Supervisor in private practice in York, UK. She also teaches psychology, counselling and research methodology at the Open University, and she mentors students doing doctoral research in institutes across Europe. She has published widely - See: www.lindafinlay.co.uk. Her most recent book 'The therapeutic use of self in counselling and psychotherapy' published by Sage, has just come out. Of her other textbooks there are two with particular relevance for integrative psychotherapists: 'Practical Ethics in Counselling and Psychotherapy: A relational approach' (Sage) and 'Relational integrative psychotherapy' (Wiley). She is currently Editor of a journal sponsored by EAIP: The European Journal for Qualitative Research in Psychotherapy.

Hewitt Evans Joanna

is a Relational Integrative Therapist, Supervisor and Trainer based in UK, working with clients, supervisees and institutes across Europe. She is also Secretary of EAIP. Joanna ran a Diploma in Supervision jointly with her late husband, Ken Evans, for many years. Since 2016 she has collaborated with Dr Maša Žvelc, running an Integrative Relational Supervision Diploma together with IPSA, Slovenia.

Slavkovic Ivana,

is a psychodrama psychotherapist and trainer with the Institute for Psychodrama, Belgrade, Serbia. She is the Registrar of the European Association for Psychotherapy (EAP).

Ivana is also a guest lecturer for psychodrama psychotherapy at the Sigmund Freud University in Vienna, Austria.

In addition to working with the general public in the last 20 years Ivana has been conducting psychotherapy with clients that suffered emotional and psychological trauma due to extraordinary social conditions such as war, torture, refugee experience and gender based/domestic violence. With the European Association for Psychotherapy and the Institute for psychodrama Ivana has been actively involved in efforts for promoting reconciliation in the post war region of the Western Balkans. This included sharing experiences and imparting knowledge, promoting psychotherapy training and activities for consolidating skills of psychotherapists in this region.

Kakouri Athanasia,

psychiatrist, group psychoanalyst, family therapist, Institute of Group Analysis of Athens, director of the therapeutic of Open Psychotherapeutic Center.

Kalligiannis Konstantinos,

social psychologist, psychodrama and social therapist, Institute of psychodrama-social therapy, Associate of Open Psychotherapeutic Center.

Kato Joanna,

psychologist, a speech therapist, a gestalt psychotherapist, supervisor and trainer, member of the European Association for Gestalt Therapist (EAGT), where she currently chair the Human Rights & Social Responsibility Committee.

Latsona Konstantina,

social worker, family therapist, Institute of Family Therapy, Associate of Open Psychotherapeutic Center.

Livas Dimitris,

psychiatrist, Group psychoanalyst, Institute of Group Analysis of Athens, Associate of Open Psychotherapeutic Center, founding president National Organization for Psychotherapist of Greece (NOPG).

Markezinis Efthimios,

psychiatrist, Group psychoanalyst, Institute of Group Analysis of Athens, Associate of Open Psychotherapeutic Center.

Mitchell Claire,

DPsych, Middlesex University/ Metanoia, BSc (Hons), UKCP, EAIP, EAP, EMDR practitioner, a qualified Integrative Psychotherapist.

Nestoros Giannis,

psychiatrist, Ph.D. in neurophysiology, psychotherapist, professor, university of Crete, scientific director Synchronal Amphiaraia.

Neagu Andreea

works as a clinical psychologist, integrative psychotherapist, play therapist, supervisor and trainer. She has competences in clinical evaluation and psychotherapy of families, children, teens, but also adults. She also offers training and supervision for mental health professionals, working with these client categories. She has multiple national and international specializations in play therapy, family therapy, dramatherapy, adult therapy and trauma informed interventions. She works in her private practice, but also collaborates with different institutions and offers the above services. She is dedicated to using evidence-based interventions in her clinical work and includes play in every aspect of her practice.

More information about her practice on www.psihologandreeaneagu.com.

Petrović Vesna

Ph.D., is an Integrative psychotherapist, Professor of Psychology at the Union University of Belgrade, where she has served as Head of the Masters in Psychotherapy Programme. She is a Founder and Director of the Serbian Association for Integrative Psychotherapy, Eurocps's Associate in collaborative running of Integrative psychotherapy training in Serbia, External examiner for Diploma exam at Gestalt Studio in Belgrade and national representative of Serbia in European Association for Psychotherapy. She's research has addressed issues in mental health, trauma psychology, Integrative psychotherapy and Systemic family psychotherapy.

Popescu Oana Maria,

Ph.D., European Association for Integrative Psychotherapy board member, president The Association of Integrative Research, Counselling and Psychotherapy, Romania.

Slavkovic Ivana

is a psychodrama psychotherapist and trainer with the Institute for Psychodrama, Belgrade, Serbia. She is the Registrar of the European Association for Psychotherapy (EAP). Ivana is also a guest lecturer for psychodrama psychotherapy at the Sigmund Freud University in Vienna, Austria. In addition to working with the general public in the last 20 years Ivana has been conducting psychotherapy with clients that suffered emotional and psychological trauma due to extraordinary social conditions such as war, torture, refugee experience and gender based/domestic violence. With the European Association for Psychotherapy and the Institute for psychodrama Ivana has been actively involved in efforts for promoting reconciliation in the post war region of the Western Balkans. This included sharing experiences and imparting knowledge, promoting psychotherapy training and activities for consolidating skills of psychotherapists in this region.

Tsiakos Dimitrios,

psychologist, psychotherapist, supervisor and trainer, director Institute for Contemporary Psychotherapy and Psychoanalysis, Athens.

Vallianatou Nionia,

neuropsychologist, dr. of neurology, former lecturer university of Crete, director of laboratory "Electriophysiological Prometheus", Synchronal Amphiarara.

Van den Bosch Bruno,

president European Association for Integrative Psychotherapy, founding president and co-founder of the Educative Academy in Antwerp, Belgium

Vleugels Hilde

is a psychotherapist and drama teacher. Together with Bruno Van den Bosch, she is the founder and co-manager of the 'Educatieve Academie' (EA) in Antwerp-Berchem and founder of the theory of Conceptual Interaction, an integrative form of psychotherapy. Being a member of the EA staff - she also teaches on the psychotherapy programme. She lectures, amongst others, on subjects such as the therapeutic power of images and stories. Hilde Vleugels is also a writer and visual artist.

