



ПРОФЕССИОНАЛЬНАЯ ПСИХОТЕРАПЕВТИЧЕСКАЯ Г А З Е Т А

№ 7 (210) ИЮЛЬ-2020 • ОФИЦИАЛЬНЫЙ ОРГАН ПРОФЕССИОНАЛЬНОЙ ПСИХОТЕРАПЕВТИЧЕСКОЙ ЛИГИ
И НАЦИОНАЛЬНОЙ САМОРЕГУЛИРУЕМОЙ ОРГАНИЗАЦИИ «СОЮЗ ПСИХОТЕРАПЕВТОВ И ПСИХОЛОГОВ»

THE ONLINE PRECONGRESS WITHIN THE FRAMEWORK OF THE IX WORLD CONGRESS FOR PSYCHOTHERAPY “PSYCHOTHERAPY TO AID RESIDENTS, FAMILIES, GROUPS, SOCIETY IN WHOLE IN TIMES OF PANDEMIC CAUSED BY CORONAVIRUS”

June 24 th , Wednesday	Online Psyfest®: master classes, trainings, other events	10.00–19.45
	International Balint Conference	10.30–18.30
June 25 th , Thursday	Online Psyfest®: master classes, trainings, other events	10.00–19.45
	International Balint Conference	10.30–20.00
June 26 th , Friday	Opening of the Online Pre-Congress of IX World Congress of Psychotherapy	10.00–11.00
	Fundamental round table “Disorders of mental health and psychological well-being in the world during and after the coronavirus pandemic”	11.00–14.00
	Online Pre-Congress Program: panel sessions, symposia, conferences, round tables, lectures	10.00–20.00
	Online Psyfest®: master classes, trainings, other events	10.00–19.45
June 27 th , Saturday	Fundamental round table “Psychotherapeutic assistance to children, family, society in the world during pandemic”	10.00–13.00
	Online Pre-Congress Program: panel sessions, symposia, conferences, round tables, lectures	10.00–20.00
	Online Psyfest®: master classes, trainings, other events	10.00–19.45
	Minifest “Create your own world while playing!” - Gamepractice for adults	09.40–21.00

June 28 th , Sunday	Fundamental round table “Preparing Psychotherapy for Future Global Global Challenges”	10.00–12.15
	Online Pre-Congress Program: panel sessions, symposia, conferences, round tables, lectures	10.00–20.00
	Online Psyfest®: master classes, trainings, other events	10.00–19.45
	Minifest “Create your own world while playing!” - Gamepractice for adults	09.40–21.00
June 29 th , Monday	Online Pre-Congress Program: panel sessions, symposia, conferences, round tables, lectures	10.00–20.00
	Online Psyfest®: master classes, trainings, other events	10.00–19.45
	Online Pre-Congress Closing	17.00–20.00

*Each event is conducted according to its special program.

FINAL PROGRAM OF THE ONLINE PRECONGRESS WITHIN THE FRAMEWORK OF THE IX WORLD CONGRESS FOR PSYCHOTHERAPY “PSYCHOTHERAPY TO AID RESIDENTS, FAMILIES, GROUPS, SOCIETY IN WHOLE IN TIMES OF PANDEMIC CAUSED BY CORONAVIRUS”

EVENTS ON JUNE 26, 2020

WEBINAR ROOM 1

OPENING OF THE ONLINE PRE-CONGRESS OF THE NINTH WORLD CONGRESS OF PSYCHOTHERAPY «PSYCHOTHERAPY TO HELP CITIZENS, FAMILIES, GROUPS AND THE SOCIETY DURING CORONAVIRUS PANDEMIC»

26th of June 2020, 10.00–11.00, WEBINAR ROOM 1

Languages: Russian, English

International fundamental round table «DISTURBANCES IN MENTAL HEALTH AND PSYCHOLOGICAL WELLBEING AND NEW OPPORTUNITIES FOR PERSONAL GROWTH IN THE WORLD DURING AND AFTER THE PANDEMIC CAUSED BY COVID-19»

26th of June, 11.00–14.00, WEBINAR ROOM 1

Languages: Russian, English

CHAIRMEN: Alfred Pritz (Vienna, Austria), Victor Makarov (Moscow, Russia), Nikolay Neznanov (St. Petersburg, Russia), Nicole Aknin (Paris, France).

Alfred Pritz – doctor of medical sciences, MD, professor, President of the World Council for Psychotherapy (WCP), Ph.D in Psychopathology and Pedagogics, founder and past-time General secretary of the European Association for Psychotherapy, rector and full professor of the Sigmund Freud University, Vienna Collaborator for the Austrian law for Psychotherapy and advisor in some European ministries. Honorary President of the IX World Congress for Psychotherapy. Austria, Vienna.

Victor Makarov – doctor of medical sciences, MD, professor, President of the All-Russian Professional Psychotherapeutic League and the National Self-Regulating Organization «Union of Psychotherapists and Psychologists», President elect of the Asian Federation of Psychotherapy, Vice-President of the World Council for Psychotherapy, President of the IX World Congress for Psychotherapy, Head of the Department of Psychotherapy and Sexology of the Russian Medical Academy of Continuous Professional Education. President of the IX World Congress for Psychotherapy. Russia, Moscow.

Nikolay Neznanov – doctor of medical sciences, MD, professor, Head of the Department of Psychiatry and Neurology of the First St. Petersburg State Medical University named after Academician I.P. Pavlov, Director of the Federal State Budgetary Institution National Medical Research Center for Psychiatry and Neurology named after V.M. Bekhterev of the Ministry of Health of the Russian Federation, President of the Russian Society of Psychiatrists, chief freelance specialist in psychiatry at Russian Health Control Authority, President of WADP (World Association of Dynamic Psychiatry, Vienna), Meritorious Scientist of Russia, Meritorious Worker of the Higher School. Russia, Saint-Petersburg.

Nicole Aknin (France) – psychoanalyst, President of French Branch of the European Confederation of Psychoanalytical Psychotherapy, board

member of French Federation for Psychotherapy and Psychoanalysis and European Association for Psychotherapy, delegate of the WCP at the Social and Economic Council of the United Nations Organization. France, Paris.

Presenters

PSYCHOLOGICAL ISSUES IN COVID-19

Judy Kuriansky (USA) – professor, Ph.D. noted international psychologist, teaches at Columbia University Teachers College. main representative for the World Council for Psychotherapy (WCP) and the International Association of Applied Psychology in the United Nations, and past President of the Psychology Coalition of NGOs.

DISTURBANCES IN MENTAL HEALTH AND PSYCHOLOGICAL WELLBEING AND NEW OPPORTUNITIES FOR PERSONAL GROWTH IN THE WORLD DURING AND AFTER THE PANDEMIC CAUSED BY COVID-19

Nicole Aknin (France) – psychoanalyst, President of French Branch of the European Confederation of Psychoanalytical Psychotherapy, board member of French Federation for Psychotherapy and Psychoanalysis and European Association for Psychotherapy, delegate of the WCP at the Social and Economic Council of the United Nations Organization.

TOPIC OF THE PRESENTATION TO BE ANNOUNCED

Darlyne Nemeth (USA) – Ph.D., M.P., M.P.A.P., clinical, medical, and neuropsychologist, WCP's Co-Secretary General, fellow of the American Psychological Association (APA) and the World Council for Psychotherapy (WCP), served in APA Council of Representatives and has been a WCP representative to the United Nations (UN).

EXPERIENCE OF PROVIDING PSYCHOTHERAPEUTIC AND PSYCHOLOGICAL SUPPORT DURING UNFAVORABLE EPIDEMIC SITUATION AND LOCKDOWN

Mikhail Reshetnikov – MD, PhD, professor, Meritorious Scientist of Russia, rector of the East European Psychoanalytical Institute, past-president of the European Confederation of Psychoanalytical Psychotherapies, president of the Russian National Branch of the ECPP, Honorary Professor of the Sigmund Freud University (Vienna, Austria). Russia, Saint-Petersburg.

TOPIC OF THE PRESENTATION TO BE ANNOUNCED

Anthony Korner (Australia) – PhD on psychotherapy, psychiatrist and psychotherapist, primarily in public practice, Director of the Master of Medicine (Psychotherapy) Program at the University of Sydney, Australian representative on the World Council for Psychotherapy, chairman of the organising committee for the 6th World Congress for Psychotherapy.

ADAPTATION AND STRESS-RELATED DISORDERS DURING PANDEMIC, WORLD LESSONS OF PHASE 1 AND PHASE 2

Anna Vasilieva – MD, PhD, associate professor and chief researcher at the Department of Treatment of Borderline Mental Disorders and Psychotherapy, Scientific Research Center named after V.M. Bekhterev, professor at the Department of Psychotherapy and Sexology, North-



West State Medical University named after I.I. Mechnikov. Russia, Saint-Petersburg.

COVID-19 COUPLE THERAPY

Edward Chan (Malaysia) – Doctor of Science, Board Member and Fellow of the World Council for Psychotherapy, President and Fellow of the Malaysian Association of Psychotherapy, President of the Malaysian Employees Assistance Professionals Association, Principal Consultant Psychologist of the International Psychology Centre, Clinical Director of WellLab, Centre for Advanced Diagnostic Laboratory Testing, President and Fellow of the Malaysian Cognitive Behavioral Therapy Association, Head of the Psychotherapy & Nutritional Therapy Chapter of the Malaysian Society for Complementary Medicine, Adjunct Professor of the International Psychology & Complementary Medicine University.

SOCIO-CULTURAL SPECIFICS OF LIVING THROUGH AND OVERCOMING THE EMERGENCY SITUATION CAUSED BY THE COVID-19 CORONAVIRUS PANDEMIC IN ESTONIA

Galina Mikkin (Estonia) – PhD in psychology, lecturer in psychology at Tartu State University, associate professor at Tallinn University, Estonia (lecture courses on Social and Personal psychology, Crisis & Burnout Prevention, Group & New approaches in psychotherapy), guest Lecturer at St. Petersburg State University, Russia, visiting professor for students at the International Institute of Existential Counseling “MIEK”, in Russia and Ukraine, author of proprietary communicative training methods using video recording and video-feedback (video-trainings). Co-founder of the first school in the USSR educating psychologists-coaches of communication training courses.

THE PROBLEMS, NEEDS AND OPPORTUNITIES OF BULGARIANS /FAMILIES, CHILDREN, TEACHERS/ TO RECEIVE PROFESSIONAL THERAPEUTICAL HELP DURING AND AFTER THE PANDEMIC CAUSED BY COVID-19

Nely Boiadjieva (Bulgaria) – Professor, Ph.D. Professor of Sofia University “St. Kliment Ohridsky” and Plovdiv University “Paisii Hilendarsky”, Bulgaria. Honored Professor of Moscow Social-pedagogical Institute, Russia. Scientific interests — psychology, psychotherapy, pedagogy, therapy through arts, art-pedagogy, art-therapy, theory and technology of counseling, family psychology and family therapy.

THE USE AND ABUSE OF ONLINE PLATFORMS IN THE SERVICE OF MENTAL HEALTH # COVID 19

Emilija Stoimenova Canevska (North Macedonia) – Prof. Dr., licensed health psychologist and psychotherapist, EAGT – and EAP-certified trainer and supervisor, as well as organizational coach and consultant.

GROUP DYNAMICS AND MENTAL STATUS OF A HUMAN DURING A PANDEMIC

Zlata Polozhaya – MD, PhD, head of the Department of Psychotherapy, Institute of Interdisciplinary Medicine, psychiatrist, psychotherapist, hypnotherapist, group psychotherapist, official representative of the Central Council of the All-Russian Psychotherapeutic League in Italy, deputy chairman of the Academic Council for Psychotherapy of the National Association for the Development of Psychotherapeutic and Psychological Science and Practice, Member of the World Institute Pain (WIP). Russia, Moscow.

The report discusses the patterns of group processes during a pandemic and their impact on the psyche of people. The growth of mental disorders, such as anxiety disorders, depression and others, is associated with dysfunctional group dynamics, both in society and in groups and families. During a pandemic, the need for quality psychotherapeutic help for individuals and groups is growing.

WHAT SUFFERED FROM RUSSIANS DURING THE ISOLATION PERIOD: ANALYSIS OF THE PSYCHOLOGICAL HOT LINE WORK DURING TIMES OF PANDEMIC CAUSED BY CORONAVIRUS

Svetlana Shtukareva – counselling psychologist, logotherapist, Head of the Higher School of Logotherapy at the Moscow Institute

of Psychoanalysis, honorary member of the International Association of Logotherapy and Existential Analysis, Professional Guild of Psychologists Coordination Board Chairman, certified supervisor, winner of Moscow government award for cultural achievements.

TRANSFORMATIONS OF SENSE-LIFE STRATEGIES OF ADULTS DURING THE PANDEMIC THREAT

Irina Abakumova – doctor of psychology, professor, corresponding member of the Russian Academy of Education, dean of the Department of Psychology, Pedagogy and Defectology, Don State Technical University. Russia, Rostov-on-Don.

The report presents data on the transformation of life-meaning strategies of adults who find themselves in conditions of self-isolation due to the epidemic threat. It is shown that although life-long strategies are formed in accordance with the mechanisms of meaning-making and are a direct manifestation of a stable (in adulthood) sense-life concept of a person, a change in the general picture of the world due to infectious risks significantly affects their main components (both informative and dynamic).

RESOURCEFUL CAPABILITIES OF MODERN INTEGRATIVE ARTTHERAPY IN WORKING WITH CRISIS STATES

Inna Zezulinskaya – head of the Crimean regional branch of PPL Russia, accredited training psychotherapist-adviser and supervisor of PPL; certified PPL trainer of national level; holder of the European Certificate for Psychotherapy; trainer of the Institute of Practical Psychology “Imaton; Associate Professor of the IPO SRS KIP (Interregional Public Organization for Promotion of Symboldrama – Catathymic Imaginative Psychotherapy Development); supervisory Board member of the National Self-Regulating Organization “Union of Psychotherapists and Psychologists; head of Applied psychology center “Harmony” and of art-therapeutic workroom “Paints of the Soul” (Sevastopol); author of Metaphorical associative cards “Harmony” and of the course of intuitive painting “Intuitive painting as a creative method of self-knowledge and self-development”; author of the project “Psychological lounge. The Art of Living”. Russia, Sevastopol.

The complexity of psychological assistance to people in crisis states exists due to the uniqueness of experiencing a crisis in each person and the lack of universal methods and techniques of working with crisis.

Specialists working with crisis conditions tend to increasingly incline towards the need for an integrative approach.

Integrative art therapy, a popular approach of contemporary psychotherapy based on arts and creativity, has a number of peculiar features and includes a triad, non-typical for modern psychotherapy: therapist - client - work of art, which makes it possible to endure painful moments in therapy less acutely. In the process of interaction with an art object, the development of creative personality traits, revival of integrity and integration in society occurs. In this form of psychotherapeutic treatment, art is perceived as a metaphor and serves as a healing, educational and socializing mechanism. The development of adaptability and a creative approach to life, as a constantly present intrapsychic ability, allows one to quickly restore the resourceful inner states. The use of the methods of art therapy proved its effectiveness in group psychotherapeutic work with crisis conditions.

FROM TRAUMA TO TRANSFORMATION OF THE SPIRIT IN PERIODS OF PANDEMIC: HOW AND WHY WE ORIENT PSYCHOTHERAPY TOWARDS THE CLIENT’S HIGHEST VALUES

Natalia Spokoyni – director of IIS Berlin - International Institute of System Constellations, full member and international level trainer of PPL, WCP and EAP certified psychotherapist, master trainer of INFOSYON and DGfS, systemic sex therapist, master theologian A.Men Uni. Germany, Berlin.

This report shows how it is possible, with the aid of the integrated short-term psychotherapy methods, to help traumatised clients find their true goals and values through transformation of the spirit; how and why we orient the psychotherapy and the systemic constellations field towards the client’s Highest Values. How to transform the energy

of fear, panic and worry and other difficult dynamics, created during the pandemic, into resources that build a happy, fulfilled life.

PSYCHOLOGICAL ASSISTANCE TO NON-INFECTIONISTS DURING THE COVID-19 PANDEMIC. TRANSFORMATION OF DOCTORS' PROFESSIONAL WORLD VIEW

Ekaterina Ivanova – psychologist, gestalt therapist. Russia, Saint-Petersburg.

The report details the Covid-19 generated reasons making doctors to seek for psychological support.

By May 2020, the most frequent causes of seeking for psychological help have been: the fear of death (one's own and one's own relatives); the fear of loss of income; the fear of not being able to adapt to the updated rules and orders of the institution; the fear of making a medical error and fear of medical error which has already been made; empathy and pity requested by doctors from patients; "Paranoid" tendencies in relations with superiors; the lack of personal strength and reliability of the medical system to deal with complex cases.

The report also outlines the methodological aspects for sustaining the transformation of the professional world view and the physicians' world views during the 2020 pandemic. Search for footholds.

PSYCHOLOGICAL DISTRESS PANDEMIC

Murat Moldagaliev – candidate of psychological sciences, Chairman of the Board of the PA "Professional Psychological League", PA "Atamnyn Amanaty", director of the Research Institute of Communications and State Security, laureate of the All-Russian public-state initiative with international participation «Warm Heart», head of numerous psychological and sociological researches in the field of pressing problems of our time. Kazakhstan, Nur-Sultan.

The report discusses factors contributing to the emergence of psychological problems during the coronavirus pandemic in Kazakhstan. Including the influence of the quarantine regime on the consciousness of the population. The UN indicators on the growth of suicide and domestic violence due to the coronavirus pandemic and quarantine restrictions are considered in this research. The report also suggested a number of measures of the negative impact of isolation during and pandemic.

Round table «SPIRITUALLY-ORIENTED THERAPY THAT AIDS PEOPLE, FAMILIES, ORGANISATIONS AND SOCIETY IN THIS PERIOD OF PANDEMIC»

26th of June 2020, 14.00–17.45, WEBINAR ROOM 1

Languages: Russian, English

CHAIRMEN: Natalia Spokoyniy (Berlin, Germany), Tatyana Nikiforova (Bratsk, Russia).

"When the needs of the soul are ignored, the body starts screaming", – the famous therapist and cardiologist, Doctor of Medicine, Ilze Kuchera wrote in her book entitled "What is the matter with me?". The specialists dealing with helping others have to set themselves the objective of integrating various methods and approaches towards treating a human being. The integration of various methods and approaches that include a spiritual component will be the most effective. Moreover, we should regard it as of paramount importance. This is a creative, spiritually oriented and most commonly personally created work that combines different western and eastern approaches, the best achievements of natural and human sciences as well as spiritual practices. Now is the time to integrate both a scientific approach and spiritual one especially given that in science all new discoveries are made at the frontier. An important task of spiritually-oriented psychotherapy, especially during this period of pandemic, is to integrate various kinds of short-term psychotherapies, combining the creative abilities of the body (breathing, sound and shades of emotion) with the heights of intellect (mathematics, physics...) and spirit. It is at the intersection of various fields, forms and methods of work that something new is created. We are called to connect the best of that which has been achieved by humanity in the fields of science, art, philosophy and religion (multi-confessionalism, openness and respect to other faithful are important here) with the goal of obtaining, for each given person, psychological health, specifically peace and harmony with oneself, others, the Universe and the highest power (however

the client expresses it). Creation is based on hierarchy. It is only the superior that can form the inferior! The Spirit creates its own form. Therefore, soul therapy is most effectively implemented by spiritual instruments. Data from contemporary physics supports this point as higher spiritual frequencies can have a positive impact on lower ones such as intellectual, emotional and material. Information about this phenomenon is also stated in The Manifesto for a post-materialist study.

The main feature of spiritually-oriented psychotherapy is its orientation towards the Highest Values of the client. Before the work begins it is important to orient the space and direct it towards the will of the client's highest power: God, Fate, the Universe etc. The direction can also simply be Life. Orientation towards the highest power allows us to look at the difficult situation and understand why these events happened and why they are important to the client. Having understood why he "carries a burden" the client can, through gratitude; move onto a new level and transform blind love (loyalty) into a conscious one, obtain the resources of his kin and become happy. This vector, much like a compass, gives the therapy precise direction, allows one to work more effectively, receive the maximum amount of resources possible and truly integrate the result of the therapy into the client's life. It is during this extremely difficult period that it is most important to orient the client towards their Highest Spiritual Values, gain spiritual strength and look at the future with optimism. During this round table participants will share their experience in the implementation of the spiritually-oriented approach in their work with clients during this coronavirus pandemic.

FROM TRAUMA TO TRANSFORMATION OF THE SPIRIT IN PERIODS OF PANDEMIC: HOW AND WHY WE ORIENT PSYCHOTHERAPY TOWARDS THE CLIENT'S HIGHEST VALUES

Natalia Spokoyniy – director of IIS Berlin - International Institute of System Constellations, full member and international level trainer of PPL, WCP and EAP certified psychotherapist, master trainer of INFOSYON and DGfS, systemic sex therapist, master theologian A.Men Uni. Germany, Berlin.

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SPIRITUALLY-ORIENTED ONLINE PSYCHOTHERAPY FOR THE PURPOSES OF AIDING AUTISTIC CHILDREN AND THEIR FAMILIES IN THIS PERIOD OF PANDEMIC.

Tatyana Nikiforova – child and family psychologist, art therapist, fairytales therapist, full member, official trainer and personal therapist of PPL. Russia, Bratsk.

This report uses specific examples to demonstrate how we can effectively work online with autistic children and the difficult traumas of their parents, during this coronavirus pandemic, with the aid of a combination of spiritually-oriented systemic constellations in online groups and the author's methods such as art therapy, kinesiology and breathing techniques, cognitive, colour and other kinds of short-term psychotherapy.

PERSONALITY IN AN AGE OF CHANGE: ENDURING SPIRITUAL VALUES

Lidia Surina – Ph.D., Analytical Psychologist, Psychotherapist, Rector of the Academy of Deep Psychology, Full Member and Co-Chair of the Jungian Analysis Modality PPL, Certified Personal Therapist, Supervisor and Lecturer at the international level of PPL, Russia, Moscow.

We live in an era of global change. The coronavirus pandemic, which swept the whole world, exacerbated the general crisis that is being experienced by humanity as a whole, and every individual with his own subtle mental organization. At our Round Table, it is important for us to discuss how modern psychotherapy accepts the challenge of



fate and on what spiritual values a person can rely on in the current conditions of a general crisis.

SPIRITUALLY-PSYCHOLOGICAL PRACTICE IN THE POST-QUARANTINE ERA: HOW TO QUICKLY AND EFFECTIVELY TEACH PEOPLE TO CONTROL THEMSELVES

Sergei Kluchnikov – full member of and trainer of OPPL, PhD in philosophy, academic at RANS, director of modality “Psychosynthesis: classical and Russian versions”, European accredited psychotherapist, director of the Centre of practical psychology, author of 32 books on practical psychology. Russia, Moscow.

Crisis and regime of enforced self-isolation has had a serious effect on the human psyche, it has created a multitude of psychological problems: anxiety, fears, irritation, depressive states, mental disorientation and a resulting inability to control oneself. From these circumstances has arisen the serious problem of teaching people the basics of psychological self-regulation and the ability to control oneself. This report will review practical psychosynthesis that can, from a certain point of view, be viewed as an effective, practical method of self-regulation. The report contains the results of years-long research and practical work of the author of the Russian version of psychosynthesis (Kluchnikov S.Y.).

FROM A PERSONAL AND FAMILY TRAUMA TO PERSONAL FULFILLMENT AND FINANCIAL SUCCESS DURING QUARANTINE: AUTHOR'S INTEGRAL APPROACH “BIOCOACHING”

Marina Buchatskaya – NLP-coach, specialist in Erickson hypnosis, oriental practices and reiki, life coach, business manager (Russian Presidential Academy of National Economy and Public Administration), student of IIS-Berlin: faculty of Systemic Constellations in Online Groups. Cyprus, Limassol.

The report uses the results of numerous clients presents the author's approach “Biocoaching”, combining integrated work with family and personal trauma, NLP and oriental meditative practices.

