

CURS DE FORMARE PROFESIONALĂ CONTINUĂ LA ORADEA, 4-5 DECEMBRIE 2015
TERAPIE DE CUPLU: HĂRȚI MENTALE ȘI APTITUDINI PRACTICE PENTRU ÎNCEPĂTORI

Couple therapy: mental maps and skills for beginners – training course in Oradea, 4-5 December 2015



still of Michelle Williams in *Take This Waltz* (2011)

Pe parcursul celor două zile de curs veți învăța

- trei principii călăuzitoare pentru conducerea ședințelor terapeutice
- recunoașterea stilurilor de atașament și intervenții bazate pe teoria atașamentelor
- anatomia conflictului marital
- tehnici pentru promovarea empatiei în cuplu
- ingredientele fundamentale ale terapiei de cuplu eficiente.

Formatori: Ágnes Kónya și Zoltán Kónya.

Număr credite Colegiul Psihologilor din România: 20.

Număr ore de formare profesională continuă: 20.

Taxa de curs: 450 lei.

Cursul va avea loc în **4 și 5 decembrie 2015** (vineri și sâmbătă) la Oradea, str. Nicolae Titulescu nr. 5. Programul începe de la ora 9 și se termină la ora 18, cu o pauză de masă între orele 13 și 14.15.

Primim înscrieri până la data de **23 noiembrie 2015**.

Înscrierea presupune trimiterea prin e-mail a formularului de înscriere completat și va fi valabilă în momentul confirmării. Locurile sunt limitate și se vor ocupa în ordinea înscrierii. Formularul de înscriere se poate descărca de pe http://www.terapeuta.ro/romana/formare_in_terapie_familiala.html

CONFERENCE PICTURES

The international conference *The Systemic Couple and Family Psychotherapy Practice and Training Process in the 21st Century. A Dialogue Between Historical and Modern Approaches, Models and Trends*, organised by Ψ-Quest Association and Pro Familia Family Therapy Association, took place from 2 to 4 October 2015 in Cluj.



Small group discussion on how the therapist's attachment style may impact on the therapeutic process



Guided tour in the historical centre of Cluj. From left to right: Peter Stratton, Helga Hanks, Enikő Školka, Mária Orbán, Julia Hille, Maria Borcsa, Damian McCann, Carmen Costea-Bărluțiu and tour guide Tamás Polacsek.



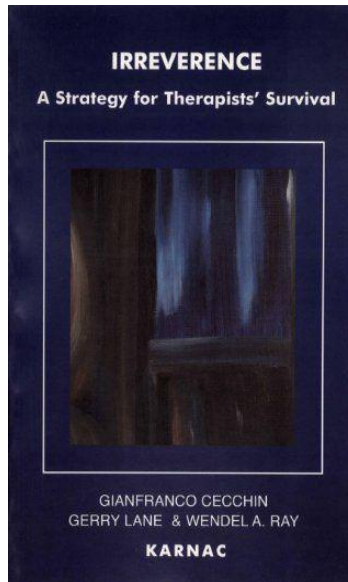
Digital migrants' attempt at a selfie: Zoltán Kónya and Wendel A. Ray



Co-creative moment during the closing & farewell with some of the presenters and organisers



Graffiti on the wall of a house opposite the conference centre: "what is left? love."



GOOD BOOKS

Cecchin, G., Lane, G., Ray, W. (1992) *Irreverence: a strategy for therapists' survival*. London: Karnac Books.

„it is the therapist's enthusiasm for a model or a hypothesis that can help him to get close to a family, while simultaneously maintaining a certain level of curiosity and respect. But it is at the moment when the therapist begins to reflect upon the effect of his own attitude and presumptions that he acquires a position that is both ethical and therapeutic. In order to be able to attain this ability for self-reflexivity, we believe that it is necessary to have a certain level of irreverence and a sense of humour, which one acquires by maintaining a continuous conversation with colleagues, people outside the mental health field, students, and patients alike.” (p. 9)

Irreverence has been on the reading list for advanced level trainees since the beginning of our training programme. Here are some of the reactions from the students to their reading experience:

“This book can be compared with anything but a manual. Or it may be a “manual about how not to follow a manual”. It left me with the impression that if read too early in the process of the family therapy training, it might be dangerous. Dangerous through the way it suggests non-conformism, spontaneity, improvisation, or, formulated more nicely, creativity. And not so much through the way it makes you think about all these aspects, but most of all through the way they are illustrated through the case examples. However, read when you are already familiar with the basic ideas of the big names in family therapy, the book can be considered liberating and provoking at the same time.”

(Olivia)

"This is a book that does not allow you to let it go until you have read it from cover to cover. It is extraordinarily original due to the exceptional cases, solved in a spectacular manner. When nothing else works, it's time for an irreverent strategy. This fits well with "resistant" and intelligent clients, who need something different to get out of their usual patterns. I have just used today an interpretation of this type in a session, after attempts to externalise "fear" during previous sessions (without much success). Fear exists on different levels. Today we came to the conclusion that fear is a hopeful partner of which my client does not need to get rid of, because it helps him to make progress and develop in different domains."

(Alina)

"Another benefit from reading this book was that I realised that the clients I work with are not the most serious and difficult cases that exist. I used to have the impression they were and I was tempted to lose my hope in some measure of „normality" in people and relationships. [...] The case examples from the book fascinated me and I still feel a tension in my stomach when I think of the description of the support group for pedophiles and particularly the case of incest between mother and son with the father in the same bed! Anyway, the good thing is that the cases I work with will seem a piece of cake from now on, and I believe I will have more hope for people. If the boy who had experienced such a trauma (incest with mother) went on to recover and have healthy sexual relationships, then anything is possible."

(Violeta)

Programele de formare în terapie familială sunt coorganizate de către ATFSC și Fundația AGAPE pentru Ocrotirea Vieții.

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ATFSC – Asociația de Terapie Familială Sistemică Cluj pe Facebook

Redactat de Ágnes Kónya și Zoltán Kónya