Wilkinson Heward,

D. Psych, UKCP Fellow, UKCP Registered Psychotherapist, EAIP vice president, is an Integrative Psychotherapist based in Scarborough, North Yorkshire. His recent published work is The Muse as Therapist: A New Poetic Paradigm for Psychotherapy.

Zvelc Gregor

Ph.D., clinical psychologist and associate professor at the Department for Psychology, Ljubljana (University of Ljubljana). He is a certified integrative psychotherapist and International Integrative Supervisor and Trainer (IIPA). He is also a Teaching and Supervising Transactional Analyst – TSTA (psychotherapy). Gregor is the director of the Institute for Integrative Psychotherapy and Counselling in Ljubljana. He is editor of the International Journal of Integrative Psychotherapy, co-editor of European Journal for Qualitative Research and author of the book 'Developmental Theories in Psychotherapy: Integrative model of Interpersonal Relationship', and editor of the Slovenian language edition of the book 'Acceptance and Commitment therapy'. He is co-author of the book 'Integrative Psychotherapy: A Mindfulness- and Compassion-Oriented Approach'.

Žvelc Maša

PhD, a certified integrative psychotherapist (EAIP, IIPA) and International Integrative Psychotherapy Supervisor and Trainer (IIPA, EAIP). She is an assistant professor at the department of psychology (University of Primorska) and co-director of the Institute for Integrative Psychotherapy and Counselling, Ljubljana (Slovenia), where she provides psychotherapy and supervision practice and leads the training of integrative psychotherapy and international training in integrative supervision. She is co-author of the book 'Integrative Psychotherapy: A Mindfulness-and Compassion-Oriented Approach'.

ABSTRACTS

*The contents of the abstracts are under the responsibility of the authors.
Alphabetical order of the first authors for those abstracts received by the deadline.*

Enechacsu Hronocová Iva

Integrated psychotherapy and its philosophical background.

In the review article, we approach the philosophical background of integrated psychotherapy. Adaptive changes in psychotherapy are usually associated with behavior, emotions, perception, imagination, cognitive processes, interpersonal relationships and biological factors. Integrated psychotherapy uses original methods to implement them.

Integrated psychotherapy seeks techniques to verify propositions by comparing data from different sources. For a full understanding within the unified science, it is also necessary to mention its basic philosophical background. Ferdinand Knobloch does not ask whether the mental processes are in fact physical processes or vice versa. In contrast to philosophical discussions concerning monism, dualism or pluralism, Knobloch focuses on a different assumption. He seeks to answer the question of whether subjective expressions about oneself can be interindividually verifiable.

The theoretical development of Integrated Psychotherapy started in Prague in 1940. The approach evolved independent of developments in the West, and could not have happened without the inspiration and guidance of the Prague philosophy of science, in particular, without the work of the logical empiricists, P. Frank and R. Carnap. Integrated Psychotherapy started with a critical evaluation of psychoanalysis, followed by a shift from a mentalistic conception to a physicalistic conception of the total organism, and proceeded to a systems point of view, that is, from a one-person system to a small-group system as the minimal system required for the understanding of an individual.

The phenomenal world is space as it is experienced, perceived or presented. The phenomenal space changes, for example, in dreams, psychoses, drug intoxication. Subtle changes also occur during psychotherapy. The study of the patient's phenomenal space, both external and internal, has significant practical implications.

«Θέματα και προϋποθέσεις πιστοποίησης στην ψυχοθεραπεία».

Symposium title: Death Anxiety & Creativity

Aim: The aim of this proposal is to examine the complex way in which death anxiety enters therapy and how to deal with it through creativity in clinical practice

Methodology: Theoretical lectures with enriched moments of clinical vignettes

Discussion: Fear of loss, symbolic or literal, arises as a result of sudden traumatic events in which always there is a sense of reduced control. Nowadays, death anxiety becomes part of everyday life and invades into treatment either directly, through pragmatic losses or indirectly through the prevalence of fears, obsessions and other psychosomatic symptoms. The contemporary view of the mind is dominated by the theory of "self-multiplicity", according to which certain aspects of the self are dominant at certain times due to traumatic events or painful emotions (Mitchell, 1991; Bromberg, 1996; Stern, 2002). The first lecture will examine the transferable influence of the patient in the therapeutic dyad and will present the grid of multiple therapist-patient selves affected by death anxiety and destructiveness. The second lecture will examine the use of creativity and "therapeutic rejuvenation" in psychotherapy mainly

through concepts such as clinical playfulness, unformulated experience (Stern, 1983) and the infusion of vitality through the transformation of despair using a relational perspective (Davies, 2005). In the third lecture we analyze the co-construction of the “therapeutic third” and we will ask about the innovation and ingenuity of the therapist (Levine, 2010) the negotiation of the paradox in the analytical process (Pizer, 1992) and the importance of therapeutic witnessing in treatment (Reis, 2009).

Lectures:

- 1) Multiplicity of self and death anxiety **Lida Pavlina Papakonstantinou Rodi**, Savvidou Irini
- 2) The importance of creativity in psychotherapy during the pandemic
Vasilina Galanopoulou, Avrambou Angeliki Maria
- 3) Co-constructing a modern therapeutic framework **Tsiakos Dimitrios**
Coordinator Chatzichristou Stella

B) Symposium title: Influence of the socio-political context on therapeutic practice

Aim: In this symposium we will examine how the different dimensions of the social context affects the clinical reality, both in terms of protecting – “sealing of the treatment space” from external influences and also in terms of the subjectivity of the therapist in clinical phenomena. This contemporary constructivist position highlights many interrelated features such as the assessment of the mutual responsibility of therapists and patients for the co-creation of analytical experience, the ambiguity and uncertainty of each intervention and of multiple interpretations and the acceptance of the uncertainty of the analytical process (Orfanos, 2018).

Methodology: The two main methodological pathways we use to cope with the cessation of analytical thinking will be presented: the “vitalizing enactment” (Schwartz Cooney, 2018)) and the “generative Power of the negative” (McGleughlin, 2020), ie the ability to tune in to the negative and confusion in therapy (Ferro, 2020) and the recognition of the analyst’s vulnerability.