THE USE OF THE BEMS-MODEL (BODY-EMOTIONS-MIND-SPIRIT) FOR EMERGENCY ASSISTANCE TO CLIENTS IN SITUATIONS OF ACUTE CRISIS IN TIMES OF PANDEMIC

Andrey Hordikainen – psychologist, psychology instructor, systemic constellator (certified in the Russian Federation, Germany and Austria), organisation constellator, family gestalt-psychologist.

The report uses the examples of real corporations to show the possibility and effectiveness of the use of the BEMS-MODEL in system constellations and integrated therapy for the purpose of emergency assistance to clients in a situation of acute crisis, including pandemic situations. Positive results are also noted in the client's family members.

METHOD OF PSYCHOTHERAPEUTIC KINESIOLOGY COMBINED WITH SPIRITUALLY-ORIENTED PSYCHOTHERAPY FOR WORK WITH SEVERE PSYCHOSOMATICS AND SYMPTOMS OF PAIN DURING CRISIS SITUATIONS

Galina Korchagina – psychologist, psychotherapeutic kinesiologist, actual member of the APK, full member, candidate for personal therapists, official teacher of OPPL, Russia, Irkutsk.

This report uses examples to showcase kinesiological techniques in combination with instruments of spiritually-oriented psychotherapy for the purposes of providing aid in terms of the client's wellbeing in this time of self-isolation and pandemic. Caught in a horrible, downward spiral of pain which leads to the loss of self-worth and orientation in life. As a result of unavoidable isolation as well as financial, familial and other difficulties the chronically ill live with pain and fear of pain, which are exacerbated in times of pandemic. Therapy options for pain symptoms and orientation towards the client's Highest Values are described. Specific attention is given to the processing of the trauma to reduce its effects on current wellbeing.

SPIRITUALLY ORIENTED ONLINE CONSTELLATIONS IN INTEGRATED PSYCHOTHERAPY IN WORK WITH FEARS, ANXIETIES AND DEPRESSIONS DURING THIS PERIOD OF SELF-ISOLATION

Elena Baeva – systemic family art therapist, art- trainer, specialist in the field of family and business, systemic constellations, work/life balance coach, business coach, full member of PPL.

This report is dedicated to the “Coronavirus and system dynamics: how to help yourself and the world” online-marathon run by IIS-Berlin at the beginning of April. Participants were offered several exercises with the aim of understanding their true goals and finding the resources to achieve them: “Me and my goal”, “Me and my symptom”. Next was the demonstration of N. Spokoyniy's “BEMS-Model” (Body-Emotions-Mind-Spirit) method, which enables us to work effectively with trauma and restore the personality in their entirety, from body and emotion to intellect and spirit.

WHY IT IS IMPORTANT TO UNDERSTAND YOUR GOALS AND THEIR IMPORTANCE: SPIRITUALLY-ORIENTED THERAPY THAT AIDS CLIENTS IN THIS PERIOD OF PANDEMIC

Ksenia Krilova – assistant teacher and therapist at IIS-Berlin, certified online constellator, specialist in psychotherapy for the wholeness of personality, spiritually-oriented psychotherapy and systemic constellations, preschool teacher.

This report uses client examples from the “Coronavirus and system dynamics: how to help yourself and the world” online-marathon to illustrate the importance of determining your goals and bringing them in line with your Highest Values. Further, it demonstrates the author's “Me and My goal” method for determining one's true goals. This helps people deal with fears, depression, anxiety and other symptoms brought on by the pandemic and self-isolation.

SPIRITUALLY-ORIENTED WORK WITH SYMPTOMS BROUGHT ON BY THE CORONAVIRUS

Irina Kanunnikova – system coach, tarologist, art therapist, numerologist, top economist, business coach: coordinator and system developer of business management accounting, observant member of PPL, IIS Berlin student: system constellations in online groups.

This report uses client examples from the “Coronavirus and system dynamics: how to help yourself and the world” online-marathon to illustrate how we can aid clients to effectively work with their own symptoms such as fear, aggression, apathy and others brought on by the coronavirus, self-isolation, loss of employment etc.

A SPIRITUALLY ORIENTED INTEGRATED APPROACH TO THE THERAPY OF PERSONAL AND FAMILY TRAUMA DURING THE CORONAVIRUS OUTBREAK

Maria Orlyanskaya – international economist, life coach, theta-healer, specialist in family and organisational trauma, student of IIS-Berlin: faculty of Systemic Constellations in Online Groups.

This report using real clients' experience presents the author's own method of «Subpersonal integration», that allows for efficient work with different personal and family traumas within the framework of a spiritually oriented integrated approach during this period of self-isolation

AUTHOR'S “MONEY POTENTIAL” METHOD AIMED AT AIDING PEOPLE WHO HAVE LOST INCOME DURING THIS PERIOD OF PANDEMIC

Tatiana Krasnokutskaya – teacher at the Privolzhsky Medical Research University (PMRU), specialist on high school psychology and pedagogy, practical psychologist, full member of PPL, student of IIS-Berlin, infectious diseases doctor, homeopath, Russia, Nizhny Novgorod.

The author's method of “Money Potential” combines an integrated spiritually-oriented approach, systemic constellations, visualization, metaphor work and body-oriented therapy. The method allows us to find the restrictions and inhibitions of the client that prevent him from reaching the desired income and transform injuries and obstacles into a resource to achieve his financial goal.

HELL IS EMPTY – THE IMPORTANCE OF SWITCH IN UNDERSTANDING: FROM ETERNAL POST-MORTEM SUFFERING TO THE INTRAVITAL EXPERIENCE

Augustine Calmet – student and research assistant of the theological school of Saint Mary's of University of St Andrews, tarologist. United Kingdom, St Andrews.

A reinterpretation of traditional view on Hell is presented, switching it from the suffering of the soul after death of the body onto suffering of the body after the apathy of soul; and its connection with the mental and physical state of human. It reflects the necessity of self-control and restraint from tendencies of escapism and hyper fixation on the traumatic experience through communication with Self and with the society, especially during the times of compelled self-isolation due to pandemic.

Panel session «GENERATIVE PSYCHOTHERAPY»

26th of June 2020, 18.00–20.00, WEBINAR ROOM 1

Languages: Russian

WEBINAR ROOM 2

LECTURE «THE FRAMEWORK CONCEPT OF MODERN PSYCHOTHERAPY»

26th of June 2020, 10.30 - 11.30, WEBINAR ROOM 1

Languages: Russian

Alexander Katkov (Russia) – Doctor of Medical Sciences, Rector of the International Institute of Social Psychotherapy in St. Petersburg (Russia), Vice-President of PPL Russia.

The lecture material gives a functional definition of the framework concept of psychotherapy. The epistemological foundations of modern psychotherapy are described. The principles of classification of psychotherapy are given. The development strategies of modern psychotherapy are considered.

LECTURE «RISING FROM EXISTENTIAL CRISIS»

26th of June 2020, 12.00 - 13.30, WEBINAR ROOM 2

Languages: Russian, English

Emmy Van Deurzen (England) – philosopher and an existential psychotherapist, who has worked with people on transformative life events for 47 years. She is currently completing her eighteenth book, entitled *Rising from Existential Crisis* for PCCS books. She is Principal of the New School of Psychotherapy and Counselling at the Existential Academy in London.

An existential crisis is a situation in which our entire existence and everything we used to take for granted is in the balance, so that we feel insecure and threatened. This affects all dimensions of life, at the physical, social, personal and spiritual levels. It means that our bodies are challenged, our relationships are changed, our sense of our self is altered, and our beliefs and values are shaken up. For most people this is a very difficult experience to encompass as it leads to a total revolution of our established patterns, routines and habits. It always involves a lot of loss and therefore leads to feelings of bereavement and sorrow as well as to experiences of confusion, fear, anger, doubt and panic.

In this presentation we shall consider how existential philosophers and therapists are able to make sense of such situations, be they caused by politics, society, personal choices or natural catastrophes. We shall explore the relationship between the shattering of our most reliable connections to the world and the loss of meaning. Then we shall consider how we can rise to such limit situations and personal challenges, finding ways to thrive instead of being destroyed by radical change, transforming and transcending our previous existence. Ultimately this will be about finding our existential courage.

Books that are relevant to this session:

Deurzen, E. van with Craig, E., Schneider K. Längle, A., Tantam, D. and du Plock, S. (2019) *Wiley World Handbook for Existential Therapy*, London: Wiley.

Deurzen, E. van and Arnold-Baker, C (2018) *Existential Therapy: Distinctive Features*, London: Routledge.

Deurzen, E. van and Adams, M. (2016) *Skills in Existential Counselling and Psychotherapy*, second edition, London: Sage. [2011]

Deurzen, E. van (2015) *Paradox and Passion in Psychotherapy*, second edition, London: Wiley [1998].

Conference “DON'T PANIC” — PSYCHOTHERAPEUTIC AID TO CLIENTS WITH PANIC ATTACKS»

26th of June 2020, 13.40 - 18.15, WEBINAR ROOM 2

Languages: Russian

SCIENTIFIC COMMITTEE: Inga Rumiantseva (Saint-Petersburg, Russia), Elena Petrova (Saint-Petersburg, Russia), Sergey Kondurov (Saint-Petersburg, Russia), Olga Prykhodchenko (Novosibirsk, Russia).

PANIC ATTACK AS A SYMPTOM: A PATH FROM CONTROL TOWARD FREEDOM

Elena Petrova – medical psychologist, Gestalt therapist, trainer and supervisor in a field of Gestalt therapy. Development director and director of training programs of Integrative Gestalt Training Institute, member of European Association for Gestalt Therapy, head of supervision committee of Guild of psychotherapy and training, head of Gestalt modality approach of Professional Psychotherapeutic League of Russia. Russia, Saint-Petersburg.

Dramatic experience in patient who had panic attacks is attracting a lot of attention of therapists. Unlike psychosomatic disorders panic attacks have an anxiety nature in its basis. Customary ways of handling psychosomatics such as searching for a symbolic meaning of a symptom are not considered to be perspective. New ways of working in these patients are based on concepts of strengthening of Self and development of freedom in the field of creative adjustment for a person in emotionally significant situations.

FIGURE / GROUND DYNAMICS IN DEVELOPMENT OF PANIC ATTACKS

Sergey Kondurov – psychiatrist, gestalt therapist, supervisor. Director and trainer of Integrative Gestalt Training Institute, member of Professional Psychotherapeutic League of Russia, member and supervisor of European Association for Gestalt Therapy. Russia, Saint-Petersburg.

Abruptness of a panic fit is a frightening and puzzling phenomenon. There's a feeling in a patient's experience that the known world is not longer to be trusted. One has a feeling that their environment can't give appropriate support so that the uninterrupted course of life could continue. Things that were taken for granted are in doubt. In the report we'll try to understand the pathogenesis of panic attacks based on the core concept of Gestalt therapy - the figure and ground dynamics.

PANIC ATTACKS IN THE CURRENT POST-MODERN TIMES. FRANCESETTI'S APPROACH TO THE PARADIGM OF GESTALT THERAPY

Eduardo Salvador – gestalt therapist and career counsellor, Degree in Psychology, Humanities and Economics, Member of the European Association for Gestalt Therapy. Spain, Barcelona.

The epistemology of gestalt therapy gives us new ideas that help us understand the nature of panic attacks and their therapeutic perspectives. The work of Gianni Francesetti shows that the panic attack actually lies in the sudden collapse of everything that supports us, that which is ordinary, taken for granted and exacerbated by post-modern difficulties in finding support. Panic attacks as acute attacks of loneliness.

SHORT-TERM COMBINED PSYCHOTHERAPY OF PANIC DISORDERS

Vladimir Domoratsky – Doctor of Medical Sciences, Professor, Head of the Department of General and Clinical Psychology, Belarusian State University, Head of the Erickson Psychotherapy and Erickson Hypnosis modality in PPL. Belarus, Minsk.

A short-term model of the psychotherapy of panic disorder with agoraphobia and without it is presented. A combination of various techniques and techniques from the arsenal of Eye Movement Desensitization and Reprocessing, strategic psychotherapy and



Erickson hypnosis is used. The goal of psychotherapy is to stop panic attacks and eliminate avoiding behavior, improve adaptation and improve the quality of life of people who seek help.

MULTIFACTORIAL FORMULA OF PANIC ATTACK AND ITS COMPLEX TREATMENT

Andrei Ermoshin – PhD, doctor-psychotherapist, the author of the psychocatalysis, holder of The European Certificate of Psychotherapy, the official teacher and practice supervisor of the international level of PPL, director of the Scientific and Practical Center “Soul’s health”. Russia, Moscow.

The report will cover the causes of panic attacks: mental stress, oxygen starvation of the brain of vertebrogenic nature, fright at the moment of the first attack triggering a vicious circle of fear, constitutional or accumulated instability of nervous processes affecting a person all together, and will also consider a comprehensive approach to the treatment of PA using the methodology of psychocatalysis.

INTERNAL PICTURE OF THE DISEASE AMONG PATIENTS WITH PANIC DISORDER

Denis Fedoriaka – M.D., psychotherapist, full member, accredited supervisor and teacher of the Professional Psychotherapeutic League of Russia of the regional level, supervisor of the Russian psychotherapeutic association. Russia, Saint Petersburg.

The report examines the clinical, psychological, neurophysiological levels of the formation of the internal representation of the disease (IRD) in persons with panic attacks. The article discusses the influence of the features of the IRD of this contingent on the treatment process, as well as the possibility of correcting the detected disorders. It was revealed that persons with panic attacks are characterized by high needs, motives and goals in relation to treatment, which is due to the specifics of the disorder. However, at the same time, this contingent has problems with the formation of clear treatment programs, disease models, prognosis, as well as a complex multicomponent model of leading symptoms. It is shown that under the influence of sensory impulses of a certain frequency on the functional state of the brain, various components of the IRD are reconstructed: emotional, activation, motivational, gnostic. The results of experimental psychological studies have shown that at the same time and in interaction with the optimizing restructuring of the structure of the IRD, positive dynamics of mental processes and mental state occurs.

PANIC ATTACKS AND PREGNANCY

Maria Blokh – MD, psychotherapist. The Research Institute of Obstetrics, Gynecology, and Reproductology named after D.O. Ott; lecturer at the Department of mental health and early support for children and parents of St. Petersburg state University. Russia, Saint Petersburg.

The report examines the problem of panic attacks during pregnancy. The issues of occurrence, diagnosis and psychotherapy of panic disorders in women during pregnancy and in the postpartum period are discussed.

PANIC ATTACKS AND THEIR BRAIN MECHANICS

Olga Smolina – practical psychologist, psychology teacher, certified specialist in integrative therapy, family psychological counseling, Erickson hypnosis, neuropsychology, personal therapist at the interregional level of PPL, full member of PPL. Russia, Moscow.

The report examines the causes of panic attacks. Processes occurring in the brain during panic attacks. Ways to regulate and improve the condition.

TECHNIQUES OF PSYCHOPHYSIOLOGICAL REGULATION OF A VEGETATIVE COMPONENT OF PANIC ATTACKS

Zlata Polozhaya – MD, PhD, head of the Department of Psychotherapy, Institute of Interdisciplinary Medicine, psychiatrist, psychotherapist, hypnotherapist, group psychotherapist, official representative of the Central Council of the All-Russian Psychotherapeutic League in Italy, deputy chairman of the Academic Council for Psychotherapy of the National Association for the

Development of Psychotherapeutic and Psychological Science and Practice, Member of the World Institute Pain (WIP). Russia, Moscow.

A panic attack is a complex psychophysiological condition characterized by activation of the sympathetic division of the nervous system. In order to alleviate or remove the attack, you need to adjust the patient’s vegetative system. For this, self-regulation techniques are used: relaxation, breathing, etc.

UNDERSTANDING IS THE ONLY TRUE WAY TO TREAT A PANIC ATTACK

Irina Golgofskaya – practicing psychotherapist, psychiatrist, psychoanalyst, lecturer, teacher, author of many articles, courses, intensive programs, etc., organizer and presenter of the project “Psychological Education”, she has the experience of 40 years in this profession. Russia, Novosibirsk.

Understanding as a bridge over the abyss of passion that interrupted the course of the river of life. The cure for panic attacks occurs due to, as far as possible, the client’s “inclusion” of the higher mechanism of mental defense - understanding, instead of being supplanted by psychological reasons, when thinking is disturbed and the body is dissipated. In fact, this is a worldview psychotherapy, since a person does not suffer from psychological trauma and not from the scar that this psychological trauma activated, but from the fact that he thinks about all this. Facing the modern uncertainty and physicality, this is especially true.

PODIUM DISCUSSION (intermodal)

«WAYS TO WORK WITH ANXIETY BY SPECIALISTS OF DIFFERENT PSYCHOTHERAPEUTIC DIRECTIONS»

26th of June 2020, 18.30–20.00, WEBINAR ROOM 2

Languages: Russian

CHAIRPERSON: Ilona Romanova – PhD in Philosophy, Associate Professor, psychotherapist of the United European Registration, the head of the Psychodrama modality of the Professional Psychotherapeutic League, an official teacher at the international level, an accredited supervisor in psychodrama and polymodal therapy. Russia, Yekaterinburg.

MODERATOR: Anastasia Kislitsyna – psychotherapist, trainer, teacher at the Institute of System Consulting and Training. Organizer and moderator of discussions, full member of the PPL (Professional Psychotherapeutic League), Russia Moscow.

The round table will discuss various causes of anxiety and ways to work with it in several psychotherapeutic areas. Anxiety in the family system during COVID isolation. Anxiety as a result of early trauma, aggravated by the pandemic. Other causes of anxiety. Medication and non-medication means of working with anxiety. Particular attention in the discussion will be given to diagnostic methods that help specialists to choose the appropriate methods and area of work.

During the period of the coronavirus pandemic, anxiety became one of the frequent topics of treatment and requests for psychotherapists. The new situation, the threat of danger of infection, panic in the media, prolonged isolation in the family or alone - all this can cause an anxiety. But how to understand what is the internal psychological cause of anxiety? After all, one and the same phenomenon may be hiding various reasons. The client may not be worried on his own, but become so “infected with anxiety” from others that he feels it as his own. Or the client may suddenly have symptoms of PTSD (Post Traumatic syndrome), while outwardly everything suits him. How can a specialist figure out what exactly he is dealing with and choose the right, most effective way to work with anxiety?

It is no secret that psychotherapists of different directions sometimes interpret the same phenomenon in different ways and, accordingly, choose different ways of working. For example, one specialist may consider medication necessary, while another is sure that it is better to get along with the means of psychotherapeutic work. Are there clear grounds and diagnostic signs that help specialists choose this or that way of working? Are there any grounds on which all experts converge? And what is their understanding of different? After all, it is the responsibility of a specialist to choose the most effective way of working.

The round table is devoted to the problem of the anxiety, the reasons why experts in various fields diagnose its causes and the methods that are used in further work.

SPEAKERS:

Sergey Kondurov – psychotherapist, gestalt therapist, member and supervisor of the European Association of Gestalt therapy, full member of the OPPL (Professional Psychotherapeutic League), member and supervisor of the Guild of psychotherapy and training, director and trainer of the Integral Institute of Gestalt Training. Russia, Saint-Petersburg.

Elena Petrova – medical psychologist, gestalt therapist, trainer and supervisor in the field of gestalt therapy. Full member of the OPPL, head of the modality of the gestalt approach in OPPL. Development Director and Head of Training Programs at the Integrative Institute Gestalt Training, lecturer at the Imaton Institute of Practical Psychology. Member of the Association of Child Psychologists, member of the European Association of Gestalt Therapies, head of the supervisory committee of the Guild of Psychotherapy and Training, Russia, St. Petersburg.

Tatiana Rytsareva – candidate of Psychological Sciences, family psychologist, trainer of the program on spousal therapy at MIP (Moscow Institute of psychoanalysis). Board member of the community of emotionally focused therapists, member of the society of family counselors and therapists. Representative of the modality Systemic family psychotherapy in OPPL. Russia, Moscow.

Karine Serebryakova – candidate of Psychological Sciences, Associate Professor of the Moscow Psychological and Pedagogical University, full member of the OPPL teacher of OPPL at the interregional level, supervisor, Director of the Institute of System Consulting and Training. Russia Moscow.

WEBINAR ROOM 3**Panel session
“PSYCHOTHERAPEUTIC KINESIOLOGY”**

26th of June 2020, 10.00–13.30, WEBINAR ROOM 3

Languages: Russian, English

CHAIRPERSON: Irina Chobanu (Moscow, Russia).

**FACTORS OF OVERCOMING AUTOAGGRESSION AFTER
PANDEMIC**

Irina Chobanu – Ph.D in Medicine, docent, active member of OPPL, President of Association of Professional Kinesiologists, Russia, Moscow.

The presentation is devoted to autoaggression, conscious or subconscious self-destruction. Unpredictable and frightening situation of pandemic increases auto aggression, which is inherent for most of people. We will discuss manifestations and types of correction, which can be used by different specialists.

**EMPLOYMENT OF BODILY PRACTICES WITHIN
URGENT PSYCHOLOGICAL HELP ON THE HOTLINE
СТОПКОРОНАВИРУС.РФ**

Alina Antonova – psychologist, kinesiologist, teacher of the institute of kinesiology, general manager of psychotherapeutic kinesiology. Russia, Moscow.

The report discusses the psychologist's help while working on the hotline Стопкоронавирус.рф during a pandemic. The questions that citizens asked the psychologist are considered. The possibility of integrating bodily practices within such calls on the hotline is discussed. The importance of bodily practices, based on the approach of the unity of our soul and body, is considered.

**METHOD OF PSYCHOTHERAPEUTIC KINESIOLOGY
IN WORK WITH SEVERE PSYCHOSOMATICS AND
SYMPTOMS OF PAIN DURING CRISIS SITUATIONS**

Galina Korchagina – psychologist, psychotherapeutic kinesiologist, full member of APK and full member, candidate for personal therapists, official teacher of PPL. Russia, Irkutsk.

The report presents kinesiological techniques and tools to assist in improving the well-being of cancer patients, especially in times of temporary quarantine. It describes the possibilities in working with

pain and manifestations of psychosomatics. It further focuses on the processing of the client's past stressful situations so as to decrease their effect upon current wellbeing.

**ANTIRECESSION THINKING ALGORITHM IN BASIC
PROTOCOL OF WORK OF PSYCHOTHERAPEUTIC
KINESIOLOGIST**

Tatiana Osipenko – kinesiologist, 1st level instructor of the of Psychotherapeutic kinesiology, director and founder of the Center for the Development of Kinesiology and Psychosomatics “Solar Bunnies”. Novosibirsk, Russia.

The report considers the main formulas of formation of stereotyped reaction (behaviour pattern) of a human being in different stressful life situations. The use of the stress theory, Bartini's theory of six-dimensional space, Gariaev's linguistic wave genetics in the main protocol of psychotherapeutic kinesiologist. Emotional sequence as means of development of emotional intelligence. Why corporal practices of psychotherapist are so topical.

FEAR OF PUNISHMENT DURING PANDEMIC

Yulia Predtechenskaya – PhD philosopher, religious scholar, master of psychology, existential psychologist, hypnotherapist, psycho-kinesiologist, actual member of the interregional public organization to promote the development of kinesiology “The Association of professional kinesiologists”, full member of PPL Russia. Russia, Moscow.

Fear of punishment emergence mechanism is observed in the report as well as its aggravation during pandemia. Various kinds of manifestations of this fear and the way to work with it by means of psycho-kinesiology are described. Fear-overcoming psycho-kinesiology corrections effectiveness is substantiated.

**ASSISTANCE IN OVERCOMING THE CRISIS IN THE
PROFESSIONAL SPHERE IN THE CONTEXT OF A
PANDEMIC BY MEANS OF PSYCHOTHERAPEUTIC
KINESIOLOGY**

Svetlana Kardashova – kinesiologist, coach, psychologist, full member of the Association of professional kinesiologists, head of the «Center for kinesiology and psychology «Unity». Russia, Krasnoyarsk.

In his speech, the author shares his experience of working with citizens who are unemployed or temporarily out of work in the conditions of the pandemic and are interested in finding a new job.