Discussion: In the symposium we will analyse the difficulty of maintaining therapeutic neutrality and the inadvertent revelation of his mentality. In contemporary psychodynamic view the preservation of therapeutic neutrality is impossible (Renik, 1993, Gerson, 1996). Relationally oriented psychotherapist, using the therapeutic relationship itself as the main driver of change, inevitably provides many elements that demonstrate personal attitudes, values and mental tendencies (Hoffman, 1983; Greenberg, 1986; Aron, 1992). We will also examine the complex role of subjectivity and its diverse manifestations in contemporary clinical practice. Intersubjectivity refers to the developmental ability to recognize the other as a separate center of subjective experience and assumes that our lives depend on the creation of models of mutual recognition and regulation with “others” (Benjamin, 2010). Some core issues about intersubjectivity are: the fear of possible “infection” by the other, the imposition and necessity of using protection measures, internet mediation and tele-empathy (Weinberg, 2020), the development E-ntimacy etc. Additionally we will discuss the concept of vitality in treatment and the ways in which the therapist can use his subjectivity to create a new analytical meaning based on creativity and innovation. It is well known that intersubjective interactions involved in an analytical process facilitate the representation of emotions and memories that were never available in consciousness (Maier, 2014) and the main problem of trauma is the disorganization of the “I” as a result of the emotional overstimulation and consequent absence of meaning. In contemporary clinical reality, the intense negativity and the constant emergence of annihilation anxiety, weaken the therapist’s ability for free correlation and representation of meanings (C. & S. Botella, 2005). In other words, this thought disorder, as a manifestation of negativity, corresponds to the therapist’s traumatic experiences and examines the theory of the multiple self (Bromberg, 1999; Davies, 1998) and the individual aspects of the self that he “chooses” to bring to the fore (Burke, 1992).

1st Lecture: Self-Revelation in the “Revelation”. The lack of therapeutic neutrality as therapeutic tool

Bali Christina

2nd Lecture: Intersubjectivity and psychotherapy **Marathianou Valia**, Mantzouni Eleni

3rd Lecture: Creativity and vitality in therapy **Tsiakos Dimitrios**, Avrambou Angeliki-Maria

Coordinator: Triantafyllopoulou Maria

Symposium title: Self-care and psychotherapy

Aim: The aim of this proposal is to analyze the impact that pandemic crisis and isolation have on psychotherapists and to present some prevention measures for the above. Main issues that will be discussed are the loneliness and experienced isolation by the therapists in their private practice and the consequent occupational risks they face through burn out and compassion fatigue syndrome.

Methodology: Theoretical lectures with enriched moments of clinical vignettes

Discussion: During this symposium the consequences of neglecting therapists’ self-care will be presented and correlations with daily chronic stress (Luther et al., 2017) and depression (Estacio, R. D. 2019) will be explored. As Stern (2004) points out, stress on the part of the therapist can preclude him or her from engaging in “moments of the here and now,” missing out on the opportunity to change at a key moment. Moreover, emotional over-engagement with the patient and subsequently the gradual loss of containing function will be further discussed. Additionally, we will examine how focus on “the here and now” enhance our emotional experience through mindfulness for self-compassion. Finally, creative ways will be presented so that therapists can take care of themselves, their patients and themselves as psychotherapy can be seen as the active construction of a new way of experiencing yourself with others (Fonagy & Target, 1998 ; Fonagy, 1999; Wachtel, 2008).

1) Lecture: Burn out and moral implications **Luna Michalis**, Chatzichristou Stella

2. Lecture: Containing function and the compassion fatigue **Katerina Chotzoglou**

3. Lecture: Self-care mechanisms of the therapist **Lomvardeas Anastasios**, Chatzichristou Stella

Coordinator Tsiakos Dimitrios

KEYNOTE SPEECH 1. Vleugels Hilde 2. hil.vleugels@gmail.com 3. Educative Academy, Antwerp, Belgium 4. THE CHAOS WHISPERER, an inspiring and integrative force in art, psychotherapy and life. 5. Abstract of the keynote : THE CHAOS WHISPERER an inspiring and integrative force in art, psychotherapy and life. Creativity is crucial for integrative psychotherapy - especially in these days of increasing complexity. In fact, creativity is integration. It is the Río Abajo Río, the river beneath the river of integration. Referring to creations of contemporary artists I will sketch out an image of some important psychological and social needs of our time. The story of the Chaos whisperer is a story of hope. It shows us how we can keep the river of creativity flowing. I will give you some examples of the therapeutic effect that art can give and how to achieve it. And when there is still time left, I will illuminate the secrets of the creative brain and tell you about the sacred dimension of art. Hilde Vleugels is co-founder of the Educative Academy in Antwerp (Belgium) and of the “Conceptual Interaction” approach; an integrative form of psychotherapy. It points out that everything gets its shape through various interactions. Hilde Vleugels is not only a trainer of psychotherapists, but also a writer and an artist. The common ground of art and psychotherapy fascinates her, she is at all times in search of ways according to which we can express the human psyche. During the spring of 2021 her book about creativity as an healing and connecting force was published: The Chaos Whisperer, About psychotherapy and art (in Dutch): De Chaosfluisteraar, over kunst en psychotherapie. Creativiteit als helende en verbindende kracht. Uitgeverij Witsand, Antwerpen

Finlay Linda
The challenge of 'Relational Ethics'

Ethics are not just remote, detached, philosophical principles enshrined in professional codes. Ethics are all about us, intricately worked into the personal and professional values which shape our work and give it meaning.

'Relational ethics' sees ethics in terms of *relationship* rather than directives. What's in the client's interests and risks of harm depend on the meanings in the situation. A therapist who asks lots of questions could be seen as invasive or genuinely interested. If a therapist encourages a client to do more self-care, it might be viewed as caring or critically blaming. The holding of a time boundary may feel safe or harsh. A therapeutic challenge issued to a client could be in their interests *and* feel uncomfortable simultaneously; one client might feel stimulated by it, another threatened. The sheer messiness, uncertainty and complexity of practice defy easy answers; there are no clear-cut ethical recipes. When we add in the emotional assault of people's past traumas and the roller coaster demands of the therapeutic process, relational ethics are invariably tough to negotiate.

In this workshop we will explore reflexively the challenging relational ethics involved in every moment of our practice. Reflecting (with sensitivity and respect) on dilemmas we routinely face, we'll discuss how to marry professional standards with our own personal values and relational concerns. The role played by creativity and social responsibility – the conference themes - within relational ethics will be foregrounded.

Hewitt Evans Joanna
Relational Integrative Supervision:
Meeting the Relational Needs of the Supervisee.

Being a supervisor brings responsibility, responsibility for supporting the supervisee /therapist so that they can support their clients and offer best practice. Support can mean many things: connection and attunement, a safe environment offering space for regulation and exploration, guidance and also challenge. It means working ethically, responsibly and creatively in a relational way. Working online has opened up the possibility of supervisory relationships across countries and even continents and has been a necessity during the pandemic. Online supervision brings opportunities but also poses challenges to the integrative relational supervisor.

At its best, I believe that integrative, relational supervision offers an opportunity to identify and address relational needs as they arise in the exploration of the supervisee's professional development and therapeutic work. Some of these will relate to the supervisee's educational and personal history, and some will link more directly to the needs of their clients. Supervision can be the place where some of these needs are met, particularly over time. Supervision is therefore not only about supporting the supervisee's client work but includes enhancing their development professionally and personally, even offering what some might describe as a 'supervisory relational home.'

In this workshop we will explore what makes integrative supervision relational and how this can still be effective online. There will be an opportunity to partake in or observe a live piece of supervision and for discussion afterwards.

Mitchell Claire

The intangible gift (working with the dreams integratively)

During my doctoral pilgrimage I came across many avid dreamers, who while awed by their personal phenomenological experiences, lacked confidence when it came to working with their clients dream world. I realised how fearful practitioners were about tapping into this unconscious, personal and intangible gift and I vowed to share a little of what I had learned along my journey.

In the middle to late 1900's there was a plethora of reductive neuroscientific explanations on the function of dreaming. At this time, dreams from a scientific perspective, were believed to be random processing experiences, with theories suggesting the phenomena useful from an evolutionary perspective or for social bonding, or threat simulation. These reductive theories it is believed, led to a drop in the role dream exploration in psychotherapy. More recently, following the discovery of Rapid Eye Movement sleep and more recent neuroscience studies looking at the traumatised brain, we now understand how pivotal our dream world is for our emotional and memory consolidation. This has created a resurgence in the interest of working with dreams therapeutically. Recent neuroscience informs us that we dream in metaphor, which draws us away from complex systems of dream interpretation that rely on codification and archetypes. Working with dreams as practitioners can therefore be far more accessible and straight forward than Jung and Freud suggested.

Today studies demonstrate the role that dreams play in understanding our mental health.

Patients with depression experience more nightmares, patients with personality disorders more negative dreams and shifts in dream content can be indicators for psychological progression in therapy. It has been shown that when we share our dreams we can enhance our relationships and alleviate our emotional stress.

More significantly, how we attach to our primary care givers may impact how we recall our dreams. Insecurely attached people are not only more likely to report a dream, but describe their dream frequency with more intense images, meaning that it is quite likely that we are conducting some serious attachment resolution in our nocturnal dreamscapes. We also now know that empathy between individuals can be enhanced in the sharing of a dream. So are we maximising our opportunity to enhance relationships in the the therapy room?

This workshop seeks to increase participants' awareness of what can be learned through the exploration of dreams and motivate attendees to look at new, creative ways in which to work with them. I will begin by covering a history of dreams, the tools that are traditionally used, as well as some new information that I gathered through my research. I would like to ground the workshop in a practical exploration of one of the participant's numinous dream experiences or dream sequences. I will invite the participant to work with the embodied metaphors and personal associations of the historical dream content as well as the lived experience of life at the time of the dream. This will give participants.

Neagu Andreea

Play Therapy as a creative means to accessing the Self

Integrative Play Therapy is a developmentally appropriate, evidence-based approach that uses play and it's therapeutic powers as instruments to help clients prevent or solve psycho-social difficulties and facilitates personal growth and change. Some of play's therapeutic power are related to facilitating communication and self-emotional expression, improving social relationships, but also sustains our strengths and their development. And one of these strengths is related to facilitating creativity and creative problem-solving, skills that children and teens need in order to surpass their day-to-day challenges in learning and adapting to their environments, but also as essential skills of the developing Self.

We can experiment the growing of these strengths through the numerous means that play therapy can offer us: directive or non-directive play, embodiment, projective or role play and many other instruments that we usually use in play therapy, during the experiential workshop I invite you to have together.

Open Psychotherapy Centre

Livas Dimitris Efthymios Markezinis, Athanassia Kakouri, Ioannis K. Tsegos

A Multifactorial Approach for Severely Disturbed Patients

The paper describes the structure, the function and the effectiveness of an original multifactorial approach which is applied in the Therapy Department of the Open Psychotherapy Centre (O.P.C.) which includes a wide range of diagnostic and therapeutic activities for adults, families, children and adolescents. It is addressed to patients who belong to a wide range of severe diagnostic categories (psychoses, personality disorders, affective disorders). The application of the multifactorial approach, which is applied according to each case, consists of a combination of Dyadic Therapy, Group Analysis, Therapeutic Community, Family Therapy, Pharmacotherapy.

Finally, the findings of a recent research concerning the effectiveness of the multifactorial approach and its therapeutic advantages for both patients and the organization will be presented and discussed.

Kalligiannis Konstantinos, Natassa Karapostoli, Ioannis K. Tsegos

Coping with Traumatic Experiences in a Communal Setting

Communal therapy has been used since the 1950s in a great variety of settings for the treatment of different kinds of trauma in children, adolescents and adults.

The Therapeutic Communities of the Open Psychotherapy Centre are not addressed exclusively to people suffering from traumatic experiences, but to any type of psychiatric disorders (mainly psychoses, severe personality disorders etc). However, many of our clients have experienced traumas during the past. We consider that group activities constitute the most suitable setting to deal with such experiences, since trauma (as every other incident) constitutes an opportunity for personal growth and change.

The clinical approach of such conditions is illustrated through the case-study of a young adult having been traumatized not only in the past but also during his therapy. We suppose that the safety network and the reinforcement of trust relationships, as main characteristics of the communal environment, are crucial factors in coping with trauma. The significance of the multifactorial approach as well as of the harmonious collaboration between different settings is also discussed.

The Multifactorial Approach in the Therapy of Children and Adolescents

Konstantina Latsona, Ersi Kouneli, Thalys N. Papadakis, Ioannis K. Tsegos

The paper describes a specific therapeutic scheme for children or adolescents

which includes participation both of the identified patient in group therapy, as well as the parental couple in a counselling group and, in some cases, family sessions.