We consider the most common experiences and limitations, objective and subjective difficulties that people face when changing jobs in a crisis. Examples of practical application of psychotherapeutic kinesiology techniques in dealing with the stresses of this category of citizens are given. It also reveals the possibilities of psychotherapeutic kinesiology as a resource technique in situations of professional crisis, when it is necessary to increase the adaptive resources of the body for active actions when searching for work or changing professional competence.

**STRESS ON ONLINE LEARNING IN THE CONTEXT OF
THE PANDEMIC THROUGH PSYCHOTHERAPEUTIC
KINESIOLOGY**

Julija Nestereca – master of health of Latvia, Latvia, Riga.

The report examines possible stresses associated with the transition to online learning in the context of a pandemic and possible options for overcoming stress with the help of psychotherapeutic kinesiology.

**Panel session
“APPLIED BEHAVIOR ANALYSIS”**

26th of June 2020, 14.00–16.45, WEBINAR ROOM 3

Languages: Russian

**Panel session
“VIRTUAL TECHNOLOGY AND
PSYCHOLOGICAL COUNSELING”**

26th of June 2020, 17.00–17.50, WEBINAR ROOM 3

Languages: Russian



Panel session "PSYCHOTHERAPY DURING PANDEMIC"

26th of June 2020, 18.30–20.30, WEBINAR ROOM 3
Languages: Russian

WEBINAR ROOM 4

Joint Project of the Youth Policy Committee of SRO «Union of Psychotherapists and Psychologists» and the Professional Psychotherapeutic League Youth conference «PSYCHOLOGICAL CONDITIONS OF DEVELOPING THE PERSONALITY OF A NEW ERA»

26th of June 2020, 13.00–13.45, WEBINAR ROOM 4
Languages: Russian, English

CHAIRMEN: Pavel Gavrilin (Moscow, Russia), Andrey Shishakov (Moscow, Russia).

The event is a joint project of the Professional Psychotherapeutic League and the Youth Policy Committee of SRO National association "Union of Psychotherapists and Psychologists".

In the face of global changes the need for research, creation and adjustment of psychological conditions for the development of a new era personality is growing rapidly. This aim becomes crucial, as the changes not merely influence psychological comfort and social processes, but also directly touch upon psychological and physical health of an individual. Psychological circumstances affect all stages of formation and development of a personality in ontogenesis, from early childhood to maturity. A wide age bracket spurs professionals from various fields of theoretical and applied psychology to tackle this problem. In the first instance, this is the task for young and budding specialists who need to professionally and personally fulfil themselves in the changing reality.

EMERGENCE AS A COMPETENCE FOR DEVELOPING A VISION OF SUCCESSFUL PERSONAL SELF-FULFILLMENT

Pavel Gavrilin – practicing psychologist, business counsellor, candidate of psychological sciences, associate professor, member of President Council and chair of the Youth Policy Committee of SRO National association "Union of Psychotherapists and Psychologists", full member of PPL Russia, Director of research at NIHPIP. Moscow, Russia.

The report views emergence as one of the core personality competencies determining the ability to understand one's vision of successful personal self-fulfillment. The author researches the phenomenon of emergence both in relation to the self-fulfillment of a singular personality and within the efficiency of a corporative system and businesses (including the philosophy of so-called "turquoise" companies). The report will be of interest for practicing psychologists, business counselors and other professionals engaged in the problems of personality development.

ADMINISTRATIVE COMPETITIVENESS OF THE NEW TIMES: MOST DEMANDED SKILLS AND BEHAVIORAL PATTERNS OF CORPORATE WORLD

Andrey Shishakov – professor of business practice at Skolkovo business school (Moscow school of management Skolkovo), practicing gestalt psychologist and narrative practitioner. Moscow, Russia.

The report examines the problem of administrative competitiveness influencing the quality of employment and career development among Russian corporations on the cusp of 2020s. The author researches the differences between traditional and advanced corporate cultures and their influence on the success of an organization in the conditions of growing volatility and uncertainty. The author stresses the importance of understanding the growing demand for new skills and behavioral patterns that were not considered before. The report will be useful for corporate psychologists, CEOs and HR professionals.

PSYCHOLOGICAL HAPPINESS – FACT OR FICTION?

Dmitriy Kalinin – master of science, track "Developmental psychology and akmeology", Tambov State University named after G.R. Derzhavin. Tambov, Russia.

The report scrutinizes elaborations and new conceptualizations on psychological features and factors of building up happiness in ontogenesis. The author proposes a program to promote the level of psychologic happiness. This program may become the basis to optimize professional training in higher education and advanced training in vocational education of sociology professionals. The report is of use for the professionals who work in the fields of akmeology and psychology of personality.

CONTAINMENT AS PARENTAL COMPETENCY AND IT'S ROLE IN EMOTIONAL INTELLIGENCE DEVELOPMENT OF A CHILD

Madina Kubanova – practicing gestalt psychologist, sport psychologist, trainer, member of St. Petersburg's "Guild for Psychotherapy and Training", member of the Youth Policy Committee of SRO National association "Union of Psychotherapists and Psychologists". Moscow, Russia.

The report observes the role of containment as parental competency and its role in emotional intelligence development of a child. The author demonstrates applied techniques to develop the containment skill among parents and gives the statistical data from her own practice. The report is of interest for psychologists working with child-parent relationships and for parents of pre-school aged children.

ACTIVATION OF BRAIN DEFAULT MODE NETWORK AS A FACTOR OF CREATIVITY DEVELOPMENT

Marina Lobach – master program student (psychology and neuroscience), advisor for association UDAR, team leader for the project of international organization TEDX, author of l'Origine project, co-founder innovational startup. Padova, Italy.

The report studies the phenomenon of the "default mode network" activation as a factor of creativity development. The author draws attention to the creative capabilities as an insuperable at present competitive advantage of a brain over artificial intelligence. The research features the functions of the given network and the factors affecting its efficiency in relation to creativity development. The report will be of interest for all professionals who work with theoretical and practical problems of creativity development.

PECULIARITIES OF FEARS AMONG 5-6 YEAR OLD CHILDREN WITHIN THE CONTEXT OF PARENT-CHILD RELATIONSHIPS

Polina Mulyarova – practicing gestalt psychologist, child and female psychologist, lead for author's workshops on psychology. Moscow, Russia.

The report views the nature of child fears within the context of parent-child relationships. The author presents methods and results of the experiment conducted with a target group of 28 5-6 year old children. In the report the author shows the predominance of child fears in relation to other problems of a child and gives qualitative data on the contents of fears. The report is interesting for parents, family and child psychologists.

PECULIAR FEATURES OF RESILIENCE IN CONTEMPORARY PERSONALITY

Anastasia Ranchina – psychologist, postgraduate studies alumnus, Tambov State University named after G.R. Derzhavin, qualification "Researcher. Teacher-researcher", executive for the speed-reading and intelligence development school "SCHOOLFORD". Tambov, Russia.

The report examines the resilience peculiarities in contemporary personality, in particular through the concept of "stress resistance". Having analyzed the works of a number of Russian and foreign scholars, the author presents the components, features and patterns of resilience and introduces the notion "professional resilience", the concept of interest for modern science. The report is of use for the professionals who work in the fields of akmeology and psychology of personality.

PSYCHOLOGICAL BORDERS, PATTERNS OF THEIR FORMING AND VIOLATION AMONG INTERNET NETWORK USERS IN THE MODERN WORLD

Anastasia Stepanova – practicing gestalt psychologist, lead for workshops on psychology. Moscow, Russia.

The report scrutinizes psychological borders, patterns of their forming and violation among internet network users in the modern world. The author researches the problems of presentation, maintenance and defense of personal borders amidst digitalization of modern society. The author notes the extrusion of interpersonal interactions as a result of new – virtual – reality emersion. The report is of interest for psychologists working in interpersonal communications and relationships problems and for specialists in the field of developmental psychology.

MOTHER'S SELF-REFLECTION AS A FACTOR OF MENTAL AND PHYSICAL HEALTH OF A CHILD

Aleksander Filatov – practicing gestalt psychologist, systemic family psychologist, trainer, member of the Youth Policy Committee of SRO National association "Union of Psychotherapists and Psychologists" lecturer at NIHP, creator and lead of author's training «Male Initiation». Moscow, Russia.

The report focuses of the phenomenon of mother's self-reflection as a factor of mental and physical health of a child. The author studies the way in which self-reflection of a mother influences child's ability to live through emotions; how interrupted self-reflection of a mother can disturb physical health of a child; and how applied psychologists can help reinstate mother's ability for self-reflection and living through emotions and establish a healthy contact between a mother and a child. The report can be of interest for psychologists working with child-parent relationships.

DEVELOPING ENTREPRENEURIAL QUALITIES OF A RISING PROFESSIONAL

Olga Chulkova – postgraduate student, track "Developmental psychology and akmeology", Tambov State University named after G.R. Derzhavin. Tambov, Russia.

The report examines personal qualities that are supposed to become the ground for developing the capabilities of independent decision making, entrepreneurial initiatives, strive towards productive cooperation, demonstration of social responsibility, strong interpersonal skills and tolerance, aspiration to choose a dynamic lifestyle. The author explores the problems of the absence of a system to develop common values and regulatory models of entrepreneurial behavior for youth and the ways of their solution. The report will be of use for psychologists who work in the field of shaping and development rising specialists' personality and identity.

Round table of the leaders of psychotherapeutic modalities «SPIRITUALLY AND CULTURALLY ORIENTED PSYCHOTHERAPY»

26th of June 2020, 14.00–20.00, WEBINAR ROOM 4

Языки: русский

MODERATOR: Zlata Polozhaya (Moscow, Russia).

The round table is devoted to the phenomena of spirituality and culture in the life of mankind. Representatives of various fields of knowledge will express themselves on this subject in a wide interdisciplinary field: psychotherapy, psychology, philosophy and other fields of science, as well as culture and religion. Spirituality and culture will be viewed from different angles of view, based on the paradigm of the region represented by the participant, introducing their understanding of these phenomena. During the conference, it is planned to illuminate the history of mankind's knowledge of spirituality, its role in the life of each individual and in the life of society as a whole. The discussion will discuss the importance of spiritual processes in the formation of a harmonious personality, as well as issues of spiritual search and improvement. Particular importance is planned to be given to spiritually and culturally oriented psychotherapy, which is an important area of psychotherapeutic science and practice. Participants will also express their views on what is happening in the field of

spirituality and culture at the moment, in a new world that has changed since the pandemic.

OPENING SPEECH

Victor Makarov – doctor of medical sciences, MD, professor, President of the All-Russian Professional Psychotherapeutic League and the National Self-Regulating Organization «Union of Psychotherapists and Psychologists», President elect of the Asian Federation of Psychotherapy, Vice-President of the World Council for Psychotherapy, President of the IX World Congress for Psychotherapy, Head of the Department of Psychotherapy and Sexology of the Russian Medical Academy of Continuous Professional Education. President of the IX World Congress for Psychotherapy. Russia, Moscow.

THE MEANING OF SPIRITUALITY AND CULTURE FOR THE PSYCHOLOGICAL WELL-BEING

Zlata Polozhaya – MD., Ph.D., Head of the Department of Psychotherapy at the Institute of Interdisciplinary Medicine, psychiatrist, psychotherapist, hypnotherapist, group psychotherapist, art therapist, curator of the direction of Spiritually and Culturally Oriented Psychotherapy in the All-Russian Professional Psychotherapeutic League, Deputy Chairman of the Scientific Council for Psychotherapy of the National Association for the Development of Psychotherapeutic and Psychological Science and Practice, official representative of the Central Council of the All-Russian Psychotherapeutic League in Italy, member of the organizing committee of the International Art Therapy Club (IAC), author of the book Save and Save Me, Mom!, author of the certification program for spiritual growth Create Yourself!, co-author of a comprehensive program spiritual development of children From Heart to Heart at Pushkin National Museum of Fine Arts, co-author of the art-therapeutic project Give Joy! under the Moscow City Children's Clinical Hospital, host of the Give Life Foundation volunteer program. Moscow, Russia.

ANCIENT PRACTICES OF CARING FOR THE SOUL AS A BASIS FOR MODERN PSYCHOTHERAPY

Vladimir Maikov – Ph. D., senior researcher Institute of Philosophy RAS, Head of the Department of Transpersonal Psychology, Moscow Institute of Psychoanalysis, President of the Association of Transpersonal Psychology and Psychotherapy, Member of the Presidium of EUROTAS, editor-in-chief of the series Texts of Transpersonal Psychology, founder of the Holotropic Breathwork in Russia, certified specialist in process work, certified psychotherapist of the World Psychotherapy Council, European Association of Psychotherapy and European Transpersonal Association. Moscow, Russia.

TOPIC IS TO BE ANNOUNCED

Oleg Gadetsky – Ph.D., Head of the Institute of Value-Oriented Psychology, President of the Association of Value-Oriented Psychology, Head of the international educational project Psychology of the Third Millennium, represented in different countries of the world, psychologist-trainer, consultant, creator of the value-oriented method in psychology (VOM).

ERA OF STANDARDIZATION AND DIALOGUE OF CULTURES

Semen Yeselson – Ph.D., existential consultant, Head of the Council of the International Institute for Existential Counseling (MIEC), editor-in-chief of the journal Existential Tradition: Philosophy, Psychology, Psychotherapy, member of the Board of the European Federation of Existential Therapy, President of the inter-regional public organization National Association of Existential Counseling and Therapists, Head of the modality Existential Therapy in All-Russia Psychotherapeutic League. Rostov-on-Don, Russia.

HOW TO BREAK OUT OF SELF-ISOLATION OF THE SPIRIT: ORIENTATION TOWARDS HIGHEST VALUES AS A COMPASS FOR THE PSYCHOTHERAPY

Natalia Spokoyniy – director of IIS Berlin - International Institute of System Constellations, full member and international level trainer of PPL, WCP and EAP certified psychotherapist, master trainer of INFOSYON and DGfS, systemic sex therapist, master theologian A.Men Uni. Germany, Berlin.



TOPIC IS TO BE ANNOUNCED

Lyubov Bitekhtina – Ph. D., Professor, Co-Head of the Modality Religious Oriented Psychotherapy in All-Russia Psychotherapeutic League. Moscow, Russia.

PANDEMIA, GLOBALISM, ARTIFICIAL INTELLIGENCE AND HUMAN PSYCHOLOGY

Sergey Klyuchnikov – Ph.D., practical psychologist-consultant, Head of the section Psychosynthesis: Classic and Eastern Versions, full member and teacher of the PPL, author of the Modality Eastern Version of Psychosynthesis. Moscow, Russia.

COOPERATION WITH INEVITABLE: GUIDELINES OF VALUES IN AN ERA OF CHANGE

Lidia Surina – Ph. D. in Chemistry, Analytical Psychologist, Psychotherapist, Full Member of the All-Russian Professional Psychotherapeutic League, Co-Chair of the Jungian Analysis Modality and Game Practices in Therapy and Councelling Cluster in All-Russia Psychotherapeutic League, Certified Personal Therapist, Supervisor and International level Teacher in All-Russia Psychotherapeutic League, Head of Depth Psychology, Honorary member of Professional Guild of Game Practices in Psychology. Moscow, Russia.

INDIGENOUS AND / OR UNIVERSAL IN PSYCHOLOGICAL CONSULTING: MODERN PRESUPPOSITIONS

Alexander Bondarenko – Ph. D., Professor, full member of the National Academy of Pedagogical Sciences of Ukraine, Head of the psychology department of Kiev National Linguistic University, Scientific director of the Center for Advisory Psychology. Author of the concept and Head of the modality Ethical Personalism in Psychological Practice. Author of more than 250 publications, several monographs, textbooks, study guides, non-fiction publications. Specialist in emotional trauma in a relationship. Kiev, Ukraine.

PAST, PRESENT, FUTURE AND THE ETERNAL IN THE PRACTICE OF PSYCHOTHERAPY

Aleksandr Alekseychik – MD., Ph.D., Psychiatrist, Psychotherapist, Honored Doctor of Lithuania, Head of the Department of the Borderline Conditions in Vilnius Mental Health Center, creator of the Intensive Therapeutic Life direction and the direction of existential bibliotherapy. Vilnius, Lithuania.

CONSCIOUSNESS AND SUBCONSCIOUSNESS IN THE STRESS PANDEMIA

Andrey Strelchenko – MD., professor, psychotherapist, official representative of the All-Russia Psychotherapeutic League in Latin America, International level Teacher in All-Russia Psychotherapeutic League, the leader in the areas of Psychotherapy for the Healthy and Therapy for Healthy Longevity in All-Russia Psychotherapeutic League, therapist of the European Registry, professor IEIRA. Guatemala.

SPIRITUALITY AS AN INSTRUMENT FOR HUMAN SPECIES

Alexander Tabidze – teacher, psychologist, Ph.D. in Physical and Mathematical Sciences, Professor, correspondent member of Russian Academy of Natural Sciences, Director of the Scientific Center Psychotherapeutic Pedagogy of the Ministry of Education and Science of the Russian Federation, expert of the International Register of Mental Health Specialists, Moscow, Russia.

A VALUE-ORIENTED APPROACH TO INDIVIDUAL PSYCHOTHERAPY AND COACHING, WORKING WITH FAMILIES, CHILDREN AND BUSINESS STRUCTURES

Gennady Brevde – Ph. D., certified psychotherapist and Member of the Presidium (2009-2014) of the European Transpersonal Association, Vice-president of the Russian Transpersonal Association, official teacher and member of the Committee for Directions and Methods in All-Russia Psychotherapeutic League, corresponding member of the International Academy of Psychological Sciences and the Baltic Pedagogical Academy, Dean of the East European Faculty of the International Institute for the Study of Consciousness and Psychotherapy (Freiburg, Germany), winner of the Golden Psyche National Prize, author of

over 40 articles, co-author of two monographs on philosophical anthropology and depth psychology. Saint-Petersburg, Russia.

THE CREATIVE BASIS OF SPIRITUAL PERCEPTION OF PEACE AND HUMAN SELF-ORGANIZATION

Alla Semenova – pediatrician, psychotherapist, immunologist, author of the method of Healing Creative Psycholinguistics, Pead of the modality of the same name in All-Russia Psychotherapeutic League, Full member of in All-Russia Psychotherapeutic League, Ph.D. in Regulation in Biological Systems of the Academy of International Aviation Engineering and Mechanics and Mathematics. Moscow, Russia – Canberra Australia.

ECOPOESIS: ART AND ECOPSYCHOLOGY IN THE INTERESTS OF HEALTH AND SUSTAINABLE DEVELOPMENT. WHAT CAN ART THERAPEUTS DO IN FACE OF NEW CHALLENGES?

Alexander Kopytin – MD., Ph.D., Professor, Department of Psychology, Associate Professor, Department of Psychotherapy, Medical Psychology and Sexology, North-Western Medical University named after I.I. Mechnikov, chairman of the Art Therapy Association. Russia, Saint-Petersburg.

Special guests:

FAMILY CREATIVITY AND FOLK ART AS A RESOURCE OF HUMANITY

Irina Zakharova – Honored Artist of the Russian Federation, Ph.D. in Art Studies, member of the Moscow Union of Artists, senior researcher in the Department of Aesthetic Education, Head of the Family Groups of Pushkin National Museum of Fine Arts, author of the projects Museum to the School, Children Draw Music, co-author of the comprehensive program for the spiritual development of children From Heart to Heart, author of the art-therapeutic project Give Joy! under the Moscow City Children's Clinical Hospital. Moscow, Russia.

BEAUTY IS ALREADY A PRAYER!

Laura Guerra – culturologist, writer, Tonino Guerra's wife and muse. Moscow, Russia – Pennabilly, Italy.

VALUE OF CULTURAL RELATIONS FOR HUMAN AND SOCIETY

Julia Bazarova – President of the Italian Cultural Association Friends of Great Russia, co-founder of the International Pushkin Prize in Rome, co-organizer of the Great Russian Ball in Rome, the Russian Festival, the event From Russia: with Art, Music and Beauty, exhibitions and creative evenings . Rome, Italy.

CULTURE, EDUCATION AS A STEM OF STABILITY

Igor Burganov – sculptor, Honored Artist of the Russian Federation, Ph.D., Corresponding Member of the Russian Academy of Arts. Moscow, Russia.

WEBINAR ROOM 5

LECTURE "INFLUENCE OF THE PANDEMIC ON THE PSYCHOEMOTIONAL STATE OF FAMILY MEMBERS DEPENDING ON THE MODEL OF ORDERING FAMILY RELATIONS"

26th of June 2020, 13.30–14.30, WEBINAR ROOM 5

Languages: Russian, English

Nina Lavrova (Russia) – professor RAE, full member of PPL, psychotherapist of the unified register of the European Association of psychotherapy; chairman of the mediation Committee of PPL, head of the modality System family psychotherapy: Eastern version, accredited training personal psychotherapist-adviser, supervisor of PPL; certified teacher of the international level of the CPL; head of the Department of mediation and conflict resolution of the Institute of practical psychology Imaton, director of the Psychoanalytic center «Alliance».

Self-isolation during the coronavirus pandemic has negative and positive consequences. The consequences associated with the regularity of family relations are characterized by mutual understanding, tolerance and readiness to work together. Emotional discord, provoking

a family crisis, is the most acute negative consequence. The family ordering typology classifies a number of models according to the system-organizing factor. The lecture is devoted to the analysis of the consequences of self-isolation, taking into account the typology of family models. The application of practical techniques that help to overcome negative consequences is considered. Special attention is paid to the original technologies of the Eastern version of systemic family psychotherapy.

LECTURE "PSYCHOTHERAPEUTIC PROSPECTIVE ON COVID-19 PANDEMIC"

26th of June 2020, 15.00–16.00, WEBINAR ROOM 5

Languages: Russian

Victor Makarov (Russia) – doctor of medical sciences, MD, professor, President of the All-Russian Professional Psychotherapeutic League and the National Self-Regulating Organization «Union of Psychotherapists and Psychologists», President elect of the Asian Federation of Psychotherapy, Vice-President of the World Council for Psychotherapy, President of the IX World Congress for Psychotherapy, Head of the Department of Psychotherapy and Sexology of the Russian Medical Academy of Continuous Professional Education.

The lecture is dedicated to psychotherapeutic features of expectations from pandemic and the pandemic itself. We will view the new opportunities brought by the COVID-19 revolution and discuss the development of social psychotherapy and its increasing role in both problem solving and advancement of a person, family, group, society.

LECTURE "SOME EXISTENTIAL-PHENOMENOLOGICAL REFLECTIONS ON LIMITATIONS AND POSSIBILITIES FOR ONLINE PSYCHOTHERAPY"

26th of June 2020, 16.30–18.00, WEBINAR ROOM 5

Languages: Russian, English

Yaqui Martinez Robles (Mexico) – Ph.D in Psychotherapy; Current President of the Latin American Association of Existential Psychotherapy.

During times of crisis, such as during the pandemic caused by COVID-19, many therapists need to move our professional practice to electronic means in order to continue working, so that we can offer our services to those who need them.

What changes does this movement imply? What are the potentials? What difficulties?

Existential-Phenomenological reflection can help us answer these and other questions.

LECTURE "FEELINGS IN THE FACE OF THE PANDEMIC IN ARGENTINA AND LATIN AMERICA"

26th of June 2020, 18.30–20.00, WEBINAR ROOM 5

Languages: Russian, English

Susana Signorelli (Argentina) – Honorary President of the Latin American Association of Existential Psychotherapy, director of the Latin American Journal of Existential Psychology.

The beginning of the year 2020 was shocked when a pandemic that affected all humanity was declared. One of the first preventive measures taken by the different countries to contain contagions in some way was the establishment of a quarantine or social isolation, either very restrictive or more lax, depending on the region. Each country made similar resolutions, although with some differences and with still uncertain results.

This meant a total rethinking of our lives, projects that were stopped, unfinished, but after a while and since the human being cannot stop projecting, new projects emerged. Thus, in the face of the pandemic and quarantine, I began to devise an investigation into the feelings that arose both in me and in those close to me, whether in my patients or among colleagues. Fear of death, not being able to meet loved ones, social distance as a preventive measure to avoid getting infected, had to produce its effects in the lives of all of us.