It has been observed that the above therapeutic scheme helps to utilize the

healthy potential of the family system, to the advantage of both, the «patient» and the other family members. Particularly this therapeutic approach appears: 1) to unify the family's structure when it splits into the roles of the "healthy members" (parents, siblings) and the "identified patient". 2) to mobilise the therapeutic potential of the family, which in return favours the abidance of the patient in his/her therapy, and 3) to enhance the development and evolution both of the family as a whole and of each family member separately, especially of the identified patient

A case of a pre-adolescent with symptoms of functional primary encopresis is

presented, treated with the above multifactorial therapeutic scheme.

Panhellenic Coordinators:

Aristea Kontrafouris- Giannoula Fragkoulidou

CREATIVITY AND TRANSITIONS TO DRAMATHERAPY

Dramatherapy contributes to therapeutic changes (transitions), through distancing, improvisation, visualization, action, symbolism, etc. In the therapeutic process, the transition that is attempted, is the passage of the person through entrapment, impasse, fear, insecurity, towards autonomy, balance, trust in his internal dynamic sources. This is facilitated through the awakening of creative expression in secure environment, bridging personal-social changes.

“Creative Imprints on the Magic Carpet of Play Therapy”

Stathopoulou Poly

“Everybody is born creative, nobody is born non creative... but very few people remain creative”, says Osho, highlighting the innate existence of creativity from the moment a human being comes to life.

Non-directive “person-centered” Play Therapy entrusts this necessary quality as one of the internal sources of strength of the individual for maturation and healing and utilizes it to bring about the therapeutic change.

In our “journey” we will have the opportunity to meet some children and adolescents who growing up “forgot” their creativity and showed psycho-emotional, learning and social difficulties. These difficulties led them to seek help on the “magic carpet” of Play Therapy. On this, experiencing the necessary security of the therapeutic relationship and the therapeutic context, they began to “play” creatively their difficulties, feelings and experiences. Each of these children reconnected and trusted at their own pace their creative potential and left their own distinct imprint.... So, I invite you to get to know them too!

“The journey of, such a little tiny, scribble”

Concluding our journey on the creative paths of Drama Therapy and Play Therapy, we would like to close the presentations in an experiential way.

With the help of the fairy tale “The journey of, such a little tiny, scribble” -by Giannoula Fragkoulidou from Kontili Publications- and utilizing techniques that we use in our sessions, we will try to travel a route

We will compose... we will reconstitute... we will be trapped... we will be released..

We will discover new symbols, new patterns on which we will explore our own creativity.

Coordinators:

Aristea Kontrafouris- Giannoula Fragkoulidou

Limitations and benefits of psychotherapy online. Is there a space for creative modalities?

At the onset of the pandemic, most psychotherapists protested when, they had to take over psychotherapeutic sessions online. This is especially true for those of us who use creative technics as part of the process.

Despite the discomfort, online sessions were the only available option for almost a year. During this time, we had the opportunity to familiarize with this new form of psychotherapy and to collect useful information in regard. Therefore, we are better able to evaluate it based on our experience and not on our presuppositions.

Surprisingly, it seems that online psychotherapy can be just as effective as the traditional one. Never the less, it cannot be denied that the online experience is completely different than the one where clients meet

their therapists in person. In this context of diversity, I invite you to familiarize with the new condition, so that we can become aware of its limitations and also enjoy its benefits – because there are benefits!

From my perspective, the biggest challenge when exercising psychotherapy online would be to apply the creative methods and technics. In terms of development, creativity emerges in the context of an actual relationship. Therapy-orientated, how can creativity prosper in a condition where the relationship is no longer the strongest component? Although it appears to be quite difficult for creative psychotherapy technics to be applied in their traditional form online, it doesn't seem to be completely unfeasible. They just need to be considered differently.

Institute of Contemporary Psychotherapy and Psychoanalysis, Athens Suburbs
Coordinator Tsiakos Dimitrios
Symposium title: Death Anxiety & Creativity

Aim: The aim of this proposal is to examine the complex way in which death anxiety enters therapy and how to deal with it through creativity in clinical practice

Methodology: Theoretical lectures with enriched moments of clinical vignettes

Discussion: Fear of loss, symbolic or literal, arises as a result of sudden traumatic events in which always there is a sense of reduced control. Nowadays, death anxiety becomes part of everyday life and invades into treatment either directly, through pragmatic losses or indirectly through the prevalence of fears, obsessions and other psychosomatic symptoms. The contemporary view of the mind is dominated by the theory of "self-multiplicity", according to which certain aspects of the self are dominant at certain times due to traumatic events or painful emotions (Mitchell, 1991; Bromberg, 1996; Stern, 2002). The first lecture will examine the transferable influence of the patient in the therapeutic dyad and will present the grid of multiple therapist-patient selves affected by death anxiety and destructiveness. The second lecture will examine the use of creativity and "therapeutic rejuvenation" in psychotherapy mainly through concepts such as clinical playfulness, unformulated experience (Stern, 1983) and the infusion of vitality through the transformation of despair using a relational perspective (Davies, 2005). In the third lecture we analyze the co-construction of the "therapeutic third" and we will ask about the innovation and ingenuity of the therapist (Levine, 2010) the negotiation of the paradox in the analytical process (Pizer, 1992) and the importance of therapeutic witnessing in treatment (Reis, 2009).

Lectures:

- 1) Multiplicity of self and death anxiety **Lida Pavlina Papakonstantinou Rodi**, Savvidou Irini
- 2) The importance of creativity in psychotherapy during the pandemic **Vasilina Galanopoulou, Avrambou Angeliki Maria**
- 3) Co-constructing a modern therapeutic framework **Tsiakos Dimitrios**

Coordinator Chatzichristou Stella

B) Symposium title: Influence of the socio-political context on therapeutic practice

Aim: In this symposium we will examine how the different dimensions of the social context affects the clinical reality, both in terms of protecting – “sealing of the treatment space” from external influences and also in terms of the subjectivity of the therapist in clinical phenomena. This contemporary constructivist position highlights many interrelated features such as the assessment of the mutual responsibility of therapists and patients for the co-creation of analytical experience, the ambiguity and uncertainty of each intervention and of multiple interpretations and the acceptance of the uncertainty of the analytical process (Orfanos, 2018).