In this conference, I will present the preliminary results of this research, which was focused on Argentina and other Latin American countries.

EVENTS ON JUNE 27, 2020

WEBINAR ROOM 1

International fundamental round table "PSYCHOTHERAPEUTIC AID FOR CHILDREN, FAMILIES, SOCIETIES IN THE WORLD DURING AND AFTER THE PANDEMIC CAUSED BY COVID-19"

27th of June 2020, 10.00–13.00, WEBINAR ROOM 1

Languages: Russian, English

CHAIRMEN: Alfred Pritz (Vienna, Austria), Victor Makarov (Moscow, Russia), Ilgiz Timerbulatov (Ufa, Russia), Emilia Afrange (Sao Paulo, Brazil).

Alfred Pritz – doctor of medical sciences, MD, professor, President of the World Council for Psychotherapy (WCP), Ph.D in Psychopathology and Pedagogics, founder and past-time General secretary of the European Association for Psychotherapy, rector and full professor of the Sigmund Freud University, Vienna Collaborator for the Austrian law for Psychotherapy and advisor in some European ministries. Honorary President of the IX World Congress for Psychotherapy. Austria, Vienna.

Victor Makarov – doctor of medical sciences, MD, professor, President of the All-Russian Professional Psychotherapeutic League and the National Self-Regulating Organization «Union of Psychotherapists and Psychologists», President elect of the Asian Federation of Psychotherapy, Vice-President of the World Council for Psychotherapy, President of the IX World Congress for Psychotherapy, Head of the Department of Psychotherapy and Sexology of the Russian Medical Academy of Continuous Professional Education. President of the IX World Congress for Psychotherapy. Russia, Moscow.

Ilgiz Timerbulatov – doctor of medical sciences, MD, professor, head of the department of psychotherapy at the Bashkir State Medical University, head physician of the Republican Clinical Psychotherapy Center, chief psychotherapist of the Ministry of Health of the Republic of Bashkortostan, vice president of the All-Russian Professional Psychotherapeutic League for the Volga Federal District. Russia, Ufa.

Emilia Afrange – President of Latin-American Federation of Psychotherapy, Vice-President of Brazilian Association of Psychotherapy, psychologist of the team specialized in Prematures at "Escola Paulista de Medicina", psychotherapist, clinical psychologist, teacher and supervisor of Institute Sedes Sapientiae, affiliated member of the Psychoanalysis Brazilian Society in São Paulo. Brazil, Sao Paulo.

Presenters

NEW WAYS OF PSYCHOTHERAPY: COVID-19 AND MORE! WHAT DO WE NEED TO DO TOGETHER

Tatiana Karavayeva – Doctor of Medical Sciences, associate professor, head and chief researcher of the Department of Treatment of Borderline Mental Disorders and Psychotherapy, Scientific Research Center named after V.M. Bekhterev, professor of the Department of Medical Psychology and Psychophysiology St. Petersburg State University, professor of general and applied psychology with courses in biomedical disciplines and pedagogy of St. Petersburg State Pediatric Medical University, leading researcher of Scientific Department of Innovative Methods of Therapeutic Oncology and Rehabilitation at the Scientific Research Center for Oncology named after N.N. Petrov, vice-president of the Russian Psychotherapeutic Association. Russia, Saint-Petersburg.

A PSYCHOTHERAPY ASSISTENCE IN PANDEMIC TIMES

Emilia Afrange (Brazil) – President of Latin-American Federation of Psychotherapy, Vice-President of Brazilian Association of Psychotherapy, psychologist of the team specialized in Prematures at "Escola Paulista de Medicina", psychotherapist, clinical psychologist, teacher and supervisor of Institute Sedes Sapientiae, affiliated member of the Psychoanalysis Brazilian Society in São Paulo.

GESTALT INSTITUTE SKOPJE IN ACTION - CALL ME #COVID 19

Emilija Stoimenova Canevska (North Macedonia) – Prof. Dr., licensed health psychologist and psychotherapist, EAGT – and EAP-



certified trainer and supervisor, as well as organizational coach and consultant.

Lidija Pecotic – PhD EAPTI GPTIM & EAPTI GPTIM Network.

Ena Canevska – MSc, EAPTI Gestalt Institute Skopje.

Living “gestalt way” in “here and now” and being present accordingly, which in the context of COVID-19 pandemic means awareness of what it is, acknowledgement of the severity of the situation and act upon it. EAPTI Gestalt Institute Skopje, created the CALL ME # COVID 19 - Psychotherapy Support Action, that aims to provide psychotherapeutic aid during and most probably after the pandemic caused by COVID-19. Within EAPTI GPTIM Network, where EAPTI Gestalt Institute Skopje is constitutive part, we gathered support to develop: Specific education for the students at the advanced level of the program in period of two months lead by EGN trainers, supervisors and therapists, as well as their continuous education, supervision and personal support during the period ahead. Further on, through the social media we launched the Action on May, 11, 2020, for all Macedonian citizens in need, as well as for the following specific groups: Children up to 14 and their parents, Women in perinatal period, People suffering family violence, People experiencing difficulties related to work, Family members of people with special needs, Caretakers of people suffering from dementia and similar cognitive impairments. The team is consisted of 30 providers, 6 therapist, 4 trainers, 4 supervisors and 3 consultants. The support is offered in both Macedonian and Albanian language. According to the statistics of the first month there is moderate interest, although we realize increasing tendency. Noticing that there is still shyness about calling for psychotherapy support, we hope that we will manage to support citizens in our country.

CHANGES IN FAMILY SUBSYSTEMS SYSTEMS IN A CRITICAL PANDEMIC SITUATION

Igor Dobriakov – PhD, associate Professor, senior researcher at the scientific and organizational department of the Federal State Budgetary Institution “National Medical Research Center for Psychiatry and Neurology named after V.M. Bechtereva” Ministry of Health of the Russian Federation, co-chair of the section of perinatal psychology of Russian psychological society, organizer and head of the Symposium “Perinatal, psychopathology and psychotherapy” within World Congress for Psychotherapy.

The announcement of a pandemic and the demands for isolation create a critical situation. At the same time, there is an increase in the level of basal anxiety, a change in the stereotypes of everyday family life. Relationships between family subsystems and family members are changing. This can lead to disharmony in family relations, as well as to joint overcoming of the crisis and strengthening of the family.

PROBLEMS INTERFAMILY COOPERATION DURING ISOLATION PERIOD

Natalya Belopolskaya – Doctor of Psychology, Dean of the Clinical Psychology at the Moscow Psychoanalytical Institute, Professor of the Child and Adolescent Psychiatric and Psychology at the Russian Medical Academy of the Continuous Post Qualifying Education in Russian Federation, Honorable Worker of High Education. Working experience of 45 years.

SKILLS OF STRESS MANAGEMENT AND SELF-REGULATION FOR PERSONAL SUSTAINABILITY IN CHANGING LIFE CONDITIONS

Zlata Polozhaya – MD, PhD, head of the Department of Psychotherapy, Institute of Interdisciplinary Medicine, psychiatrist, psychotherapist, hypnotherapist, group psychotherapist, official representative of the Central Council of the All-Russian Psychotherapeutic League in Italy, deputy chairman of the Academic Council for Psychotherapy of the National Association for the Development of Psychotherapeutic and Psychological Science and Practice, Member of the World Institute Pain (WIP). Russia, Moscow.

Most modern people live under stress. The skills of stress management and self-regulation are necessary both for healthy people in order to ensure their stability, and for people with mental disorders, in order to actively return to health and maintain the results of the work with the psychotherapist. Such relaxation methods as

autogenic training and breathing techniques are considered as helpful self-regulation techniques.

ISOLATION. FAMILY AND ME. HOW TO RETAIN YOURSELF AND SALVE YOUR FAMILY DURING QUARANTINE?

Inna Zezyulinskaya – head of the Crimean regional branch of PPL Russia, accredited training psychotherapist-adviser and supervisor of PPL; certified PPL trainer of national level; holder of the European Certificate for Psychotherapy; trainer of the Institute of Practical Psychology “Imaton; Associate Professor of the IPO SRS KIP (Interregional Public Organization for Promotion of Symbol drama – Catathymic Imaginative Psychotherapy Development); supervisory Board member of the National Self-Regulating Organization “Union of Psychotherapists and Psychologists; head of Applied psychology center “Harmony” and of art-therapeutic workroom “Paints of the Soul” (Sevastopol); author of Metaphorical associative cards “Harmony” and of the course of intuitive painting “Intuitive painting as a creative method of self-knowledge and self-development”; author of the project “Psychological lounge. The Art of Living”. Russia, Sevastopol.

For many families quarantine became a real test. During lockdown families are, like submarine crew, confined in enclosed space, and its members can be breaching private space of each other. We begin to face the things we previously never paid attention to, as we all had the big wide world around us. Of course, the big wide world is still there, but now we are living in our own little world, in which all our wrinkles and goofs are seen in broad daylight.

The intensity of irritation and aggression towards our children, spouses, parents and even pets is building up inside us. This fact can scare us, string us up, cause stress, impinge the quality of our relationships.

Thus an important question arises – how to retain yourself and salve your family during quarantine?

In the given report family rules of living in isolation will be brought, and valuable recommendations for the families in lockdown will be given. These recommendations will help viewing the current crisis as an opportunity and considering the quarantine a good chance to get family relationships back on track.

INFLUENCE OF KIN HISTORY AND TRANSGENERATIONAL RELATIONS ON DESCENDANTS IN THE COVID-19 PANDEMIC SITUATION

Larisa Dokuchayeva – Ph.D., President of the Academy of Rodology, President of the International League of Rodologists, author and leader of the modality “Rodological Consulting Method” of the PPL, established international level trainer, Chair of the Council for Family Culture of the Assembly of Peoples of Eurasia, President of the Foundation “Family-XXI Century”, Expert in Family Law of the State Duma of the Russian Federation. Russia, Ekaterinburg.

The presentation considering the implications of Kin history and transgenerational relations for descendants’ well-being and behavior in the conditions of COVID-19 pandemic. It presents the results of an international study “Implications of Kin History for Descendants in the Conditions of Coronavirus Pandemic” held by the Academy of Rodology (Russia, Ekaterinburg) during the pandemic period and the international consultancy practice using rodological method of consulting.

WHAT INFLUENCE DOES THE SOCIAL DISTANCING HAVE ON FAMILY RELATIONS? SPECIFICS OF THE ON-LINE FORMAT OF FAMILY THERAPY

Natalia Golubeva – clinical psychologist, family system psychotherapist, certified specialist in the existential humanistic psychotherapy, mediator, head of the Healthcare mediation working group in PPL, full member of PPL Russia, member of the East European Association of Existential Therapists. Russia, Moscow.

Social distancing & self-isolation are a very difficult period. During it all family members are enclosed in a very limited space thus the tension between them may increase. Children are sensitive to the emotional condition of adults and besides they are deprived of their usual physical activity. Family is a very important phenomenon which

accompanies any human being along his life cycle. The report describes specifics of family couples on-line consultancy during self-distancing times, different methods & technics application, peculiarities of the on-line work.

SPIRITUALLY-ORIENTED 4D SYSTEMIC CONSTELLATION (SSC) AS CUTTING-EDGE INFORMATION TECHNOLOGY (IT) FOR THE SHORT-TERM THERAPY OF A PERSONAL, FAMILIAL, ORGANISATIONAL OR SOCIETAL INJURY IN LIGHT OF THE CURRENT PANDEMIC

Natalia Spokoinyi – director of IIS Berlin - International Institute of System Constellations, full member and international level trainer of PPL, WCP and EAP certified psychotherapist, master trainer of INFOSYON and DGfS, systemic sex therapist, master theologian A.Men Uni. Germany, Berlin.

The report shows why the author's method (SSC) Spiritually-oriented systemic constellation constitutes cutting-edge IT. The method is used for short-term treatment of trauma and symptoms not only of a person, but also of a family, organisation, society injury (ethnic and religious conflicts, etc.) exacerbated by the Coronavirus pandemic. The aim of the approach is to restore the integrity of the person at all levels from the body and emotions to the intellect and spirit, as well as the integrity of the family, organisation and/or society.

FEATURES OF LIFE CYCLES OF FAMILIES WITH SPECIAL CHILDREN

Elena Romanova – practicing psychologist, system family consultant in the modality of system family psychotherapy Eastern version (SSTV), Erickson hypnotherapist, professional mediator, Full member of the Professional psychotherapeutic League, Head of the educational direction in the modality of SSTV, Head of the working group on System school mediation of the PPL mediation Committee, member of the Supervisory Board of the SRO "Union of psychotherapists and psychologists", General Director of "Studio of innovative psychology and mediation "EGO". Russia, Moscow.

The report examines the concept of periodization for families with special children. The problems of family-oriented assistance to families with a special child are discussed. The types of adaptation of families with a special child to normal life are considered. The components of the ideology of family normalization are discussed.

SYSTEMIC FAMILY THERAPY: POSSIBILITIES OF INTEGRATION WITH OTHER PSYCHOTHERAPEUTIC METHODS

Varvara Medvedeva – psychologist, systemic family consultant in department Systemic family therapy Eastern version, psychologist using processual-oriented methods, psychoanalytic therapy methods, kinesiology consultant, mediator; full member of the All-Russian Professional Psychotherapeutic League, member of the working group on mediation in the field of healthcare of the PPL mediation committee, creative director of the Systemic family therapy Eastern version department of PPL, full member of the "Union of Psychotherapists and Psychologists". Russia, Moscow.

The report highlights positive aspects of the experience of incorporating psychoanalytic concepts and processual approach techniques in systemic family psychotherapeutic practice.

HOW TO TALK TO CHILDREN ABOUT DIFFICULT SITUATIONS, USING THE EXAMPLE OF THE SITUATION OF COVID-19

Elena Pachina – clinical psychologist, Family System Consultant. Russia, Moscow.

Talking about the Coronavirus or about any challenging topic to your children can be delicate. In today's world parents need to balance the message appropriately. Deliver a message of safety while reassuring children that they can continue being children.

Participants will:

- Discuss the benefits of having a difficult conversation
- Discuss where to start for you and for them
- Review aspects to consider and the tough questions
- Learn how to create a solution focus

- Look at denial vs. healthy separation
- Discuss how to develop resilience

This topic is devoted to the issue of communication between parents and children, specifically, on building a dialogue with the child, if it's necessary to discuss a problem, using the example of the situation with the epidemic of Coronavirus.

EXPERIENCE IN LEADING CHILD THERAPY GROUPS DURING PANDEMIC

Maya Ioffe – psychologist, gestalt therapist, child therapy group leader at the "Social lift" Gestalt Therapy Center, full member of Professional Psychotherapeutic League of Russia.

The report will present my experience in leading child therapy groups during pandemic "COVID - 19" in the online format (children aged 8-9). I shall focus on the groups' materials and interaction with parents. The special attention will be paid to the psychological defenses, which help children cope with the abrupt life changes. Firstly, it is the projection of the role of God in order to prevent a developing catastrophe. I shall also focus on changing of the child's worldview during the pandemic. In particular, how the child's worldview changes the concept of death. I shall pay attention to the "therapeutic target": maintaining mutual respect of children for family adaptation strategies. The observations described in the Report are based on the ideas of psychology theorists Kurt Levin and Bluma Zeigarnik, founder of logotherapy Victor Frankl, family therapist Carl Vitaker, child therapist Violet Oaklander, psychoanalyst Nancy McWilliams, modern gestalt therapist Natalia Kedrova.

Round table "SUPERVISION"

27th of June 2020, 13.30–15.30, WEBINAR ROOM 1

Languages: Russian, English

MODERATORS: Inga Rumyantseva (St. Petersburg, Russia), Denis Fedoriaka (St. Petersburg, Russia), Olga Prykhodchenko (Novosibirsk, Russia).

Inga Rumyantseva – psychologist, psychotherapist, vice-president of All-Russian Professional Psychotherapeutic League, Head of Regional branch of PPL Russia in Saint-Petersburg and North-Western Federal District of Russia. She is the official representative of the Supervision Committee of PPL. St. Petersburg, Russia.

Denis Fedoriaka – M.D., psychotherapist, full member, accredited supervisor and teacher of the Professional Psychotherapeutic League of Russia of the regional level, supervisor of the Russian psychotherapeutic association. Russia, St. Petersburg.

Olga Prykhodchenko – full member and Board member of All-Russian Professional Psychotherapeutic League, doctor, psychologist, member of the of the Supervision Committee of PPL, manager at the international level of the PPL Russia, Executive Secretary of the General Board of the PPL Russia, Head of the Disciplinary Commission of the SRO «Union of psychotherapists and psychologists». Russia, Novosibirsk.

Special guest: Emmy Van Deurzen (England) – supervisor, philosopher and an existential psychotherapist. She is Principal of the New School of Psychotherapy and Counselling at the Existential Academy in London.

Fixed speeches: I.V. Rumyantseva, Emmy van Dorzen, A.D. Fedoryaka, I.V. Lyakh, A.S. Zhukov, E.Yu. Petrova, S.V. Kondurov, Eduardo Salvador, O.A. Prykhodchenko, M.A. Fabrichева.

Supervision is a compulsory component of psychotherapy training and psychotherapeutic and psychological practice. Every psychologist and (or) psychotherapist inevitably encounters difficulties in their professional activities. These may be General difficulties arising from the therapist's lack of awareness, experience, or emotional burnout. Or private, such as issues of countertransference, personal relationships with the patient, blind spots, technical aspects of psychotherapy. Supervision is an organized learning process that has administrative (organizational) and substantive (clinical) tasks, in which principles are transformed into practical skills.

Complexities and nuances also arise in the process of interaction between a specialist and a supervisor, a supervisor and a group.

At our meeting, we propose to discuss:

- features of the dynamics of supervisory groups,
- features of the supervisory process (individual and group) online



- Pros and Cons of Online Supervision
- the degree of inevitability of the distribution of online supervision work format

Our round table invites fellow psychotherapists to take part in the dialogue of professionals representing various models of supervision.

The global aim of the panel is to demonstrate the diversity of Russian and World supervision, to create an inter-developmental framework, to provide vast opportunities of using the international experience of fellow supervisors as an accelerator of professional efficiency growth.

Round Table "PSYCHOTHERAPY ONLINE"

27th of June 2020, 16.00–18.00, WEBINAR ROOM 1

Languages: Russian

MODERATORS: Lev Belogorodsky (Moscow, Russia), Victoria Berezkina-Orlova (Moscow, Russia).

Coronavirus pandemic and the respective control measures have boosted the digitalization processes in social life, including those in the field of psychological counseling and psychotherapy. If until recently we believed that some forms of interaction between the therapist and the client, the coach and the group, the interaction of colleagues among themselves and so forth is impossible to conduct in the online mode, now we find them on the Internet, becoming more and more inherent and settled.

Objectives of the present discussion are to identify, analyze and discuss the currently available peculiarities of professional psychotherapeutic activity in an online format.

FIXED PRESENTATIONS: Victoria Berezkina-Orlova, Lev Belogorodsky, Mikhail Burnyashev, Olga Prikhodchenko, Mark Sandomirsky, Lyudmila Serbina.

WEBINAR ROOM 2

Panel session

"MEANING-BASED APPROACH (V. FRANKL'S LOGOTHERAPY) IN CRISIS MANAGEMENT"

27th of June 2020, 10.00–13.45, WEBINAR ROOM 2

Languages: Russian

Symposium

"INTEGRATED SHORT-TERM THERAPY FOR TRAUMAS AND SYMPTOMS OF THE INDIVIDUAL, FAMILY, ORGANISATION, GROUP OR SOCIETY DURING THE CURRENT CORONAVIRUS PANDEMIC2 (beginning)"

27th of June 2020, 14.30–20.00, WEBINAR ROOM 2

Languages: Russian, English

CHAIRPERSON: Natalia Spokoyniy (Berlin, Germany).

This section presents new achievements and developments in integrated trauma therapy, obtained and reassessed in the framework of a spiritually-oriented approach. This creative, and, as a rule, own personal work, combining various Western and Eastern approaches, yields the best achievements of natural and humanitarian Sciences and spiritual practices. Any trauma splits the personality, breaking its harmony. The concept of injury and symptom is considered in a broad context, which also includes genetic, organisational and societal trauma. Just as a good doctor treats not a symptom or a disease, but the body as a whole, so too do we in the centre of integral psychotherapy focus on the whole person and not their individual problems or processes. In case of injury to the organisation, family, society, it is also a question of restoring their integrity. Standard methods of trauma therapy are focused on long-term work to create a safe space, "safety techniques", etc. This is important but often prohibitive due to time and finances. The section presents the author's individual and collaborative innovative methods of short-term therapy of mental injuries: systemic constellations, body-oriented therapy, colour therapy and other types of psychotherapy. The central focus is on the Quadripartite Body-Emotions-Intellect-Spirit (BEMS) model. The use of the model allows us to awaken the interest of the client, which

immediately takes him out of the epicentre of the injury and allows them to look at themselves from the outside, to create the necessary safe space in the shortest possible time and to obtain important resources through the release of energy blocked during a trauma and access to the power of the genes, and in the case of the organisation and society to corresponding resources. We further demonstrate the practical application of the method and its effective results in the case of mental injuries and problems in the organisation, as well as in intercultural, national and religious conflicts.

SPIRITUALLY-ORIENTED 4D SYSTEMIC CONSTELLATION (SSC) AS SUPERNEW INFORMATION TECHNOLOGY (CUTTING-EDGE IT) FOR THE SHORT-TERM THERAPY OF A PERSONAL, FAMILIAL, ORGANISATIONAL OR SOCIETAL INJURY IN LIGHT OF THE CURRENT PANDEMIC

Natalia Spokoyniy – director of IIS Berlin - International Institute of System Constellations, full member and international level trainer of PPL, WCP and EAP certified psychotherapist, master trainer of INFOSYON and DGfS, systemic sex therapist, master theologian A.Men Uni. Germany, Berlin.

The report shows why the author's method (SSC) Spiritually-oriented systemic constellation constitutes cutting-edge IT. The method is used for short-term treatment of trauma and symptoms not only of a person, but also of a family, organisation, society injury (ethnic and religious conflicts, etc.) exacerbated by the Coronavirus pandemic. The aim of the approach is to restore the integrity of the person at all levels from the body and emotions to the intellect and spirit, as well as the integrity of the family, organisation and/or society.

CRISIS AND INTEGRATED THERAPY FOR THE REHABILITATION AND RECOVERY OF (CANCER) ONCOLOGICAL PATIENTS DURING THIS PERIOD OF PANDEMIC

Tatyana Nikiforova – child and family psychologist, art therapist, fairytale therapist, full member, official trainer and personal therapist of PPL. Russia, Bratsk.

This report reveals the creative methods and techniques of working with cancer patients from palliative care to recovery under the conditions of temporary isolation. The purpose of this approach: to use communication technologies such as telephones and skype to bring the client to awareness and reassessment of life values, to take responsibility for their choice, to achieve harmony with the world. Examples of both online individual and group training clients in a state of long-term remission are used to show effective routes to recovery.

SPIRITUALLY ORIENTED SYSTEMIC CONSTELLATION AS THERAPY OF THE SPIRIT. SIN, GUILT, HUMILITY AND FORGIVENESS THROUGH THE LENS OF CONSTELLATION WORK DURING THE PERIOD OF PANDEMIC

Natalia Spokoyniy – director of IIS Berlin - International Institute of System Constellations, full member and international level trainer of PPL, WCP and EAP certified psychotherapist, master trainer of INFOSYON and DGfS, systemic sex therapist, master theologian A.Men Uni. Germany, Berlin.

This report defines therapy of the spirit and systemic constellations oriented towards the client's values with the implementation of the BEMS- Model and how it aids work with severe traumas, including the period of pandemic, especially in the case of fanatically devout clients. It will briefly touch on the correct understanding of the central truths and commandments of the Christian church from the point of view of modern science: sin as failure to achieve a goal, feelings of guilt as unchristian, personal dignity and the false understanding of humility, the origin of evil and forgiveness in Christian terms and show why constellations work is the manifestation of the Holy Spirit in the world.

A SPIRITUALLY ORIENTED INTEGRATED APPROACH TO THE THERAPY OF PERSONAL, FAMILY AND ORGANISATIONAL TRAUMA DURING THE CORONAVIRUS OUTBREAK

Maria Orlyanskaya – international economist, life coach, theta-healer, specialist in family and organisational trauma, student of IIS-Berlin: faculty of Systemic Constellations in Online Groups.

This report using real clients' experience presents the author's own method of «Subpersonal integration», that allows for efficient work with different personal, family and organisational traumas within the framework of a spiritually oriented integrated approach including in quarantine conditions.

SAVE A LIFE AND FIND FAITH: SPIRITUALLY-ORIENTED CONSTELLATIONS FOR THOSE DYING OF CORONAVIRUS

Ksenia Krilova – assistant teacher and therapist at IIS-Berlin, certified online constellator, specialist in psychotherapy for the wholeness of personality, spiritually-oriented psychotherapy and systemic constellations, preschool teacher.

Can a systemic constellation save lives? The answer to this question can be found in this report on an effective, and thus successful, spiritually-oriented constellation for a client dying of the corona virus, in addition to this he was diagnosed with diabetes, hepatitis C, lymphocytic leukemia and liver cirrhosis. It shows specifically how and why the constellation oriented towards the Highest Values of the client gives the maximum resources possible. In the given example it saves the life of the client and enables him to find faith in the Source of all life.

FROM A PERSONAL AND FAMILY TRAUMA TO PERSONAL FULFILLMENT AND FINANCIAL SUCCESS DURING QUARANTINE: AUTHOR'S INTEGRAL APPROACH "BIOCOACHING"

Marina Buchatskaya – NLP-coach, specialist in Erickson hypnosis, oriental practices and reiki, life coach, business manager (Russian Presidential Academy of National Economy and Public Administration), student of IIS-Berlin: faculty of Systemic Constellations in Online Groups. Cyprus, Limassol.

The report uses the results of numerous clients presents the author's approach "Biocoaching", combining integrated work with family and personal trauma, NLP and oriental meditative practices.

METHOD OF PSYCHOTHERAPEUTIC KINESIOLOGY IN WORK WITH SEVERE PSYCHOSOMATICS AND SYMPTOMS OF PAIN DURING CRISIS SITUATIONS

Galina Korchagina – psychologist, psychotherapeutic kinesiologist, actual member of the APK, full member, candidate for personal therapists, official teacher of OPPL, Russia, Irkutsk.

The report presents kinesiological techniques and tools to assist in improving the well-being of cancer patients, especially in times of temporary quarantine. It describes the possibilities in working with pain and manifestations of psychosomatics. It further focuses on the processing of the client's past stressful situations so as to decrease their effect upon current wellbeing.

INTEGRATED THERAPY OF ROLE CONFLICTS OF A BUSINESS-WOMAN DURING THIS PERIOD OF PANDEMIC

Elena Baeva – systemic family art therapist, art- trainer, specialist in the field of family and business, systemic constellations, work/life balance coach, business coach, full member of PPL.

In the report, specific examples are given of the author's methodology, combining systematic constellations and art therapy to work with the familial trauma caused by the role conflict of a woman attempting to combine a successful business with personal and family needs in this time of pandemic and isolation. The method successfully combines therapy for family trauma and the intrapersonal conflicts of a woman that have lately been aggravated by the pandemic. As a result of effective therapy aggression, depression and dissatisfaction is quickly replaced with joy and harmony.

THE USE OF THE BEMS-MODEL (BODY-EMOTIONS-MIND-SPIRIT) FOR EMERGENCY ASSISTANCE TO CLIENTS IN SITUATIONS OF ACUTE CRISIS

Andrey Hordikainen – psychologist, psychology instructor, systemic constellator (certified in the Russian Federation, Germany and Austria), organisation constellator, family gestalt-psychologist.

The report uses the examples of real clients to show the possibility and effectiveness of the use of the BEMS-MODEL in system constellations and integrated therapy for the purpose of emergency assistance to clients in a situation of acute crisis. Positive results are also noted in the client's family members.

THE USE OF THE "BIODYNAMIC BREATH AND TRAUMA RELEASE" METHOD FOR INTEGRATED THERAPY OF CHILDHOOD PSYCHOLOGICAL TRAUMA

Irina Sidorova – family systemic psychologist, body, addiction and art psychotherapist, specialist in biodynamic breath and trauma release, full member of PPL, invited expert on Radio RF, the author of the "Installation of integrity of the individual" method.

This report details, with the use of client cases, the author's approach to working with childhood psychological trauma for the purpose of integrating the traumatized parts into a well-rounded, integrated, personality. This integrated therapy envisions the transformation of severe childhood injuries into a resource via the use of: the Biodynamic Breathing created by G.Tonkov, the Method of N. Manuhina, MAC, Systemic Constellations, body psychotherapy and coaching.

THERAPY OF ATTACHMENT RELATED TRAUMA IN ORPHANED CHILDREN VIA THE INTEGRATION OF DISSOCIATED PARTS

Ekaterina Maydibor – child psychologist (Centre for children without guardians), specialist in orphan psychology, trauma therapist, sandplay therapist, full member of PPL. Russia, Novosibirsk.

This report uses examples of children left without a guardian to observe the mechanisms of structural dissociation of a child's psyche in times of attachment related trauma; its cortical aspect, the major therapeutic challenges in the integration of the psyche and the improvement of its adaptive capabilities. This is achieved with the use of integral methodology.

ABORTIONS WITHIN A CLIENT'S SYSTEM: REPERCUSSIONS AND SPECIFICS OF THERAPY WITHIN THE FRAMEWORK OF A SPIRITUALLY ORIENTED INTEGRATED APPROACH

Nadezhda Tsigvintsova – specialist in integrated spiritually oriented therapy of personal and organisational trauma, systemic business coach, top manager, economist, student of IIS-Berlin: faculty of Systemic Constellations in Online Groups.

This report uses specific examples to present an analysis of and the author's own methods of working with the repercussions of an abortion by the mother, grandmother or other woman within the client's family within the framework of a spiritually oriented integrated approach.

THE CLIENT'S GOAL AND SUCCESSES IN THE USE OF THE SYSTEMIC INSTALLATION METHOD DURING THIS PERIOD OF PANDEMIC

Irina Kanunnikova – system coach, tarologist, art therapist, numerologist, top economist, business coach: coordinator and system developer of business management accounting, observant member of PPL, IIS Berlin student: system constellations in online groups.

In the report "The method of system installation" is demonstrated with specific examples that combine the advantages of integral spiritual-based approach to trauma healing, system constellations, Erickson hypnosis, physiognomy, numerology, tarology etc. for providing effective assistance to the clients with a severe trauma to realize and achieve their real goal in this time of pandemic.

AUTHOR'S " BIRTH OF A GODDESS" METHOD FOR WORKING WITH A WOMAN'S TRAUMA IN CONDITIONS OF SELF-ISOLATION

Tatiana Krasnokutskaya – teacher at the Privolzhsky Medical Research University (PMRU), specialist on high school psychology and



pedagogy, practical psychologist, full member of PPL, student of IIS-Berlin, infectious diseases doctor, homeopath, Russia, Nizhny Novgorod.

This report uses examples to demonstrate the author's "Birth of a Goddess" method, which allows the client to find harmony with themselves, join with their own Goddess, their own wholeness. We will further observe the condition of the five states of a woman - the daughter, the wife, the lover, the mother, the star (professional self-realisation) - with respect to the request; find the key trauma, which is especially aggravated by self-isolation and which has led to disharmony, heal it and receive the resources required to live and act again

CHANGING A COMPANY'S SYMPTOM INTO A RESOURCE THROUGH THE TREATMENT OF ITS LEADER'S TRAUMA WITH A SPIRITUALLY-ORIENTED INTEGRAL APPROACH DURING THE CORONAVIRUS OUTBREAK

Oksana Sluhinska – clinical pharmacist of the "NVTk Oncology" research centre, systemic constellations coach, student of IIS-Berlin: systemic constellations in online groups, master in Aviation Management, systemic business coach, author of the business coaching method: "Neuro-Lifting", specialist in the psychological support of businessmen, marketing and promotion of start-ups, student of IIS-Berlin: faculty of Systemic Constellations in Online Groups.

The report presents the author's method: "Neuro-Lifting", which allows you to work quickly and effectively with trauma and organizational symptoms. It is shown that this symptom is usually directly related to the trauma of the business project owner (manager). Through recognition of his mission and his own personal value, the leader leaves the epicentre of systemic trauma and finds the necessary resources to raise his business to a new level in quarantine conditions.

AUTHOR'S "AFFIRMATION IN CONSTELLATION" METHOD FOR WORK WITH PANIC ATTACKS, FEARS AND SIDE EFFECTS OF PANDEMICS WITHIN THE CONTEXT OF A SPIRITUALLY ORIENTED APPROACH

Inna Belenkaya – clinical pharmacist of the "NVTk Oncology" research centre, systemic constellations coach, student of IIS-Berlin: systemic constellations in online groups.

This report uses client examples to introduce the author's method of working with the psychosomatic trauma, fears and side effects caused by the Coronavirus. The method creates new ways to perceive psychological trauma and turn negative energy into a resource. The method integrates systemic constellations, coaching, visualisation, affirmation and other methods of short-term psychotherapy.

ORGANIZATION TRAUMA: WORKING VIA A SPIRITUALLY-ORIENTED APPROACH DURING THE CORONAVIRUS OUTBREAK

Oksana Sluhinska – clinical pharmacist of the "NVTk Oncology" research centre, systemic constellations coach, student of IIS-Berlin: systemic constellations in online groups, master in Aviation Management, systemic business coach, author of the business coaching method: "Neuro-Lifting", specialist in the psychological support of businessmen, marketing and promotion of start-ups, student of IIS-Berlin: faculty of Systemic Constellations in Online Groups.

Irina Kanunnikova – system coach, tarologist, art therapist, numerologist, top economist, business coach: coordinator and system developer of business management accounting, observant member of PPL, IIS Berlin student: system constellations in online group.

This report demonstrates a spiritually-oriented approach to dealing with an organisation's trauma in quarantine conditions.

SPIRITUALLY-ORIENTED APPROACH IN BUSINESS PLACEMENT FOR FINANCIAL INSTITUTIONS

Nadezhda Tsigvintsova – specialist in integrated spiritually oriented therapy of personal and organisational trauma, systemic business coach, top manager, economist, student of IIS-Berlin: faculty of Systemic Constellations in Online Groups.

Maria Orlyanskaya – international economist, life coach, theta-healer, specialist in family and organisational trauma, student of IIS-Berlin: faculty of Systemic Constellations in Online Groups.

This report demonstrates how to effectively solve the problems of financial organizations using business placement via a spiritually-oriented approach

USING SYSTEMIC CONSTELLATION TO AID CARERS IN ORPHANAGES

Ekaterina Maydibor – child psychologist (Centre for children without guardians), specialist in orphan psychology, trauma therapist, sandplay therapist, full member of PPL. Russia, Novosibirsk.

The report provides a list of the main problems faced by the caregivers at orphanages and shows how systemic constellations can help in these cases.

INTEGRATED APPROACH TO RESOLVING THE CONFLICTS OF COMPANY PERSONNEL

Ekaterina Aleksishina – specialist in Wholeness Psychotherapy and spiritually-oriented constellations, IIS Berlin student: system constellations in online group, production manager, tutor.

Irina Kanunnikova – system coach, tarologist, art therapist, numerologist, top economist, business coach: coordinator and system developer of business management accounting, observant member of PPL, IIS Berlin student: system constellations in online group.

This report uses specific examples to demonstrate how to effectively deal with conflicts in the company.

WHAT IS THE SPIRITUALLY-ORIENTED APPROACH TO CONSTELLATIONS

Inna Belenkaya – clinical pharmacist of the "NVTk Oncology" research centre, systemic constellations coach, student of IIS-Berlin: systemic constellations in online groups.

Ekaterina Aleksishina – specialist in Wholeness Psychotherapy and spiritually-oriented constellations, IIS Berlin student: system constellations in online group, production manager, tutor.

This report shows the essence of the spiritually-oriented approach in systemic constellations and uses examples of the utilisation of this approach in work with clients to show its effectiveness.

SPIRITUALLY-ORIENTED CONSTELLATIONS IN ONLINE GROUPS: FEATURES AND BENEFITS

Andrey Hordikainen – psychologist, psychology instructor, systemic constellator (certified in the Russian Federation, Germany and Austria), organisation constellator, family gestalt-psychologist.

Elena Baeva – systemic family art therapist, art- trainer, specialist in the field of family and business, systemic constellations, work/life balance coach, business coach, full member of PPL.

This report uses client examples to demonstrate what spiritually-oriented constellations in online groups are and how they work. Further, the features and main advantages of this method of work are described.

THE FEATURES AND BENEFITS OF CONSTELLATIONS ORIENTED TOWARDS THE CLIENT'S HIGHEST VALUES WHEN WORKING WITH TRAUMA

Maria Orlyanskaya – international economist, life coach, theta-healer, specialist in family and organisational trauma, student of IIS-Berlin: faculty of Systemic Constellations in Online Groups.

Tatiana Krasnokutskaya – teacher at the Privolzhsky Medical Research University (PMRU), specialist on high school psychology and pedagogy, practical psychologist, full member of PPL, student of IIS-Berlin, infectious diseases doctor, homeopath, Russia, Nizhny Novgorod.

This report shows how effective the use of systemic constellations oriented towards a client's Highest Values are when working with severe trauma. The method is illustrated through examples of real clients.

WEBINAR ROOM 3

Panel session

“PSYCHOANALYTIC UNDERSTANDING OF THE NEW REALITY IN PANDEMIC SITUATION, THE REACTIONS OF PEOPLE AND SOCIETY AS A WHOLE. FANTASIES ABOUT THE FUTURE”

27th of June 2020, 10.00–13.45, WEBINAR ROOM 3

Languages: Russian

Panel session

“PSYCHO-ORGANIC ANALYSIS”

27th of June 2020, 15.00–17.00, WEBINAR ROOM 3

Languages: Russian, English

CHAIRPERSON: Oksana Mironik-Aksenova – psycho-organic therapist (European and world-registered), leader of the Psycho-organic Analysis Module in Russia, full member of the PPL, EAP, national delegate from Russia to the EAROA, international-class supervisor coach in the PPL, personal therapist, pre-training coach for students in the POA school. Russia, Anapa – Moscow.

Psycho-organic Analysis emerged in the second half of the twentieth century as an eclectic trend. It is a psychodynamic vector, based on the knowledge that working through unconscious conflicts leads to the energy release, and as a result, relief from a particular symptom. This is a long-term method (the process lasts from 6 months to 3.4 years). Leading psychotherapeutic principle: processing of the conflict that causes blockage in significant areas of the patient's life. This processing allows patient to experience a return of energy and activity that can be used by him to solve life problems. Analytical practice has shown that the unconscious can produce two types of energy. When clients face situations from their past, they sometimes find it difficult to express feelings which were previously suppressed: sadness, anger, joy, etc. (i.e. those feelings that they did not have the opportunity or right to express in those situations). The life energy that is manifested in this process is called a Residual energy. With the help of specially developed POA tools, it becomes possible for the client to face any of their feelings and express them. Another type of energy is Consequent energy. Consequent energy conceals the potential of the individual: desires, needs, and opportunities that have not yet been realized. Identification of Consequent energy is the fundamental orientation of the POA. Therefore, the analysis concerns not only the past, but also what may be in the future, the formative stage. Special attention is paid to the area of needs and deals with basic physiological needs, needs for love, care, self-realization, aesthetic needs, etc.

Psycho-Organic Analysis is a psychotherapeutic method created by Paul Boyesen in 1975. This method is based on the interaction of the pioneering fields of Biodynamic Psychology and Psychoanalysis in Norway, England, Denmark, Belgium, Switzerland, France and Germany. Psycho-Organic Analysis follows the processes of the primary impulse from within the person towards self-accomplishment in coexistence with others. Its basic theoretical concept gathers a new topic of intrapsychic organization of the self around unconscious processes: the psycho-dynamic functions of bounding, expressing, relating, representing, enjoying, builds links between what emerges from our deep-organic unconscious life and its meanings, as elaborated from the innate symbolic world to acquired cognitive developments. The Psycho-Organic Cycle is a phenomenological model of psycho-organic development of the subjectivity of a person. The PIT (Primary Impulse Training) is a major analytical tool of Psycho-Organic Analysis, very different from a Psychoanalytical “Talking Cure” as it listens to the language of the body and images, as well as the language of the words. POA uses a basic psychoanalytical tool : the analysis of transferences and counter-transferences, naturally arising from a relation implying affects and imaginations between the psycho-organic analyst and the “therapeutizing”.

The concept of a situational unconscious allows the manifestations of “the non-realized” in the clinic of negativity, as an agent of evolution as well as an agent of inhibition and desire.

The way the therapist speaks to the “therapeutizing” affects him, as well the way the “therapeutizing” speaks to the therapist affects him. But what the words touch in each others depends from their own imaginations, the story of their life, as well as their meanings of it uses it.

As François Cheng, from the French Academy writes it in “Five meditations on the death” otherwise said, “the life”, “ Man realizes and realizes himself to be significant. Signifying he gives meaning to his life, as it is true that he can't enjoy his life in a more total way than by an enjoyment which is a meaningful joy” (Joelle Boyesen).

CONTINUITY IN DISCONTINUITY OF PSYCHOTHERAPEUTIC PROCESS WITH CHILDREN IN QUARANTINE IN SOUTH OF FRANCE

Michelle Guicharnaud – psychotherapist, clinical psychologist, psycho-organic analyst, mediator. France, Pau.

Transmission of a phone experience.

How to keep bond with children ? When is it time to contact them while they have to organize school homework parallel to parent's online work ? How consider the place and the part the parents are playing in the relationship with their child in this situation ? Therapeutic role of the voice, language intonations, drawings, accounts and stories. A lot of means can be created. Clinical example.

METHOD OF PSYCHO-ORGANIC ANALYSIS AND CHI KUNG - THE UNITY OF BODY AND PSYCHE. PRACTICAL APPLICATION FOR PREVENTION OF BURNING OUT

Alla Krylova – psycho-organic analyst, certified chi kung instructor with 25 years of teaching experience. Russia, Moscow.

Within the framework of the POA method, one of the tools in working with a client is the psychotherapist's physiology, his knowledge, feelings, and condition. The ability to quickly recover yourself is one of the important skills for effective work and the prevention of burnout. Let us consider in a comparative analysis the relationship of the psycho-organic circle and the energy structure of a person in qigong traditions from the point of view of the unity of body and mind. We examine the effectiveness of several exercises in practice.

TRANSFORMATION OF FEELINGS THROUGH TOUCHING THE CONTRACT, LYING IN THE DEPTHS OF THE BODY

Valeria-Elena Kryaneva – stage director at the State Academy of Arts, certified psychoanalyst at the School of Psycho-Organic Analysis, certified trainer of international standardized Voice Freedom Technologies, trainer of drama and acting techniques for voice and speech, certificate of ecstatic trance. Member of Professional Psychotherapist League. Member of the Association of Psycho-Organic Analysis of the Russian Federation.

The report is addressed to: psychotherapists and all those who work with therapeutic groups.

Diagnostics of the body condition. Touch through feelings to the situation when they occurred. Reconnecting with the “contract” as a living part of the body. Definition, awareness and transformation of the contract and feelings in the body.

7 PRINCIPLES OF WAVE GYMNASTICS FROM THE POINT OF VIEW OF POA

Dmitry Sharko – psychologist, personal growth trainer at the Psychological Center “Alternative”, author of “Psiformer” training, student at the School of Psycho-organic Analysis, Journalist, Member of the Writers Union in city of Lugansk. Russia, Moscow.

In POA, energy is primary. The principle of wave gymnastics is based on the primacy of energy sensations in the body, and then the sensations create an individual form, for each person according to their conscious or unconscious choice. Practical exercise will be given.

LECTURE “OPEN DIALOGUE – A NOVEL APPROACH TO INTEGRAL HEALING”

27th of June 2020, 17.30–18.30, WEBINAR ROOM 3

Languages: Russian

Dmitry Shamenkov (Russia) – MD, Director, Research and Educational Center for Health Information Technology and Social



Medicine of Sechenov University, Member of Council, Skolkovo Foundation. Founder of Opendialogue.space.

LECTURE "EFFECTS OF SELF-ISOLATION DURING CORONAVIRUS INFECTION ON INTRA-FAMILY RELATIONSHIPS"

27th of June 2020, 19.00–20.00, WEBINAR ROOM 3

Languages: Russian

Natalia Golubeva (Russia) – clinical psychologist, family system psychotherapist, certified specialist in the existential humanistic psychotherapy, mediator, head of the Healthcare mediation working group in PPL, full member of PPL Russia, member of the East European Association of Existential Therapists.

The lecture gives the analysis of interfamily relations during the rise of respiratory infection caused by the new virus from a coronavirus group. Epidemiology aspects of spreading the illness worldwide & in Russia are evaluated. Described are the main clinical symptoms of the aforementioned disease & its complications during the severe stages of illness. Effects of the massive media impact, of forceful isolation of Russian Federation population are accentuated & drawn to attention in results of their influence of interfamily relations. It is noted that the rate of family violence & conflicts has risen significantly during the so called self-isolation period. The research has been made on the reasons for serious changes in interpersonal & family relations which gives a ground for the development of the family conflicts prevention algorithm during the times of respiratory disease increase. Absence of the trustworthy information, of the sequential explanatory work on behalf of the governmental structures, severe & sudden limitations in the usual way of living all these very negatively influences nervous system of a human being thus leading to the long-term negative results with sometimes incurable consequences at the level of a basic social structure – family.

WEBINAR ROOM 4

Panel session

«CHALLENGES, ANXIETY, SYMBOLISM, AND RESOURCES OF THE CORONAVIRUS PANDEMIC» By the Jungian Philosophical Section

27th of June 2020, 10.00–14.45, WEBINAR ROOM 4

Languages: Russian, English

COLLABORATING WITH THE INEVITABLE: CHALLENGES, LESSONS, SYMBOLISM AND RESOURCES OF THE CORONAVIRUS PANDEMIC

Lidia A. Surina – Ph.D., Analytical Psychologist, Psychotherapist, Rector of the Academy of Deep Psychology, Full Member and Co-Chair of the Jungian Analysis Modality PPL, Certified Personal Therapist, Supervisor and Lecturer at the international level of PPL. Russia, Moscow.

Coronavirus burst into our lives suddenly and destructively. When an event occurs that marks the end of the previous being, the change in the force of influence resembles a natural disaster - not only on the global scale of all mankind, but also on the local scale of each person. What challenges does the coronavirus pandemic pose? What lessons are it important for us to learn from the changes taking place with the world, with people around us and with ourselves? What resources for each of us contain these force majeure circumstances? The author reflects on how, thanks to these events, we can touch the archetypal treasures of our souls, inaccessible in the usual bustle of everyday life, overestimate our values – both personal and universal - to reconsider our life priorities, to separate the grains of really important from the chaff of the vain and transient... Then, having survived the coronavirus pandemic, as a result of this profound transformation, we will be able to find our true strength and reach a new level of personal and spiritual development.

CHILDREN ARE THE FUTURE OF THE PLANET: HELPING CHILDREN IN A PANDEMIC

Oleg G. Stepanov – Doctor of Medical Sciences, Academician of International Academy of Psychological Sciences, Professor, Department of Pediatrics, South Ural State Medical University; analytical, perinatal and transpersonal psychologist, body-oriented therapist. Russia, Chelyabinsk.

MATERIALIZATION OF PANDEMIC ANXIETY

Vladimir V. Vinokurov – Dr., Associate Professor of the Philosophy Department of Religion and Religious Studies, Philosophy Faculty of Moscow State University Lomonosov. Russia, Moscow.