Methodology: The two main methodological pathways we use to cope with the cessation of analytical thinking will be presented: the "vitalizing enactment" (Schwartz Cooney, 2018) and the "generative

Power of the negative" (McGleughlin, 2020), ie the ability to tune in to the negative and confusion in therapy (Ferro, 2020) and the recognition of the analyst's vulnerability.

Discussion: In the symposium we will analyse the difficulty of maintaining therapeutic neutrality and the inadvertent revelation of his mentality. In contemporary psychodynamic view the preservation of therapeutic neutrality is impossible (Renik, 1993, Gerson, 1996). Relationally oriented psychotherapist, using the therapeutic relationship itself as the main driver of change, inevitably provides many elements that demonstrate personal attitudes, values and mental tendencies (Hoffman, 1983; Greenberg, 1986; Aron, 1992). We will also examine the complex role of subjectivity and its diverse manifestations in contemporary clinical practice. Intersubjectivity refers to the developmental ability to recognize the other as a separate center of subjective experience and assumes that our lives depend on the creation of models of mutual recognition and regulation with "others" (Benjamin, 2010). Some core issues about intersubjectivity are: the fear of possible "infection" by the other, the imposition and necessity of using protection measures, internet mediation and tele-empathy (Weinberg, 2020), the development E-ntimacy etc. Additionally we will discuss the concept of vitality in treatment and the ways in which the therapist can use his subjectivity to create a new analytical meaning based on creativity and innovation.

It is well known that intersubjective interactions involved in an analytical process facilitate the representation of emotions and memories that were never available in consciousness (Maier, 2014) and the main problem of trauma is the disorganization of the "I" as a result of the emotional overstimulation and consequent absence of meaning. In contemporary clinical reality, the intense negativity and the constant emergence of annihilation anxiety, weaken the therapist's ability for free correlation and representation of meanings (C. & S. Botella, 2005). In other words, this thought disorder, as a manifestation of negativity, corresponds to the therapist's traumatic experiences and examines the theory of the multiple self (Bromberg, 1999; Davies, 1998) and the individual aspects of the self that he "chooses" to bring to the fore (Burke, 1992).

1st Lecture: Self-Revelation in the "Revelation". The lack of therapeutic neutrality as therapeutic tool

Bali Christina

2nd Lecture: Intersubjectivity and psychotherapy **Marathianou Valia**, Mantzouni Eleni

3rd Lecture: Creativity and vitality in therapy **Tsiakos Dimitrios**, Avrambou Angeliki-Maria

Coordinator: Triantafyllopoulou Maria

Symposium title: Self-care and psychotherapy

Aim: The aim of this proposal is to analyze the impact that pandemic crisis and isolation have on psychotherapists and to present some prevention measures for the above. Main issues that will be discussed are the loneliness and experienced isolation by the therapists in their private practice and the consequent occupational risks they face through burn out and compassion fatigue syndrome.

Methodology: Theoretical lectures with enriched moments of clinical vignettes

Discussion: During this symposium the consequences of neglecting therapists' self-care will be presented and correlations with daily chronic stress (Luther et al., 2017) and depression (Estacio, R. D. 2019) will be explored. As Stern (2004) points out, stress on the part of the therapist can preclude him or her from engaging in "moments of the here and now," missing out on the opportunity to change at a key moment. Moreover, emotional over-engagement with the patient and subsequently the gradual loss of containing function will be further discussed. Additionally, we will examine how focus on "the here and now" enhance our emotional experience through mindfulness for self-compassion. Finally, creative ways will be presented so that therapists can take care of themselves, their patients and themselves as psychotherapy can be seen as the active construction of a new way of experiencing yourself with others (Fonagy & Target, 1998 ; Fonagy, 1999; Wachtel, 2008).

- 1) Lecture: Burn out and moral implications **Luna Michalis**, Chatzichristou Stella
 2. Lecture: Containing function and the compassion fatigue **Katerina Chotzoglou**
 3. Lecture: Self-care mechanisms of the therapist **Lomvardeas Anastasios**, Chatzichristou Stella
- Coordinator Tsiakos Dimitrios**

Slavkovic Ivana and Vesna Petrovic

**From Discriminatory Practice to a Vision of Society Organized around People's Needs:
The Role of Psychotherapy**

From its beginnings on psychotherapy has been concerned with the issue of the psychotherapist's *neutrality*. Since the appearance of humanistic approaches in psychotherapy it has been recognized that absolute neutrality of the psychotherapist is neither possible nor is it curative. Thus, certain level of psychotherapists' transparency has been introduced in psychotherapeutic approaches. Yet, there are numerous questions in relation to the extent in which psychotherapists should(not)- both within psychotherapy setting and within wider public- bring out their political, cultural and other attitudes deriving from their background and personal life experiences. This presentation will raise the following questions: What is the importance of social and political awareness of psychotherapists? To what extent are psychotherapists receptive to socio-cultural context and lifestyles of their clients and how do they cope with counter-transference reactions to those? To what extent are psychotherapists aware of their relation to and potential conformity with the prevailing ideology? What are the social and political roots of our theories? Are and in what ways the major psychotherapy theories Eurocentric, normative, neoliberal, leftist etc? Raising the above listed questions aims at establishing the platform for much needed discussion in relation to the social responsibility of psychotherapists in matters such as: social policy, eco-psychology, gender/family diversity, race and culture, discrimination, violence and all forms of human rights violations.

Vîşcu Loredana-Ileana Watkins Clifton Edward Jr. Ph.D. APA Fellow & Cădariu Ioana-Eva
The Supervision Pyramid as tool in developing psychotherapy supervisor competencies

The fundamental idea is that supervision demands the active participation of both supervisee and supervisor. We subsequently discuss the Supervision Pyramid, an educational tool originally proposed by Watkins, Callahan, and Vîşcu (2020) for use in supervisor training. Each supervision session being a cyclical affair, the Supervision Pyramid is designed to highlight and explicate that simple, repetitive process. Supervision, regardless of the supervisory orientation, puts the accent on supervisee learning needs, the identification of learning issues, and their solving or amelioration. Starting an individual or group supervision process raises many questions for supervisees and supervisor. Supervision is a cocreated process with a host of potential benefits for all participants.

We propose that the Supervision Pyramid, a constructive supervision tool, can contribute to the realization of such benefits. We further propose that the four levels of the Supervision Pyramid Event/ Issue Identification and Clarification; Exploration and Elaboration; Experimentation and Consolidation; Review and Resolution can be used in conjunction with the Competencies Schema to further stimulate therapist/supervisee development. Regardless of therapeutic orientation, the supervisor and therapist use questions as a tool for the collection of information. Questions are essential in building, maintaining and navigating the supervisory alliance and help stimulate supervisor and supervisee reflection, exploration and decision making. Each level of the Supervision Pyramid has an identified objective and goal to be achieved through such dialogue and questions. Questions are proposed for each level of the Supervision Pyramid and grouped into strategies. Those strategies are helpful elements in stimulating supervisee development and "building the internal supervisor."

Vleugels Hilde
THE CHAOS WHISPERER
Creativity and Integration

This lecture focuses on the interface between art and psychotherapy. Psychotherapists have always been fascinated by the expression of the human psyche. Creativity is often the common thread in their lives. But what exactly is creativity? And what is its therapeutic value?

Creativity is crucial for integrative psychotherapy - especially in these days of increasing complexity and chaos. In fact, creativity = integration. It is the Río Abajo Río, the river beneath the river of integration. Creativity is a healing and connecting force in art, psychotherapy and life.

Referring to creations of contemporary artists I will sketch out an image of some important psychological and social needs of our time.

The story of the Chaos whisperer is a story of hope. This creative force collects what is at the risk of being lost and creates a new cohesion. It shows us how we can keep the river of creativity flowing.

Wilkinson Heward
Impossible Questions for an Impossible Profession:
the Philosophy of Psychotherapy

The fashionable understanding of psychotherapy today, in the Anglophone world especially, is scientific – affective neuroscience, quantitative research, learning theory, behavioural analysis, and the increasing use of artificial intelligence (AI) analogies. Yet not only our linguistic and symbolic expression is communication, and hence meaningful; even our embodied expressiveness is indicative of meanings. The older novelists well understood this. Thus, here is a vivid and well-known moment in Jane Austen: “...[Mr Bingley] was then, he said, on his way to Longbourn on purpose to enquire after her. Mr. Darcy corroborated it with a bow, and was beginning to determine not to fix his eyes on Elizabeth, when they were suddenly arrested by the sight of the stranger, and Elizabeth happening to see the countenance of both as they looked at each other, was all astonishment at the effect of the meeting. Both changed colour, one looked white, the other red. Mr. Wickham, after a few moments, touched his hat—a salutation which Mr. Darcy just deigned to return.” So, then: “What could be the meaning of it? It was impossible to imagine; it was impossible not to long to know.” (Jane Austen, *Pride and Prejudice*, chapter 15)

Meaning and significance, - and reflection upon them, - are everywhere central for us human beings. Meaning and significance are the gateway to science, but even more to philosophy; the meanings at the base of science, too, are subject to the interrogation of philosophy. The foundations and the structures of: representational knowledge; implicit intentionality; qualitative experiencing; intentional causation; and poetic-symbolic enactivity, - the central realities of day to day psychotherapy, - are all questions for philosophy, not reducible to science, (though science is not excluded, of course).

Psychotherapy is applied philosophy much more than it is applied science. We have missed this because it is too much right under our noses. Every moment of psychotherapy is – or could be! – implicit philosophical research.

This workshop will explore these themes through experiential methods.

Žvelc Gregor & Žvelc Maša

Relational Mindfulness and Compassion in Integrative Psychotherapy

In the workshop we will introduce our integration of relational integrative psychotherapy (Erskine, 2015) with mindfulness and compassion processes (Žvelc & Žvelc, 2021). In Mindfulness- and Compassion-Oriented Integrative Psychotherapy (MCIP) we view mindfulness and compassion as meta-processes of change that enhance other processes in psychotherapy. In MCIP the primary task is to invite clients to bring mindful awareness and compassion to their inner experience or parts of self. The therapist acts as a guide for the client to embody present moment awareness, a decentred perspective, acceptance and self-compassion. The therapist embodies these qualities themselves and relates to the client from the position of the 'loving witness'. We emphasize the importance of physiological intersubjectivity and the need for physiological regulation, both within the therapist and the client. Mindfulness and self-compassion help the client and the therapist to regulate themselves and function within the window of tolerance. With the help of experiential exercises and use of the transcripts from therapy sessions, we will demonstrate how methods of mindfulness and self-compassion may be relationally used in psychotherapy.

THE PROFESSIONAL ASSOCIATIONS

European Association for Psychotherapy www.europsyche.org

European Association for Integrative Psychotherapy www.euroaip.eu

National Organization of Psychotherapy of Greece www.nopg.gr

Association for Greek Psychologists www.seps.gr

Greek Association for Integrative Counselling and Psychotherapy www.athensynthesis.gr





Maria Gilbert
& Vanja Orlans

Συνθετική Θεραπεία

100 σημεία-κλειδιά & τεχνικές

Εκδόσεις
Π. Ασημάκης

Επιμέλεια: Πάνος Ασημάκης, Ph.D.

Εποπτεία

Maria Gilbert & Kenneth Evans
Η ΣΥΝΘΕΤΙΚΗ ΣΧΕΣΙΑΚΗ
ΠΡΟΣΕΓΓΙΣΗ ΣΤΗΝ
ΨΥΧΟΘΕΡΑΠΕΥΤΙΚΗ ΕΠΟΠΤΕΙΑ