Modern psychology considers anxiety as a form of manifestation of the deep structure of the psyche. In a pandemic, anxiety becomes the existential of human existence, the modus of each person's psychological world. In conditions of self-isolation, anxiety becomes an integral mode of the meaning of life and is combined with any action, any thought and emotion. She accompanies them as a shadow that does not materialize in a particular subject. In this, it differs from fear, which requires objectivity. The paper proposes a basic formula for the mathematical description of symmetric relations, which includes the coefficient: $K = aRb / (1-a / b)$. In this coefficient formula, the numerator represents the spatial complex, consisting of objects and relations, and the denominator is the difference, which includes, in the form of a fraction, the direct relationship between the objects. When only spatial relationships are described, the "fraction" naturally takes on a value of zero. "Fraction" represents the relation itself, which is being re-formulated as an object, and not as a relation, thereby the denominator becomes less than unity, and the relation itself increases. The denominator of the fraction should be the difference: $1-a / b$. If $a = b$, then this is a condition of the tautology and its strength (truth) and does not depend on any reality other than the logic of the tautology itself. This is a pure non-spatial relation. If we are talking about a contradiction, where $a = -a$, then in the mathematical sense the only solution is the value of zero, that is, the point that excludes the equation from reality. The condition of mathematical equilibrium, where $(a/b) < 1$, ontologically is the point of magic, psychologically there is the point of materialization of anxiety, where the ratio takes on the meaning of "force X". In medical terms, it is a disease that materializes a problem in the space of science, creates a threat to life, but carries deliverance from anxiety.

PROBLEMS OF PUBLIC CONSCIOUSNESS AT THE PRESENT STAGE (POSTCORONAVIRUS)

Rinat F. Galiev – M.D., psychiatrist, psychotherapist and psychoanalyst, member of the European Confederation of Psychoanalytic Psychotherapy, full member of the Professional Psychotherapeutic League, member of the Russian Society of Analytical Psychology and the International Association of Analytical Psychology. Russia, Moscow.

The problem of the current state of society is that staying in conditions of forced social isolation leads to a feeling of unknownness according to forecasts and the duration of the threat of infection and the fear of the consequences of a pandemic. The report will discuss how to cope with anxiety, overcome fears and withstand a state of uncertainty in the aftermath of the coronavirus pandemic.

TRUST AS A FACTOR OF EFFECTIVE DISTANCE LEARNING DURING THE PANDEMIC

Marina V. Vorontsova – Associate Prof., Dr. Lomonosov Moscow State University. Russia, Moscow.

During the pandemic, an acute sense of anxiety and loneliness develops. What can be a factor in the success of distance education in these conditions? Trust as faith in the words, thoughts and actions of another person creates a potentially successful environment in teacher-student contacts when switching to remote communication. Confidence in the capabilities of another person, in the honesty of his intentions, passes directly into the face-to-face contact, even in the absence of direct personal contact. Trust in this case is a psychological condition for actions, it is the expectation that actions will be favorable and will not cause damage. K. Jung: "If we do not realize what is

happening inside us, it seems to us from the outside that this is fate." In the process of teaching, the fate factor is the teacher who develops confidence in the success of his course. This is particularly evident in distance learning during the coronavirus pandemic.

JUNGIAN ANALYSIS OF SYMBOLIST DRAMA

Ivan P. Davidov – Ph.D., Associate Professor of the Philosophy Department of Religion and Religious Studies, Philosophy Faculty of Moscow State University Lomonosov. Russia, Moscow.

The object of Jungian analysis is a dream of an analysand. The author compares characters acting in the dream with Jungian archetypes and indicates the limits of the applicability of functional analysis to the images of Jungian archetypes.

POLARITIES AND PARADOXES OF INDIVIDUATION IN CORONAVIRUS TIME - OPUS CORONAVIRUS (ALCHEMICAL POSITION)

Oksana V. Kuznetsova – Ph.D. (Psychology), analytical psychologist, psychotherapist using the symbol drama method, full member of PPL. Russia, Moscow.

With the advent of coronavirus, our ideas about the world, about ourselves and about our place in this world, change. Self-isolation has turned many apartments into alchemical laboratories, hermetic spaces in which deep transformational processes take place. The paradox of what is happening is that:

- the world is narrowing to the size of an apartment, and, at the same time, expanding unlimitedly;
- the limitations of self-isolation are combined with the erosion of spatial and temporal boundaries;
- putting on some masks, we remove others, showing our essence;
- The shadow is not subject to self-isolation processes, ie you have to isolate yourself with the Shadow;
- archetypal dreams, embossed and real, while reality, to some extent, is like a dream...

In many ways, the specificity of the individuation process depends on family and personal history, on cultural influences and patterns. Everything that happens, including synchronistic events, is superimposed on this foundation. Coronavirus reality activates deep intrapersonal conflicts, revitalizes early childhood experiences, manifests individual and transgenerational injuries. And the question arises, what is subject to separation and separation (Separatio), and what is important to integrate (Soniunctio). The idea of Opus is the central alchemical image, and the alchemical texts repeatedly speak about the nature of Opus, about his attitude to it and about the impossibility of achieving a useful result "without a patient, hardworking and persistent soul, persistent courage." According to E. Edinger, courage means a willingness to stand in the face of anxiety.

THE ALCHEMY OF EVERYDAY LIFE

Nikola Jovanovic – psychiatrist, Institute of Mental Health. Serbia, Belgrade.

The focus in this work is on everyday life objects, acts, structures and places rather than people wishing to "extract the spirit from the matter". Everyday life situations of the author are collected, key symbols and motives are illustrated and the different methods of their analysis are proposed. In this presentation everyday life is put in the focus of analysis using following points of view: 1. Everyday life as personal alchemical vessel. 2. Collective shadow in everyday life. 3. Everyday life as the torture or the sacrifice of spirit to nature, society or ego. 4. Everyday life as the huge portion of the energy of routine resisting change, potentially aggressive 5. Everyday life as the missing key symbol of alchemy that lost its power and needs to be regained through alchemical work.

"FEAST DURING THE PLAGUE" BY A. S. PUSHKIN AND PSYCHOLOGICAL SCENARIOS OF AN ENCOUNTER WITH IRRESISTIBLE FORCE

Valery N. Chursin – Ph.D., Senior Researcher. Russia, Moscow.

The report deals with the psychological interpretation of the one-act drama "Feast during the Plague" by A.S. Pushkin and its heroes statements in the zone of an acute epidemic. The tragedy is revealed in a comparison of conflicting positions that can be explained from the

perspective of the transactional analysis of E. Berne and the scenario therapy of C. Steiner. The report analyzes the scenarios of the Savior and the Hero. The play has a biographical component and is continued in A. S. Pushkin life.

THE OPPORTUNITIES OF SYMBOLS OF WOODEN ARCHITECTURE IN OVERCOMING FEARS IN CHILDREN OF OLDER PRE-SCHOOL AGE

Svetlana S. Smirnova – practical psychologist, art therapist, teacher-psychologist of HQC, Director of ANO APE "Baikal Humanitarian Institute of Practical Psychology". Russia, Irkutsk.

At a time of deep socio-economic crises, decline and transformations, it is culture that preserves the people: people are radically changing, but these changes are about fundamentally transforming their social identity, as for cultural specificity, ethnicity, it is in the main and mostly preserved. Wooden architecture is an extensive and most ancient area of architecture. In wooden architecture there is a rich archetypal layer of traditions, revealing the beauty, expediency and purpose of the wooden architectural works created by man. According to historians, art historians, the wooden house is a symbol of the world structure: roof is the sky (world of gods), log house – the world of reality (the world around man), underground - world of spirits of deceased ancestors. Carving, which is one of the means of expressiveness of wooden architecture, served our ancestors to a greater extent, not only as a decoration, but also reflected people's ideas about the world order, lifestyle. The disclosure of the semantic context of the symbols of the elements of the ornament tells about the traditions and customs of our ancestors, getting acquainted with which, the child gets to know himself. Wooden architecture, thanks to the specifics of expressive means and its features, is available for the perception of older preschoolers (L.A. Wenger, N.A. Vetlugina, N.P. Sakulina, T.N. Komarova). The report will review the opportunities of wooden architecture as an effective means of overcoming age and social fears in older preschool children.

BASIC CRISES IN HUMAN DEVELOPMENT AND THEIR REFLECTION IN SYMBOLS OF THE DECK "CARDS OF THE WORLD"

Tatyana A. Savkina – practical psychologist, kinesiologist, Deputy Director of ANO APE "Baikal Humanitarian Institute of Practical Psychology", creative project manager "Miravitca". Russia, Irkutsk.

Cards of the World are symbolic cards that describe the principles of the universe, evolution of the human soul in this world, conditions for its harmonious development.

The serious danger that the soul may be exposed to in this world is the inappropriate conditions for its development which distort a person's perception of his own nature, as a result of this, a person cannot fulfill his destiny.

One of the necessary conditions for harmonious development is the understanding of the crisis as a natural phenomenon on the development curve (L.S. Vygotsky). The example of the Conversion cards (crisis periods of development) will show the features of the course of crises at different stages of development, crisis contradictions, and conditions for overcoming them.

TRANSFORMATION AS A PROCESS AND ITS SYMBOLS

Maria V. Trifonova – psychologist-consultant, clinical psychologist. Russia, Moscow.

Being unconscious, a person does not see cause-effect relationships, does not understand that all processes and events in the external world are only a reflection of his internal dynamics. But attracted by the instinct of God, man rushes to search. The deep transformation begins. It takes a lot of courage to meet yourself. Having cast aside all that is superfluous, it is necessary to go down to the underworld, to be deprived of the opportunity to act and to look inside.



**Panel session “RODOLOGY,
TRANSGENERATIONAL RELATIONS”
Influence of kin history and
transgenerational relations on descendants
in the COVID-19 pandemic situation**

27th of June 2020, 15.00–19.00, WEBINAR ROOM 4

Languages: Russian, English

CHAIRPERSON: Larisa Dokuchayeva (Ekaterinburg, Russia).

The section program includes the presentations considering the implications of Kin history and transgenerational relations for descendants' well-being and behavior in the conditions of COVID-19 pandemic. It presents the results of an international study on the topic of the section held by the Academy of Rodology during the pandemic period and the international consultancy practice with the post-stress disorders within several generations using Rodology as a science of kin system development laws and rodological method of consulting.

**IMPACT OF AWARENESS OF KIN SYSTEM RESOURCES
FOR DESCENDANTS' WELL-BEING IN THE COVID 19
PANDEMIC SITUATION**

Larisa Dokuchayeva – Ph.D., President of the Academy of Rodology, President of the International League of Rodologists, author and leader of the modality “Rodological Consulting Method” of the PPL, established international level trainer, Chair of the Council for Family Culture of the Assembly of Peoples of Eurasia, President of the Foundation “Family-XXI Century”, Expert in Family Law of the State Duma of the Russian Federation. Russia, Ekaterinburg.

The presentation considers the results of the international study “Implications of Kin History for Descendants in the Conditions of Coronavirus Pandemic” held by the Academy of Rodology in the pandemic period (authors L.N. Dokuchayeva, N. Adambai). A link between the experience lived through by the ancestors and our behavior of today is analyzed, and an impact of kin system actualization on improving of human well-being in a stressful situation of pandemic and self-isolation is revealed.

**PANDEMIC AS A CIVILIZATIONAL CHALLENGE
AND ACTUALIZATION OF PAST SOCIAL AND
PSYCHOLOGICAL IMPLICATIONS OF HUNGER,
REPRESSIONS, WARS AND DEPORTATION IN THE
CURRENT LIFE OF DESCENDANTS**

Alia Sagimbayeva – consultant-rodologist, tek Tanushi, rodology trainer in Kazakhstan and Central Asia, applied psychology practitioner, trainer, lawyer. Head of the Rodology Center, Nur-Sultan, Full Member of the All-Russia Professional Psychotherapy League (Russia), PPL Member (Kazakhstan), Member of the Search Party “Memorial Zone” of ENU named after L.N. Gumilev (Nur-Sultan), Co-Founder at “Atamnyn Amanaty” (Forefathers' Legacy), Co-Chair of the Council for Kin Culture of the Eurasian Peoples Assembly (Russia). Kazakhstan, Nur-Sultan.

Saule Musina – consultant-rodologist, psychologist, Head of the Kazakhstan Section of the International Rodologists League, Consultative Member of the All-Russia Professional Psychotherapy League (Russia), PPL Member (Kazakhstan), Member of the Search Party “Memorial Zone” of ENU named after L.N. Gumilev, Nur-Sultan, Co-Founder at “Atamnyn Amanaty” (Forefathers' Legacy), Member of the Council for Kin Culture of the Eurasian Peoples Assembly (Russia). Kazakhstan, Nur-Sultan.

The presentation reviews the impacts of the pandemic, the emergency situation, the quarantine and self-isolation on the break-out of anxiety among the population related to own health and well-being and to the health and well-being of near and dear ones.

It provides the data of research inquiry, which show the relation between the past social cataclysms survived by the ancestors in the XX century (such as repressions, wars, deportations and hunger) and their current long-term effect in the pandemic situation.

**IMPACT OF SOCIAL CATACLYSMS LIVED THROUGH
BY ANCESTORS ON DESCENDANTS' BEHAVIORAL
PATTERNS ACTUALIZATION IN THE TIME OF PANDEMIC
CAUSED BY CORONAVIRUS**

Irina Milyakova – psychologist-consultant, participant of the program “Rodological Method of Consulting”. Russia, Moscow.

The presentation demonstrates some observations of descendants' reactions, whose ancestors had lived through social and political cataclysms, and analyzes their behavioral patterns with the help of the Dokuchaevs' rodological method of consulting.

It provides the ways directed towards awareness and modification of behavioral reactions with the help of the rodological method of consulting and the Academy of Rodology programs.

**ADAPTATION TO NEW REALITY OF PANDEMIC IN
UKRAINE**

Victoria Taranets – psychologist, family system therapist, participant of the training program “Rodological Method of Consulting”, consultative member of the PPL. Russia, Sevastopol.

The speaker shares her observation of Ukrainian people life in condition of the pandemic. She analyzes the impact of stress factor on activation of kin programs. She also shows the revealed capabilities of kin resources, which serve as a basis for taking reality as a safer place.

**ACTUALIZATION OF THE FEAR OF LOSS OF BUSINESS/
EMPLOYMENT AND WELL-BEING IN THE TIME
OF PANDEMIC AS AN IMPLICATION OF FORMER
REPRESSIONS AND DEKULAKIZATION**

Irina Zuyeva – psychologist, rodologist for her own Kin, participant of the training program “Rodology Method of Consulting,” Member of the Council for Kin Culture of the Eurasian Peoples Assembly. Russia, Saratov.

The presentation considers the Dokuchayevs' rodology method as used in correction of anxiety and fear of losing work in the time of pandemic. It presents the cases from the consultant-rodologist consultancy practice. Analyzed are the unconscious mechanisms of panic attacks as a consequence of social cataclysms and tragic events lived down by the ancestors, which are manifested in the descendant's life in form of one's psychoemotional state disbalance.

Reviewed are some psychoemotional state harmonization methods that improve the client's life quality.

**ASSISTANCE IN ACTIVATION OF HUMAN KIN SYSTEM
RESOURCES FOR COMPENSATION OF ANXIETY AND
RESTORATION OF NORMAL HEALTH IN THE PERIOD OF
PANDEMIC**

Irina Fedotova – psychologist, consultant-rodologist, general manager of the Rodological Method of Consulting modality at the PPL, national level trainer at the PPL, Co-Chair of the Council for Kin Culture of the International Union of NGOs “Eurasian Peoples Assembly”. Russia, Moscow.

Nazgul Shildebayeva – practical (experimental) psychologist, specialist in the field of art-therapy, rodology, specialist in psychocatalysis, sofia-analysis, Full Member of the Professional Psychotherapeutic league (PPL), regional representative of PPL in Kazakhstan, official teacher of the International Level of PPL. Expert of the Clan Culture Council of the International Union of Non-Governmental Organizations “Assembly of Eurasian Peoples”. Kazakhstan, Nur-Sultan.

The presentation provides the data on possible actualization of the human resource state by way of focusing on his/her kin system through meditative drawing. An example of group work in meditative drawing is considered as a means of removing anxiety for the parents health in connection with a disease of one of them in the period of pandemic and self-isolation.

**THE COVID-19 PANDEMIC LOCKDOWN IMPLICATIONS
IN FAMILY RELATIONS**

Aichurok Usenova – consultant-rodologist, Member of the International League of Professional Rodologists, Member of the

Eurasian Peoples Assembly, trainer, and art practitioner. Kyrgyzstan, Bishkek.

The report presents a mini-study in part of the implications of quarantine related to coronavirus pandemic in family relations. In the quarantine conditions, existing crisis centers were closed, but the percentage of home violence over women and children might grow in the state of emergency situation, when the whole family stays together all the time. It is also important to consider that all educational processes were transferred into a distant format, which might have influenced the family state of mind. It might be a significant factor that influenced the relations within families.

RODOLOGICAL METHOD OF CONSULTING LONG-TERM EFFECT FOR PRESERVING CLIENTS' INNER PEACE IN THE PANDEMIC CONDITIONS

Nazym Arzimbetova – MBA, Member of the PPL in Kazakhstan, Member of the International League of Professional Rodologists, consultant-rodologist, practical psychologist, Director for External Relations at the Almaty Management University. Kazakhstan, Almaty.

The presentation addresses the impact of the client's system of inner convictions and limitations, which appeared as a result of ineffective ancestral programs, on formation of anxiety and tension states with descendants. The author analyzes positive effects of the rodological method of consulting results for psychological and emotional stability of a client in the conditions of pandemic.

WEBINAR ROOM 5

Symposium

"MEDIATION: INTERDISCIPLINARY APPROACHES TO CONFLICT RESOLUTION DURING COVID-19 PANDEMIC"

27th of June 2020, 10.00–15.00, WEBINAR ROOM 5

Languages: Russian, English

CHAIRPERSON: Nina Lavrova (St. Petersburg, Russia).

Mediation promotes responsible decision-making, leading to agreement in the conflict. The use of interdisciplinary approaches increases the effectiveness of mediation.

The purpose of this module is to present the experience gained in conflict resolution, as well as to discuss the problems arising in the online organization of mediation during COVID-19 pandemic.

The reports offer answers to the following questions: how should the professional community of mediators take a rightful place in the field of intermediary field, how to identify the most effective mediative instruments, how to improve interaction with the judicial system. Particular attention is paid to the issue of conflict prevention and establishment of a social environment enabling meaningful cooperation. Such an environment can be characterized by mutual understanding, tolerance and personal responsibility of community members for the results of cooperation.

Modern knowledge of psychology and neuroinformatics, dealing with the organization of the communicative system, expands the theoretical background of mediative techniques.

USING THE TECHNOLOGY «MAP OF MEDIATION» FOR ENVIRONMENTALLY FRIENDLY DISPUTE RESOLUTION DURING THE CORONAVIRUS PANDEMIC

Nina Lavrova – professor RAE, full member of PPL, psychotherapist of the unified register of the European Association of psychotherapy, chairman of the mediation Committee of PPL, head of the modality System family psychotherapy: Eastern version, accredited training personal psychotherapist-adviser, supervisor of PPL, certified teacher of the international level of the CPL; head of the Department of mediation and conflict resolution of the Institute of practical psychology Imaton, director of the Psychoanalytic center «Alliance». Russia, St. Petersburg.

Nikanor Lavrov – doctor of medicine, member of PPL, associate Professor of Saint Petersburg state pediatric medical University. Russia, St. Petersburg.

Mediators and specialists in helping professions who work in crisis situations are prone to burnout due to conflict situations and stress, especially with increased loads in the context of a coronavirus

pandemic. They need to learn effective and eco-friendly tools to facilitate their activities. The combined use of proven tools allows to successfully coping with problems solved by specialists of helping professions. The report examines the original methods of mediation used as an eco-friendly way to resolve differences in interpersonal relationships. The author's technology "Map of mediation" becomes particularly relevant during the coronavirus pandemic, because it brings order to the activities of mediators and specialists of helping professions.

HEALTHCARE MEDIATION DURING PANDEMICS. SPECIFICS OF MEDIATOR'S WORK DURING SOCIAL DISTANCING PERIOD

Natalia Golubeva – clinical psychologist, family system psychotherapist, certified specialist in the existential humanistic psychotherapy, mediator, head of the Healthcare mediation working group in PPL, full member of PPL Russia, member of the East European Association of Existential Therapists. Russia, Moscow.

Healthcare sphere is a very sensitive & sort of a fragile topic of relations between doctor & patient. Doctor's duty is to serve a patient & this service lies between the ethics, morale and appropriate behavior. It is exactly here where all the little damage cracks evolve & require new instruments of mending those damaged relations in order to restore & rebuild them. Mediation is directed on solving the conflict bases particular circumstances which do exist during exact negotiations & is future oriented. Currently it does go without question that changes which have taken place in our country have also influenced the Healthcare system as one of the most important spheres of the modern society. During pandemics risk of conflicts in Healthcare only rises. How a mediator can help in this & how can he work with conflicts in Healthcare sphere during the times of social distancing?

NEW APPROACHES TO MEDIATION OF CONFLICTS BETWEEN TEENAGERS

Elena Romanova – practicing psychologist, system family consultant in the modality of system family psychotherapy Eastern version (SSTV), Erickson hypnotherapist, professional mediator, full member of PPL, head of the educational direction in the modality of SSTV, head of the working group on System school mediation of the PPL mediation Committee, member of the Supervisory Board of the SRO "Union of psychotherapists and psychologists", General Director of "Studio of innovative psychology and mediation "EGO", Russia, Moscow.

The report examines the possibilities of a narrative approach to mediation in conflict situations in the adolescent environment. The phases of the narrative mediation process are discussed. Narrative mediation techniques are considered. An approximate sequence of mediation stages in working with adolescents in the narrative approach is described.

ACTUALITY OF FAMILY SYSTEMIC MEDIATION DURING PANDEMIC

Inna Zezulinskaya – head of the Crimean regional branch of PPL Russia, accredited training psychotherapist-adviser and supervisor of PPL; certified PPL trainer of national level; holder of the European Certificate for Psychotherapy; trainer of the Institute of Practical Psychology "Imaton; Associate Professor of the IPO SRS KIP (Interregional Public Organization for Promotion of Symbol drama – Catathymic Imaginative Psychotherapy Development); supervisory Board member of the National Self-Regulating Organization "Union of Psychotherapists and Psychologists; head of Applied psychology center "Harmony" and of art-therapeutic workroom "Paints of the Soul" (Sevastopol); author of Metaphorical associative cards "Harmony" and of the course of intuitive painting "Intuitive painting as a creative method of self-knowledge and self-development"; author of the project "Psychological lounge. The Art of Living". Russia, Sevastopol.

The report scrutinizes the advantages of mediation over other methods of solving family conflicts and views the specifics of family mediation during pandemics.

Mediation demonstrates its core advantages in resolving family disputes. Whereas in business or in other fields of mediation the continuous cooperation of the parties is important yet not crucial, it



becomes especially important in family relations, particularly when children and their psyche are involved, thus mediation can become literally a lifeline in complicated family cases.

On the research basis of systemic mediation, the most important directions of the development of the given institution in Russia are determined. These directions guide the formation of the given institute in Russia.

MEDIATION PROCEDURE IN "CO-DEPENDENT" COUPLES AS A FRAGMENT OF FAMILY PSYCHOTHERAPY

Raisa Aksenfeld – MD, Associated Professor, Department of Ambulatory Therapeutics, Clinical Laboratory Diagnostics and Medical Biochemistry, Yaroslavl State Medical University, Psychotherapist, Head of Psychosomatic Medical Center VALEO. Russia, Yaroslavl.

Psychotherapy of family relations reveals deep interpersonal problems in "co-dependent" couples, who express a desire to resolve the conflict and avoid divorce, but in reality they each pursue their own goal and at the same time involve the psychotherapist into destructive games. The only way to get a real constructive long-term result is to conclude a triple mediation agreement: the psychotherapist and co-dependent partners.

MEDIATION IN THE COMPANY'S CORPORATE CULTURE

Elena Marchenko – professional mediator, psychologist, member of PPL, business partner in human resource management and development, business lecturer at School of Privatization and Management Institute in the Republic of Belarus, Minsk.

The practice of mediation procedures in business is researched. The mediation method application in an organization from the perspective of law and as a valuable element of corporate culture is depicted. The list of the situations an employee faces during his work in a company where mediation works effectively for solving problems and conflicts is presented. The issue of further training in the sphere of the mediation method among the company managers is discussed. The methodology of the mediation effectiveness evaluation in corporate culture is given.

APPLICABILITY OF MEDIATION IN THE SPHERE RELATED TO NEGOTIATING AND EXECUTION OF COMMERCIAL CONTRACTS

Varvara Dainega – mediator.

Mediation is mostly treated by current legal awareness and promoted by practicing mediators as a way of dispute resolution (including commercial disputes) which is alternative to arbitration. In the author's opinion mediation should be as well considered as an effective instrument of resolving conflicts not on the stage of dying of a relationship, but quite the opposite – on the stage of establishing a commercial partnership, and on the stage of its execution.

The current report is dedicated to advantages of mediation as an instrument for negotiating and executing commercial contracts on mutually beneficial basis and in the "win-win" spirit.

THE USE OF MEDIATION IN THE FIELD OF B2C DISPUTES SETTLEMENT. ACTUAL PRACTICE AND DEVELOPMENT PROSPECTS

Iuliia Rusanova – psychologist, mediator, tutor and mentor of Sales and Customer Relationship Management. Russia, St. Petersburg.

Disputes between buyers and sellers, clients and contractors which were not solved through negotiations are a common phenomenon. Such disputes lead to court hearings and loss of efficient relationships. Being mostly suitable for mediation such conflicts have always been subject for a trial, even though the latter leads to lost time, relationship, and benefits. Mediation could allow the parties not only to resolve mutual claims, but also to establish effective relationships and protect their interests.

This review will present several current models for resolving such disputes and indicate new approaches, which could improve general situation in this field by engaging mediators. Such improvement will be reviewed from financial, organizational and process-oriented perspectives, as well as from the management and reputational point of view.

RELEVANCE OF BUSINESS COMMUNICATION IN THE CONTEXT OF A PANDEMIC

Zulfiya Sattarova – systemic family psychotherapist, Mediator, Bar association "Union of Moscow lawyers".

The report examines the advantages of mediation over other ways of resolving conflicts in the field of business, the features of mediation and its significance in the context of a pandemic. When resolving disputes between business entities, mediation demonstrates its main advantages. In business and other areas, it is important to continue the cooperation of partners after they have made a decision to get out of the dispute, to preserve business and personal relationships, and to save resources. Studying the world experience of mediation development in business, the main directions for the formation of this institution in Russia are determined.

INTERNET MARKETING OPPORTUNITIES IN THE FIELD OF MEDIATION

Lydmila Trishkina – practicing internet marketer with the skills to build a strategy for promoting a service/product in a competitive online business environment. Russia Moscow.

The report examines the strategy of communicating possible civilized options of conflict resolution to an individual and business environment. As well as what kind of marketing tools and techniques clearly and popularly convey the expert competence to public and how it solves a particular case.

HOW TO TALK TO CHILDREN ABOUT DIFFICULT SITUATIONS, USING THE EXAMPLE OF THE SITUATION OF COVID-19

Elena Pachina – clinical psychologist, Family System Consultant. Russia, Moscow.

Talking about the Coronavirus or about any challenging topic to your children can be delicate. In today's world parents need to balance the message appropriately. Deliver a message of safety while reassuring children that they can continue being children.

Participants will:

- Discuss benefits the benefits of having a difficult conversation
- Discuss where to start for you and for them
- Review aspects to consider and the tough questions
- Learn how to create a solution focus
- Look at denial vs. healthy separation • Discuss how to develop resilience

This topic is devoted to the issue of communication between parents and children, specifically, on building a dialogue with the child, if it's necessary to discuss a problem, using the example of the situation with the epidemic of Coronavirus.

APPLICABILITY OF MEDIATION IN THE SPHERE RELATED TO HEREDITARY LEGAL RELATIONS

Pavel Nekrasov, Zoya Sergeeva, Victoria Yanovskaya, Leonid Smirnov – mediators of Contact Point Consulting Group, Russia, Saint-Petersburg.

This report is dedicated to resolution of disputes related to the hereditary legal relations.

DEVELOPMENT OF MEDIATION IN PRESCHOOL EDUCATION

Vera Pankova – professional mediator, The center for correction and development " Assistance". Russia, Feodocia.

The report is devoted to the issue of formation and implementation of a system of preschool mediation with the use of mediation technology for constructive conflict resolution in a preschool institution.

Panel session "SPIRITUAL AND RELIGIOUS-ORIENTED PSYCHOTHERAPY IN TIMES OF SELF-ISOLATION BECAUSE OF PANDEMIC CAUSED BY CORONAVIRUS 2020"

on the topic "Experience of the eschatology of time in the dynamics and stability of meanings during Pandemic 2020"

27th of June 2020, 15.00–20.00, WEBINAR ROOM 5

Languages: Russian

HONORARY CHAIRPERSON: Sergey Belorusov (Moscow, Russia).

CHAIRMEN: Luibov Bitekhtina (Moscow, Russia), Andrey Ermoshin (Moscow, Russia).

Eschatology of Time-Opening Remarks.

Let's start with the fact that the history of mankind is cyclical and repeats itself every time, but under new conditions of development of human consciousness and self-consciousness. This small fraction of the development of the mind and soul carries or brings the difference that distinguishes one era from another, building it with the nuance that can most express, imagine, and reveal a person.

It is the persons themselves, their thoughts, preferences, attitudes and choices that we can judge by about what they were concerned, what they loved and aspired, what mistakes they made, how they summarized the obtained knowledge, what conclusions they made from the experiences which they received and applied in their future life.

It is no exaggeration to say that understanding future events determines both our thinking and our activities today. Eschatology is the teaching about the fate of the world, the cosmos, and person. This teaching, which purpose is to give hope and consolation to all, has become a bone of contention, not excluding the situation of self-isolation, which historically actualized two tendencies - eschatomania and then eschatophobia. In a word, how we experienced the eschatological time all over the world and at home, how we coped with it, how we comprehend it, going out of it, namely: facts, phenomena, loss and finding of identity, new abilities, knowledge of others and ourselves in an intense period of time, which closed everyone and everything on itself, and the consequences of meeting with it will be discussed.

Also, the theme of spirituality from the perspective of a psychotherapeutic approach, which belongs to the field of acute and unexplored problems, deserves our special attention. The complexity of the solutions lies in the need to implement them at the intersection of the joint use of both theological and psychotherapeutic knowledge and methods. In this connection one, first of all, needs "confidence in the invisible things," according to Metropolitan Antonie Surozhsky, in "the ability to think about the invisible things", "to question", to put questions, resolving doubts, in a word, to question yourself, while remaining faithful! Spiritual reality is connected not only with a person, their inner world, experience and moral improvement, but also with God, the world of the higher spheres of existence. The invisible things, confidence in them, their perception, knowledge, meaning and reflection, the criteria of faith and personal contemplative dimension, attitude and application both in life and in psychotherapy will be discussed as well.

Questions for discussion

1. Religious and humanistic spirituality: difference, similarity, specificity
2. Experience of self-isolation: general, psychotherapeutic, specific
3. Phenomena: worldview, picture of the world, reference points, semantic field, self-determination, change, transformation.

P. s. "Crop failure is from God, and hunger is from people" To have a healthy atmosphere around take care of yourself and know yourself on a small piece of your own land, your heart.

AWARENESS: THE EXPERIENCE OF EXPERIENCING THE RESILIENCE OF LIFE. VALUES IN TIME WITH SELF-ISOLATION 2020

Juliy Kustov – medical psychologist, psychiatric hospital № 1, psychoneurological dispensary №21. Russia, Moscow.

The message speaks of the danger of sin of frustration, as the severe consequences of isolation and lack of spiritual and mental readiness to endure restriction, leniency to overcome obstacles, ailments, lack of flexibility of thinking, retention of tension and completion of efforts to defend the human dignity of man as his supreme vocation. Taking into account that consciousness is the ability of the spirit, the highest form of its manifestation, the thinking ability and the will decision, the world given to me is opened to me through my inner Self through self-esteem, self-awareness and self-consciousness.

For awareness and understanding of the movement in the field of meanings, we have identified the pillars as three positions: This is the position of the observer, researcher and witness - "when the human spirit, contemplating the infinite, receives the revelation of unconditional truth...".

TIME DIMENSION AND ALTERED REALITY IN THE PRACTICE OF A PSYCHOTHERAPIST UNDER THE CIRCUMSTANCES OF SELF-IMPOSED ISOLATION IN 2020

Marina Kiryuhina – candidate of medical sciences, associate professor of psychotherapy and addictology in Kazan State Medical Academy, Russian Medical Academy of Post-Graduate Education of Ministry of Health of the Russian Federation. Russia, Kazan.

The report encompasses the phenomenon of the influence of time under the conditions of self-imposed isolation on the work behavior of a psychotherapist or psychologist counselor. Inversion of reality is common for stress disorders and develops on cognitive, emotional, behavioral levels. The report reviewed special aspects of the adjustment disorder and specific character of coping strategies and ways of self-realization of psychotherapist or psychologist counselor in practice.

RESOURCE EMBEDDED IN THE HOLY AND FOLKLORIC TRADITION OF THE RUSSIAN PEOPLE, USEFUL IN TIMES OF CRISIS

Andrei Ermoshin – psychotherapist of the highest category, official teacher and supervisor of practice of the international level, member of the Committee on Modalities of the PPL, head of modality "Psychocatalysis," psychotherapist of the Unified Register of Professional Psychotherapists of Europe. Russia, Moscow.

Consider the experience of ancestors, which is developed in encounters with extreme situations, useful and present. "Mountain fuel, and hands fight," says folk wisdom. "Take care of the acquisition of grace," says the sacred tradition! In psychocatalysis, standing on the deep values of the Russian people, this finds its expression in special algorithms of internal work, which is aimed both at preservation, restoration of human integrity, and at active overcoming of crisis phenomena in life.

EXPERIENCE AND PECULIARITIES OF OVERCOMING THE UNIVERSAL NON-STANDARD SITUATION OF RESIDENTS AND PSYCHOTHERAPISTS OF OMSK CITY (WESTERN SIBERIA)

Natalia Belousova – psychologist, chairman of the Omsk branch of the Professional Psychotherapeutic League, a valid member of the PPL. Russia, Omsk.

The report analyses and summarizes the information available to the author on the experience of the residents of the Siberian city in overcoming the difficulties caused by the introduction of a regime of self-isolation and the injection of pandemic hysteria. Personal, social and professional aspects of the new unexpected reality are considered.

DYNAMICS OF THE WORLD PICTURE IN THE CONDITIONS OF FORCED SELF-INSULATION

Marina Chukhrova – doctor of medical sciences, professor of department of the general psychology and history of psychology of Novosibirsk state pedagogical university, head of the master's program "Deviance study", professor of the department of psychology, pedagogics and jurisprudence of Novosibirsk State University of Economics and Management. Russia, Novosibirsk.

The forced restriction of contacts, living human communication initiated an immersion in oneself and thoughts about life and



unforeseen circumstances that could turn it in an unexpected direction. The picture of the world has undergone dramatic changes. Anxiety increased. There was a feeling of the finiteness of the world, the finiteness of the habitual way of life. The most unpleasant was the feeling of the imposition of change, their artificiality, frivolity and wrongness. The blind subordination of the people to the new rules showed that the people, in essence, are manageable, not critical, not inclined to think about what is happening. The situation provided a lot of food for thought. A psychological analysis of the situation, which was carried out in conditions of self-isolation based on our own experience, made it possible to make some theoretical provisions on the dynamics of the world picture, personality changes, self-esteem and value orientations, as a result of imposed self-isolation.

SOCIAL SECURITY IN CONDITIONS OF SELF-ISOLATION

Mirjana Milankov – professor, MD, PhD, President and founder of the National Center for Injury Prevention and Safety Promotion International Safe Community Support Center European Safe Community Network Global Network Associate Safe kids Worldwide OMEP Serbia. Serbia, Novi Sad.

The author is one of the leaders and member of the International Network of Safe Communities - one of the most important preventive projects of the World Health Organization. The work substantiates the need at the state level (city, regional) to organize and put in place a system of unified control over the state of environmental safety in conditions of self-isolation, including the information environment of educational institutions, since all educational institutions have switched to online working hours and are deprived of live human communication. Psychological safety is associated with the installation on the knowledge of ourselves, the development of our inner world. The role of religious beliefs in experiencing difficult times is analyzed.

SELF-DISCLOSURE OF ONE'S OWN ABILITIES AS AN INTERNAL DIALOGUE IN CONDITIONS OF SELF-ISOLATION

Valentina Chernyavskaya – professor of philosophy and legal psychology of Vladivostok State University of Economics and Service, Doctor of Pedagogical Sciences, Professor in the Department of Psychology (VAC), scientist, psychological consultant, trainer, head of the Primorsky branch of the Russian Psychological Society, chairman of the Board of the Primorsky Professional Association of Psychologists, leader of 8 federal scientific projects, 2 social projects. Experience of practical psychotherapeutic work 25 years. Russia, Vladivostok.

A new idea in the field of psychology – self-disclosure of human abilities – is defined as an internal dialogue with oneself, the center of which is the search and determination of the determination of personal resources.

Psychotherapy in the field of resource search is based on spiritual and moral foundations, on the inner support of a person. Conditions are formulated for self-disclosure of abilities in the conditions of “closeness” from the world, the deprivation of human communication.

ABILITIES AS A PHILOSOPHICAL FOUNDATION OF PEDAGOGY

Alexander Shevtsov – doctor of psychology, professor, head of the Section of Cultural-Historical Psychology of the Baltic Pedagogical Academy. Russia, St. Petersburg.

The research is based on the well-known Plutarch statement. We are talking about two possible ways of educational process: either “filling of the pupil” or its “kindling”.

The author comes to the conclusion that one more component of the educational process is missing: the abilities that should be identified and developed during the education at school of any level.

This requires an educational program aimed at the identification and development of the abilities, additional to the existing educational programs of filling students with knowledge.

At the end of the research the author emphasizes the necessity of a current list of priority skills needed for modern man as a meaningful member of society. The role of religion and spirituality is analyzed.

THE PARADOX OF MENTAL LIFE: EXPERIENCE OF EXPERIENCING ESCHATOLOGY OF TIME – PSYCHE AND SPIRIT, INDIVIDUAL AND PERSONALITY IN SELF-ISOLATION 2020

Lyubov Bitekhtina – doctor of philosophical sciences, professor, co-chair of modality “Religious-Oriented Psychotherapy” PPL Russia, Academician RNAN. Russia, Moscow.

The report examines the spiritual dimension of psychotherapy. A definition is given to the concept of the spirituality of psychotherapy, its origin and roots directly related to religious origin, both in man and in the existence of the world. Experience of experience of time eschatology in dynamics and stability of meanings is presented. As a rule, we do not distinguish mental balance with healthy spirituality, considering that it is either the same or both phenomena are directly interrelated. However, it is not! Spiritual life has its origins in a field other than mental life and is governed by other laws.

In the situation of spiritual faults opens time in its strange eschatological course, where a moment of radical and instant change to another type of person arises - was mental, became spiritual, different!

Other, other image and way of life with other measure and quality. The life that cannot develop further without God's involvement. It's a coup, a review of yourself. The example of the apostle Paul conversion, the apostles on the day of the coming of the Holy Spirit they became different, God.

WEBINAR ROOM 6

LECTURE “EXISTENTIAL THERAPY IN THE CASES OF TRAUMA”

27th of June 2020, 10.00–11.30, WEBINAR ROOM 6

Languages: Russian, English

Ferhat Jak Icoz (Turkey) – chair of Association for Existential Psychotherapies in Turkey, founder and Clinical Director of Existential Academy of Istanbul.

The modern and mainstream discourse on trauma is that it is a violent rupture in the flow of daily life in a way that life cannot be expected to go on on its presumed track. The same discourse offers “the way” out of trauma as processing it well up to a point in which the traumatic experience is well integrated into one's self structure. The last few years have shown us repeatedly that traumatic experiences neither need to be physically violent nor need to disrupt daily life; one may well keep one's functionality despite of psychological predicament. From an existential point of view, we construct our own worlds, our own realities. We do this because we find the nothingness that lays right beneath us terrifying. In line with this, we may be traumatised when this natural attitude (in comparison to phenomenological attitude as coined by Edmund Husserl) with all its bad-faith kind of certainties and securities is unsettled on a very ontological level, leaving us with a deep sense of nothingness with difficulty to hold on previous assumptions of safety. In this talk, I would like to tell the audience stories of clients experiencing this deeply unsettling sense, due to natural disasters, wars and torture. I would also like to offer various routes of interventions based on the phenomenological tradition in therapy. The main assumption that I would like to propose is that philosophical reviewing of our lives is not just for good times. Philosophy is not a luxury, but a necessity to hold onto what there is, to re-build a life after it is torn to pieces.

LECTURE “EXISTENTIAL CHALLENGES DURING A PANDEMIC”

27th of June 2020, 12.00–13.30, WEBINAR ROOM 6

Languages: Russian, English

Alfried Laengle (Austria) – professor, founder of the stately approved training school of Existential-Analytical Psychotherapy (Gle-international).

This time of quarantine is for some people critical, but for most just unfamiliar. What is existentially seen the specific challenge of such time?

The breakdown of daily routines, customs, and our experienced life produces insecurity – how can we deal with that? And when the insecurity grows up into anxiety – what to do then?

Also despair, meaninglessness, and loneliness occupy many people. Psychotherapists are asked to help them. But how can we do that in the midst of a pandemic?

Existential theory can help to understand better the underlying processes in the suffering of such an extraordinary time. And this provides us with specific means to help to people who are exposed to such strain and stress. Both, the theoretical understanding and the practical help for this crisis situation, insecurity, anxiety, and loneliness, will be the theme of this presentation.

LECTURE “FREEDOM AND DESTINY: WHAT ARE WE DOING WITH OUR LIFE”

27th of June 2020, 14.00–14.45, WEBINAR ROOM 6

Languages: Russian

Dmitry Leontiev (Russia) – Doctor of Psychology, professor.

Our life is conditioned by many factors beyond our control, and this refers to everyone. How much can we influence our life ourselves? This is much more a matter of individual differences, and the most important of them is our belief in the possibility of influencing our own life. Without it we cannot help swimming with the stream.

Last months, due to COVID-19 pandemic and its consequences, the determination of our life increased, and the range of freedom narrowed. What follows from this for our living? How not to lose our resources of free self-determination in these challenging times?

LECTURE “CHARACTERISTICS OF THE THERAPEUTIC OPERATING METHOD OF THE ITALIAN SCHOOL OF NEOEXISTENTIAL PSYCHOTHERAPY”

27th of June 2020, 15.30–17.00, WEBINAR ROOM 6

Languages: Russian, English

Gianfranco Buffardi (Italy) – professor, founder and president of the Institute of Human and Existential Sciences in Naples.

The Italian School of neoExistential Psychotherapy (SPEs) aims to combine the theoretical- philosophical premises of the existential approach with the principles of generative-transformational psycholinguistics in the interests of therapy support.

At a theoretical-clinical level it is based on Existential Loganalysis, which derives from Daseinsanalyse (M. Heidegger and M. Boss), Existenz- Erhellung (K. Jaspers) and Existenzanalyse (V. E. Frankl).

The linguistic-operative level adopts and re-elaborates the principles of the communicative meta-model put forward by J. Grinder and R. Bandler, applying N. Chomsky's generative-transformational grammar to psycholinguistics.

The specific goal is to offer help to whoever is experiencing (in various degrees and levels) an existential crisis through the stimulation and facilitation of an adequate clarification and restructuring of the personal reference systems (“interior maps”) that underlie their attitude and inner life as well as their corresponding life style.

The lecture will deal with the methodological approach of the school.

LECTURE “THE IMPACT OF THERAPEUTIC FACTORS AS NARRATED BY CLIENTS AMIDST CHAOS, DISEASE AND CONSTANT CHANGE”

27th of June 2020, 17.30–19.00, WEBINAR ROOM 6

Languages: Russian, English

Katerina Zymnis-Georgalos (Greece) – member of the board of Federation for Existential Therapy in Europe, co-chair of the organizing committee of the 3rd World Existential Therapy Congress in Athens (2023), founding member, trainer and supervisor at The Hellenic Association for Existential Psychotherapy.

The lecture will bring forth the therapeutic factors leading to change as narrated by clients who have successfully completed psychotherapy. The presentation will focus on the impact that therapy has in a world of never ending change, chaos and possibility.

EVENTS ON JUNE 28, 2020

WEBINAR ROOM 1

International fundamental round table “READINESS OF PSYCHOTHERAPY FOR UPCOMING GLOBAL CHALLENGES”

28th of June 2020, 10.00–14.00, WEBINAR ROOM 1

Languages: Russian, English

CHAIRMEN: Alfred Pritz (Vienna, Austria), Victor Makarov (Moscow, Russia), Alexander Katkov (St. Petersburg, Russia), Edward Chan (Kuala Lumpur, Malaysia).

Alfred Pritz – doctor of medical sciences, MD, professor, President of the World Council for Psychotherapy (WCP), Ph.D in Psychopathology and Pedagogics, founder and past-time General secretary of the European Association for Psychotherapy, rector and full professor of the Sigmund Freud University, Vienna Collaborator for the Austrian law for Psychotherapy and advisor in some European ministries. Honorary President of the IX World Congress for Psychotherapy. Austria, Vienna.

Victor Makarov – doctor of medical sciences, MD, professor, President of the All-Russian Professional Psychotherapeutic League and the National Self-Regulating Organization «Union of Psychotherapists and Psychologists», President elect of the Asian Federation of Psychotherapy, Vice-President of the World Council for Psychotherapy, President of the IX World Congress for Psychotherapy, Head of the Department of Psychotherapy and Sexology of the Russian Medical Academy of Continuous Professional Education. President of the IX World Congress for Psychotherapy. Russia, Moscow.

Alexander Katkov – doctor of medical sciences, MD, professor, Head of the International Institute of Social Psychotherapy St. Petersburg, full member and Vice-President in All-Russia Psychotherapeutic League, official teacher and supervisor of the practice in All-Russia Psychotherapeutic League, Chairman of the Committee on Legislative Initiatives and the Committee for the Science, psychotherapist of the Unified Register of Professional Psychotherapists of Europe, official consultant and expert of the UPNOON on drug addiction (epidemiology, prevention, psychotherapy, rehabilitation) in Central Asia. Russia, Saint-Petersburg.

Edward Chan (Malaysia) – Doctor of Science, Board Member and Fellow of the World Council for Psychotherapy, President and Fellow of the Malaysian Association of Psychotherapy, President of the Malaysian Employees Assistance Professionals Association, Principal Consultant Psychologist of the International Psychology Centre, Clinical Director of WellLab, Centre for Advanced Diagnostic Laboratory Testing, President and Fellow of the Malaysian Cognitive Behavioral Therapy Association, Head of the Psychotherapy & Nutritional Therapy Chapter of the Malaysian Society for Complementary Medicine, Adjunct Professor of the International Psychology & Complementary Medicine University. Malaysia, Kuala Lumpur.

Presenters

FROM FLAPSI - IN COVID-19 TIMES

Emilia Afrange (Brazil) – President of Latin-American Federation of Psychotherapy, Vice-President of Brazilian Association of Psychotherapy, psychologist of the team specialized in Prematures at “Escola Paulista de Medicina”, psychotherapist, clinical psychologist, teacher and supervisor of Institute Sedes Sapientiae, affiliated member of the Psychoanalysis Brazilian Society in São Paulo.