ΤΟ ΠΡΟΓΡΑΜΜΑ ΕΚΠΑΙΔΕΥΣΗΣ
ΕΠΟΠΤΩΝ ΤΟΥ COUNSELLING &
PSYCHOTHERAPY IN SCOTLAND

Εκδόσεις
Π. Ασημάκης

Simon Cavicchia
& Maria Gilbert

Θεωρία και Πρακτική του Σχεσιακού Coaching

Η Συνθετική Προσέγγιση

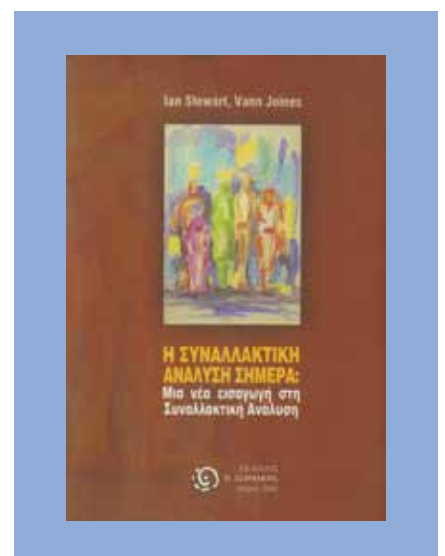
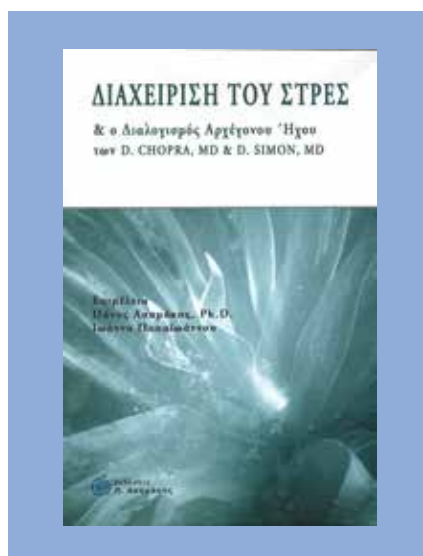
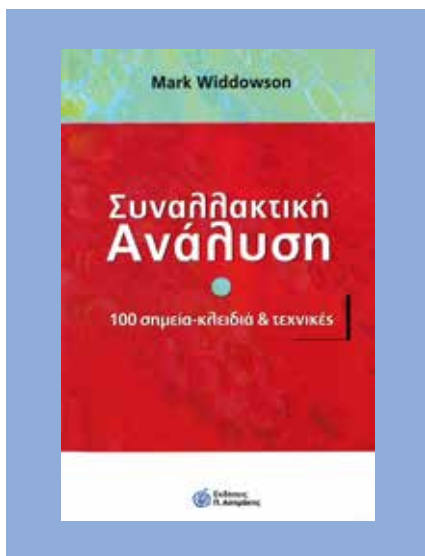
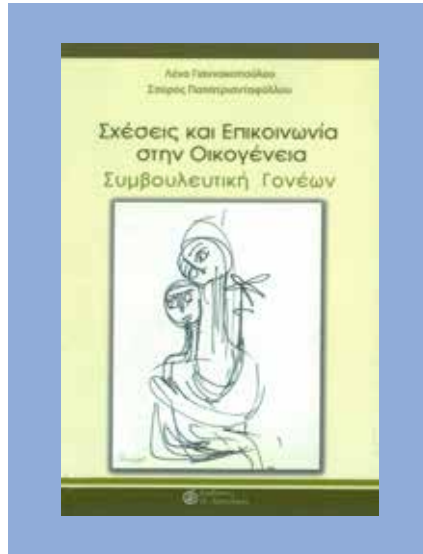
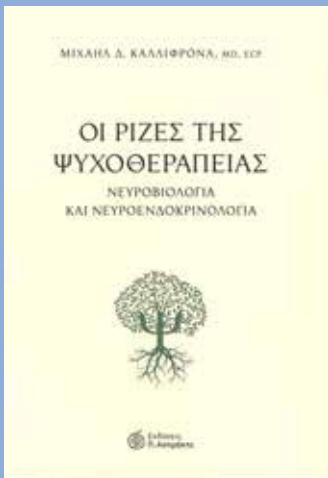
Πολυπλοκότητα, Παράδοξο
και Σύνθεση

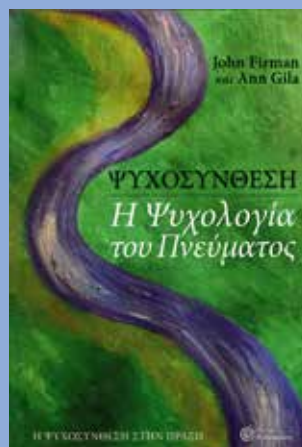
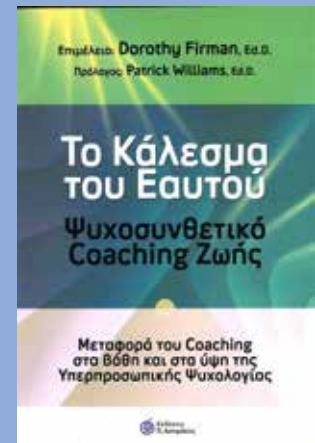
Εκδόσεις
Π. Ασημάκης

Michael Carroll & Maria C. Gilbert

Η Δημιουργία Μαθησιακής Συνεργασίας Η Σχέση Εποπτευόμενου-Επόπτη

Εκδόσεις
Π. Ασημάκης







EAP
European Association
for Psychotherapy

March 12th – March 13th 2022, Vienna

SAVE THE

DATE

ANNIVERSARY



30 YEARS EAP

ANNOUNCEMENT

THE 30TH ANNIVERSARY CONGRESS OF THE
EUROPEAN ASSOCIATION FOR PSYCHOTHERAPY

THE HOPE OF PSYCHOTHERAPY
FOR OUR ENDANGERED WORLD

Member of the World Council for Psychotherapy (WCP)
NGO with consultative status to the Council of Europe



Save the Date

March 12th – March 13th 2022

Vienna

THE HOPE OF PSYCHOTHERAPY FOR OUR ENDANGERED WORLD

How can Psychotherapists offer hope to humanity in the face of the threats to us and to our endangered planet? For EAP's 30th Anniversary Congress we have invited some of the world's most insightful and wise Psychotherapists to speak. We will do what we do best as Psychotherapists: allow ourselves to sit with the greatest problems facing humankind, to listen to each other and to speak, in order that insight, wisdom, discernment and hope can emerge.

President Patricia Hunt, President of EAP, Chair of 30th Anniversary Congress

KEYNOTE SPEAKERS:

Irvin Yalom

Jessica Benjamin

Renos Papadopoulos

Sue Daniel

Kyriaki Polychroni

This Congress will be a Hybrid Event, conducted both in person in Vienna and online.

Attend the Congress in person or follow it online.

The Booking opens in October 2021. We will keep you posted about all updates.

Warm wishes from the Organisation.

And stay healthy.

www.europsyche.org