TOPIC OF THE PRESENTATION TO BE ANNOUNCED

Ilgiz Timerbulatov – doctor of medical sciences, MD, professor, head of the department of psychotherapy at the Bashkir State Medical University, head physician of the Republican Clinical Psychotherapy Center, chief psychotherapist of the Ministry of Health of the Republic of Bashkortostan, vice president of the All-Russian Professional Psychotherapeutic League for the Volga Federal District. Russia, Ufa.

EMERGING ISSUES IN PSYCHOTHERAPY # COVID 19

Emilija Stoimenova Canevska (North Macedonia) – Prof. Dr., licensed health psychologist and psychotherapist, EAGT – and EAP-



certified trainer and supervisor, as well as organizational coach and consultant.

THE FUTURE OF PSYCHOTHERAPY IN A MEDICALIZED WORLD

Katerina Zymnis-Georgalos (Greece) – member of the board of Federation for Existential Therapy in Europe, co-chair of the organizing committee of the 3rd World Existential Therapy Congress in Athens (2023), founding member, trainer and supervisor at The Hellenic Association for Existential Psychotherapy.

This presentation will focus on the challenges that the psychotherapy planet needs to face if it is to survive in a medicalized universe

PSYCHOTHERAPY AS EDUCATION

Gianfranco Buffardi (Italy) – professor, the founder and president of the Institute of Human and Existential Sciences in Naples.

The scientific community recognizes the therapeutic value of psychotherapies, but strongly doubts the scientific foundations of the models. Indeed, the help offered by psychotherapies is an educational aid. The person requesting “educational” help would like, more or less consciously, to be placed in a position to be able to broaden their operational strategies. Existential therapy is a non-invasive and non-deterministic psychotherapy that helps autonomous reconditioning. Therefore, it favors educational help also through the wise use of non-specific therapeutic factors.

INTEGRATION OF MEDICAL TECHNOLOGIES OF BRAIN ACTIVATION IN PSYCHOTHERAPY

Zlata Polozhaya – MD, PhD, head of the Department of Psychotherapy, Institute of Interdisciplinary Medicine, psychiatrist, psychotherapist, hypnotherapist, group psychotherapist, official representative of the Central Council of the All-Russian Psychotherapeutic League in Italy, deputy chairman of the Academic Council for Psychotherapy of the National Association for the Development of Psychotherapeutic and Psychological Science and Practice, Member of the World Institute Pain (WIP). Russia, Moscow.

The report considers the opportunities of using medical brain technology for the activation of brain activity in psychotherapy. Modern medical equipment uses visual, auditory and electromagnetic types of brain stimulation. Depending on the technology used, it is possible to achieve the necessary effect to eliminate mental disorders. The combination of brain technology and psychotherapy gives a better result.

NEW VIEW TOWARDS HEALTH IN THE UNCERTAINTY PERIOD

Olga Kuznetsova – clinical psychologist, business therapist, Transactional Analysis therapist, executive coach, entrepreneur, author of the first-of-its-kind professional training program in Russia for nutrition specialists and eating psychology consultants called “Weight correction and eating psychology consultant. Nutritionist”, which is ranked among the top 3 training courses at Moscow Institute of Psychoanalysis.

THREE LEVELS OF PSYCHOTHERAPY AND THREE VERSIONS OF GLOBAL FUTURE

Irina Cheglova – Ph.D., MD, associate professor, vice-president of Professional Psychotherapeutic League of Russia.

The three-level model of psychotherapeutic practice is being presenting. Each level of the model is being analysed in connection with its core goals and methodology. Professional practices based on these levels are observed as civilizational tools in respective versions of global future.

FUTURE OF PSYCHOTHERAPY IN INTERNET REVOLUTION

Dmitry Shamenkov (Russia) – MD, Director, Research and Educational Center for Health Information Technology and Social Medicine of Sechenov University, Member of Council, Skolkovo Foundation. Founder of Opendialogue.space.

RELIGIOUS-ORIENTED PSYCHOTHERAPY IN THE PERIOD OF SELF-ISOLATION IN THE CORONAVIRUS PANDEMIC 2020

Lyubov Bitekhtina – candidate of psychological science, Doctor of philosophy, professor, academician of the Russian Academy of Sciences, co-head of the modality “Religious-oriented psychotherapy” of the All-Russian Professional Psychotherapeutic League. Moscow, Russia.

Irina Sokolovskaya – doctor of psychological Sciences, Professor of the Department of social, General and clinical psychology of the Russian state social University, Full member of the all-Russian Professional Psychotherapy League, General Manager of the modality “Religiously-oriented psychotherapy”. Russia, Moscow.

Marina Chukhrova – doctor of medical Sciences, Professor of the Department of personality psychology and special psychology of the Federal state University of Economics. Novosibirsk, Russia.

“CORONAFORUM: LET’S TALK ABOUT IT”

28th of June 2020, 12.30–14.30, WEBINAR ROOM 1

Languages: Russian, English

Paola Pomponi (Italy – UK) – chair of the Society for Existential Analysis (UK).

Reflections of the changes in psychotherapeutic practice during lockdown.

Loss and gain, form an Existential point of view.

Symposium

«INTEGRATED SHORT-TERM THERAPY FOR TRAUMAS AND SYMPTOMS OF THE INDIVIDUAL, FAMILY, ORGANISATION, GROUP OR SOCIETY DURING THE CURRENT CORONAVIRUS PANDEMIC» (continued)

28th of June 2020, 14.30–20.00, WEBINAR ROOM 1

Languages: Russian, English

WEBINAR ROOM 2

LECTURE “THE FUTURE OF PSYCHOTHERAPY AND A DIALOGUE OF CULTURES”

28th of June 2020, 10.00–10.45, WEBINAR ROOM 2

Languages: Russian

Semyon Yesselson (Russia) – board member of the Federation for Existential Therapy in Europe (FETE), board chairman of the International Institute for Existential Counseling (MIEK), head of Existential therapy modality at the National Umbrella Organization of Russia (OPPL).

Our modern civilization, despite the competition of different countries and various social, economic and political systems, is taking on an increasingly explicit form of a global technological civilization, which is perpetuated and dominated by the worldview, in line with Buber’s “I-It” formula.

All the key futurological concepts of the present day fit under the current trends associated with the existence of the “I-It” world.

Meanwhile, psychotherapy, from its very inception, has resulted from medical practitioners’ search for ways of assistance to their patients with various mental and behavioral disorders. Depending upon which philosophical or religious worldviews they adhered to, specific ways of assistance were being invented. Thus, this gave rise to the neo-Kantian, neo-Marxist, neo-Zen, neo-Taoist, post-modern practices of treatment that were united under one title – psychotherapy.

The present-day “I-It” civilization is trying to shape psychotherapy to its own image by narrowing it down to a set of tricks, techniques and technologies to affect the mind and the behavior of people.

The transition of this civilization into the Information Age is not changing anything in those trends, but makes them even worse.

The lecture discusses the prospects for the existence and the development of psychotherapy, in spite of the dominating trends of the “I-It” civilization. It is being proposed that psychotherapy can play the role of “Old Mole”, preparing the civilization shift towards a dialogue of cultures.

Panel session "SHAPING THE IMAGE OF THE FUTURE TO SAVE PARENT-CHILD RELATIONSHIPS DURING PROLONGED FAMILY ISOLATION"

28th of June 2020, 11.00–14.00, WEBINAR ROOM 2
Languages: Russian

Panel session "THE PSYCHOLOGY OF EATING BEHAVIOR. INTEGRATIVE APPROACH. CHARACTERISTICS UNDER STRESS AND UNCERTAINTY"

28th of June 2020, 14.00–17.00, WEBINAR ROOM 2
Languages: Russian

Симпозиум «EXISTENTIAL THERAPY» (beginning)

28th of June 2020, 17.00–20.00, WEBINAR ROOM 2
Languages: Russian

CHAIRMAN: Semyon Yesselson (Rostov-On-Don, Russia), Svetlana Krivtsova (Moscow, Russia).

Existential therapy - is the only direction of psychotherapies, which is not tied with any specific methodology. It focuses on how a person lives, meets and tackles the complexities of life, the vagaries of his or her destiny. It is closely related to existential philosophy, representing its praxis. The phenomenology and the hermeneutics approaches are the pre-requisites in existential therapy, which allow viewing each person and each life situation in their uniqueness and peculiarity.

17.30–17.35. Opening

17.35–17.45 EXISTENTIAL RESOURCES FOR HEALING OF PSYCHOLOGICAL TRAUMA CAUSED BY MODERN PANDEMIC

Mazur Elena (Russia)

17.45–17.55 17.45 – 17.55 VULNERABILITY OF THE CLIENTS WITH TRAUMA IN THE TIME OF CORONA. SPECIFICS OF PSYCHOLOGICAL HELP

Timofeeva Elena (Sweden)

17.55–18.05 THE EXPERIENCE OF LIFE CRISES IN EXTREME SITUATION (FROM THE EXPERIENCE OF THE REFUGEES AND INTERNALLY DISPLACED PERSONS)

Pushkaryova Natalya – educational psychologist, existential consultant, teacher of the International Institute of existential counseling (MIEK), Secretary of the Board of the National Association of existential counseling and therapy. Russia, Saint Petersburg.

The report examines the experience of living in crises by people who became refugees and internally displaced persons, participants in the military events in the Donbas in 2014. We consider the changes that occur in people's lives when faced with such a crisis as war. This paper presents research from 2014 to the present.

18.05–18.15 THE ENCOUNTER WITH E. MINKOWSKI. QUARANTINE REFLECTIONS

Zinevych Anastasiia (Ukraine)

INDIVIDUAL COPING STRATEGIES DURING THE COVID19 PANDEMIC

Naumenko Anna (UK)

Kupavskayan Aleksandra (UK)

18.25–18.40 Questions and answers

18.40–18.50 PSYCHOTHERAPEUTIC ASPECTS OF VOLUNTEERING ON THE CRISISLINE: FIRST OBSERVATIONS OF AN EXISTENTIAL THERAPIST

Bolshanin Alexey (Ukraine)

18.50–19.00 ADDRESSING ANXIETY IN PSYCHOTHERAPY BASING ON F.E. VASILYUK'S LIFE-WORLDS MODEL

Drozdov Dmitry – psychologist, president of Association for Co-experiencing psychotherapy. Russia, Moscow.

Methods of psychotherapy of anxiety are observed in the paper. And opportunities provided by the Life-worlds model in the development and adaptation of methods individually for a specific client.

19.00–19.10 ON THE EVE OF A PANDEMIC (EXPERIENCE OF MEETING IN EXISTENTIAL DOLL THERAPY BY A.V. GNEZDILOV)

Denyskova Kateryna – practicing psychologist, full member of The Ukrainian Association of Existential Consultancy and Therapy (UAECT), post graduate of Kherson State University, Ukraine.

The main provisions of the author's approach of Professor A.V. Gnezdilova to existential doll therapy: the existential dimension of the Miraculous; doll as a miracle and a guide to the world of fairy tales; doll as a childhood messenger and Friend - is observed in the report. The experience of experiencing a meeting with a doll is conceptualized as part of a workshop: Existential Journey to the Storyteller: "Diseases of loved ones".

19.10–19.20 RISKING HIS LIFE

Lozovikova Ekaterina (Russia)

19.20–19.30 THERAPY OF THE CONSEQUENCES OF SELF-ISOLATION THROUGH LF (LOGO FENCING)

Letunovsky Viacheslav (Russia)

19.30–19.40 PECULIARITIES OF DREAMS DURING THE CORONARY VIRUS PANDEMIC

Rimvydas Budris – Deputy Director of the Institute of Humanistic and Existential Psychology. Lithuania, the city of Palanga.

The report will consider the main features of dreams that were presented in group work with dreams. The dream group took place online in Lithuania during the pandemic from mid-March to late June. It was attended by 10 to 15 people of various specialties. The author of the report was one of the leaders of this group. The report will discuss the difference between dreams that were during a pandemic from dreams at ordinary times. It will also be noted what is most reflected in the content of dreams.

19.40–20.00. Questions and answers

WEBINAR ROOM 3

CONFERENCE ON TRAINING THERAPY "... AND WHO IS GOING TO HELP THE HELPERS?"

28th of June 2020, 10.00–16.00, WEBINAR ROOM 3

Languages: Russian, English (при необходимости)

CHAIRPERSON: Ekaterina Makarova (Moscow, Russia).

WHAT KIND OF A PSYCHOLOGIST/PSYCHOTHERAPIST ARE YOU AND WHAT INTERFERES YOUR PROFESSIONAL REALIZATION?

Ekaterina Makarova – psychoanalyst, head of the central council committee of the All-Russian professional psychotherapeutic league for training therapy, certified training therapist - advisor by PPL, accredited supervisor of PPL, lecturer of PPL of international level, chairman of the international section of the All-Russian Professional Psychotherapeutic League, chairman of the youth section of the World Council for Psychotherapy, Ph.D. candidate at the Sigmund Freud University (Vienna, Austria), MSc. Moscow, Russia.

Self-isolation, quarantine, information overload, fear of the future have become a sudden and extreme reality for all humans. Familiar with the resources of psychotherapy and still in doubt, but in dire need of support, people habitually or for the first time turned to psychologists and psychotherapists for help. I will show the resources with which successfully adapting colleagues were able to answer the challenge of our time and expand their practice in my report.



INTEGRATION OF MEDIATION AS AN CONDUCTIVE INSTRUMENT FOR RESOLVING INTERPERSONAL CONFLICTS IN THE PRACTICE OF TRAINING THERAPIE IN THE PERIOD OF THE CORONAVIRUS PANDEMIC

Nina Lavrova – chairman of the Supervisory board of the SRO «National Association for the development of psychotherapeutic and psychological science and practice «Union of psychotherapists and psychologists», director of the Center for systemic counseling and training «Synergia» (St. Petersburg, Russia), head of the Committee for mediation of PPL, head of modality Systemic family psychotherapy: Eastern version of PPL, head of the Department of mediation and conflict resolution of the Institute of practical psychology «Imaton» (St. Petersburg, Russia), systemic family psychotherapist, coach-mediator, psychologist, certified personal therapist-adviser PPL, accredited supervisor of PPL, psychotherapist of the unified register of professional psychotherapists in Europe, certified mediator of the international level (diploma of the Institute of systemic family mediation, Italy), member of the European Association of systemic mediators (AIMS), author of more than one hundred publications on problems of mediation, conflictology, family psychotherapy, organizational consulting, coaching.

EXPERIENCE OF VARIOUS MODELS OF TRAINING THERAPY. RESOURCEFUL OPPORTUNITIES OF MODERN INTEGRATIVE ART-THERAPY

Inna Zezulinskaya – holder of the European Certificate for Psychotherapy; systemic family psychotherapist; art therapist, mediator; accredited training psychotherapist-adviser and supervisor of PPL; certified PPL trainer of national level; trainer of the Institute of Practical Psychology “Imaton” (Saint Petersburg); head of the Crimean regional branch of PPL Russia (register of psychotherapists and psychologists of Russian Federation); associate professor, trainer of the IPO SRS KIP (Interregional Public Organization for Promotion of Symboldrama – Catathymic Imaginative Psychotherapy Development); supervisory Board member of the Self-regulating organization National Association for the Development of Psychotherapeutic and Psychological Science and Practice «Union of Psychotherapists and Psychologists»; full member of Art-therapeutic Association of Russian Federation; head of Applied psychology center “Harmony” and of art-therapeutic workroom “Paints of the Soul” (Sevastopol)- PPL Statuses: Full member of PPL Russia; head of the Crimean regional branch of PPL Russia; accredited training psychotherapist-adviser and supervisor of PPL; certified PPL trainer of national level. Sevastopol, Russia.

POWER GAMES IN PSYCHOTHERAPY

Galina Makarova – PhD., transactional analyst, supervisor, teacher and author. ECP holder, chairperson of the «Eastern Version of Transactional Analysis» modality by All-Russian Professional Psychotherapeutic League, training therapist of the PPL. Moscow, Russia.

GROUP PSYCHOTHERAPY (TRAINING GROUP THERAPY), SUPERVISION, BALINT GROUP - SIMILARITIES AND DIFFERENCES

Anzhela Avagimyan – senior Lecturer at FSAEI HE I.M. Sechenov First Moscow State Medical University, Medical Psychologist, No.1 N.A. Alekseyev Psychiatric Clinic, President of the Balint Society in Moscow, Russia

This report examines the similarities and differences in the use of professional help methods by help professions specialists – medical and social workers, psychologists and psychotherapists. It compares the efficiency of given methods and determines whether it is necessary to use them jointly in order to create synergy effect.

MASTER CLASS “INTEGRATIVE RESOURCE ART-THERAPY AS A METHOD OF SELF-AWARENESS AND SELF-DEVELOPMENT”

Inna Zezulinskaya – holder of the European Certificate for Psychotherapy; systemic family psychotherapist; art therapist, mediator; accredited training psychotherapist-adviser and supervisor

of PPL; certified PPL trainer of national level; trainer of the Institute of Practical Psychology “Imaton” (Saint Petersburg); head of the Crimean regional branch of PPL Russia (register of psychotherapists and psychologists of Russian Federation); associate professor, trainer of the IPO SRS KIP (Interregional Public Organization for Promotion of Symboldrama – Catathymic Imaginative Psychotherapy Development); supervisory Board member of the Self-regulating organization National Association for the Development of Psychotherapeutic and Psychological Science and Practice «Union of Psychotherapists and Psychologists»; full member of Art-therapeutic Association of Russian Federation; head of Applied psychology center “Harmony” and of art-therapeutic workroom “Paints of the Soul” (Sevastopol)- PPL Statuses: Full member of PPL Russia; head of the Crimean regional branch of PPL Russia; accredited training psychotherapist-adviser and supervisor of PPL; certified PPL trainer of national level. Sevastopol, Russia.

WORK WITH FAMILY HISTORY AS A RESOURCE FOR THE IMPLEMENTATION OF THE VITAL TASKS OF CANDIDATES IN THE PROCESS OF TRAINING THERAPY

Natalya Perervus – psychologist, systems therapist, constellator, training therapist-adviser and supervisor of the PPL, full member of the PPL.

The history of each person is inscribed in his family history, which, in turn, is included in social history. Our fate depends not only on the family in which we were born and raised, but also on our extended family, the life history of our ancestors, on the events and traditions of our family. The knowledge about the life of previous generations gives us a resource, a source of self-realization, and access to the most valuable family gifts.

It is impossible to disagree with the famous DNA genealogy specialist, professor A.A. Klesov, who claims: “When I know my pedigree, my step is more elastic, my back is more direct, and the responsibility on my shoulders cannot be failed. This sounds pathetic, but, knowing the history of my ancestors, I have more advantages than if I knew 2-3 generations in depth.”

And vice versa, we can receive a minimum of information and far from the best experience as a legacy from our ancestors. The more information about some difficult events in the life of the family is hushed up, “expelled” from the group consciousness, falling into the group unconscious, the more likely it will negatively affect future generations, namely: the consequences of collective injuries, unworked mourning, unexpressed feelings and unaware tears, anniversary syndrome.

To acquaint with various methods of working with family history, to show how with their help it is possible to identify the processes of transgenerational transmission and transgenerational repetition; to discover various roles and rules, to identify the resources available in the family system - this is one of the important spectra of tasks when working with candidates in the process of their training therapy.

THERAPY TASKS IN WORKING WITH SPECIALISTS WITH PROFESSIONAL EXPERIENCE BEYOND ASSISTING PROFESSIONS

Irina Shcherbakova – psychologist, counselor, psychotherapist, certified training therapist of PPL, certified consultant of PPL, a valid member of PPL. Russia, Yekaterinburg.

Key points in the formation of professional identity of specialists, for whom psychological counselling and psychotherapy are not the first profession, are viewed in the paper. Options for determining resources and limitations of formed personal structures are investigated. The author pays special attention to the integration of previous life and professional experience into the new professional identity of specialists.

GROUP DISCUSSION AND CONFERENCE CLOSING

Round Table «DISCUSSION OF PROFESSIONAL STANDARD “PSYCHOLOGIST - CONSULTANT” PROJECT»

28th of June 2020, 16.15–17.15, WEBINAR ROOM 3
Languages: Russian

MODERATORS: Maria Korshikova (Moscow, Russia), Andrey Kalashnikov (Moscow, Russia).

Maria Korshikova – Vice-President, Head of the Professional Standards Group, Member of the Presidential Council of the SRO National Association “Psychotherapists and Psychologists Union.” Psychologist, International Transaction Analyst — Coach, All-Russian Professional Psychotherapeutic League full member. Russia, Moscow.

Andrey Kalashnikov – clinical psychologist, senior lecturer, Department of Pedagogy and Medical Psychology, I.M. Sechenov First Moscow State Medical University, head of the committee for the coaching of the OPPL, member of the Presidential Council of the SRO “Union of Psychotherapists and Psychologists”, OPPL Central Council member. Russia, Moscow.

Issues for discussion:

1. Discussion of the project of professional standard “Psychologist-Consultant”.
2. The relevance of developing a project of professional standard “Psychologist - Consultant” for the professional community.
3. Draft of the professional standard “Psychologist - Consultant” and the work of organizations of additional professional education.
4. Aspects of the psychologist’s work – public consultant and psychologist-consultant in the work place.

LECTURE “COVID-19. HUMAN MENTAL FUNCTIONING UNDER THE CONDITIONS OF THE STRESS PANDEMIC”

28th of June 2020, 18.30–20.00, WEBINAR ROOM 3

Languages: Russian

Andrey Strelchenko (Russia) – Doctor of Medical Sciences, full member of the Professional Psychotherapeutic League, psychotherapist of the Unified Register of Psychotherapists in Europe, Official representative of the central council of the Professional psychotherapeutic league in Latin America.

Vera Odyn (Russia) – doctor of the highest category, Honored Health Worker of Russia.

The lecture discusses the mechanisms of the functioning of the psyche under prolonged stress caused by the pandemic of the coronavirus, as well as the factors underlying the increase in stress resistance. Practical recommendations and techniques of mental self-regulation are given.

EVENTS ON JUNE 29, 2020

WEBINAR ROOM 1

Round Table “ROLE OF PSYCHOLOGICAL VOLUNTEERING IN PANDEMIC. DEVELOPMENT OF VOLUNTEER SERVICES IN RUSSIA”

29th of June 2020, 10.00–14.00, WEBINAR ROOM 1

Languages: Russian

CHAIRMAN: Inna Silenok (Krasnodar, Russia), Olesya Nazarova (Moscow, Russia).

In round table work will have involved experts - leaderships of psychological volunteer centers, group, detachments; leaderships directions of practical psychology and auxiliary professions, standing at the origins of volunteering in Russia and in the world. Within the round table work experts will have perform with reports about their experience in organization and carry out of volunteer psychological support in pandemic conditionals, exit from pandemic and about psychological education in Russia. Involvements will discuss the prospects of developing psychological volunteering in Russia.

Panel session “INTEGRATIVE PROCESS IN PSYCHOTHERAPY, PRACTICAL PSYCHOLOGY AND COACHING, MULTIMODAL PSYCHOTHERAPY”

29th of June 2020, 14.00–16.30, WEBINAR ROOM 1

Languages: Russian

CHAIRMAN: Victor Makarov (Moscow, Russia), Alexander Katkov (St. Petersburg, Russia), Vladimir Sgibov (Penza, Russia).

Formation of the integrative psychotherapy represents a movement in the direction of conceptual synthesis of modern scientific theories of a personality and its changes and the corresponding psychotherapeutic

methods. The method of multimodal therapy is a Russian version of the integrative psychotherapy which takes into account the peculiarity of the national psychotherapy. Each final congress of the League is represented by a large breakout session on this method, which has the increasing number of supporters. The most important characteristic of the integrative movement in psychotherapy is that the psychotherapist takes into account the individual clinical and psychological characteristics of the patient, his needs and specific features of his illness.

SPECIAL THERAPEUTIC EXPOSURE LEADS TO POST-TRAUMATIC PERSONAL GROWTH

Olga Andronnikova – Ph.D., Dean of the Faculty of Psychology, Associate Professor, Novosibirsk State Pedagogical University. Chairman of the Novosibirsk Regional Branch of the Federation of Educational Psychologists of Russia. Full member of the All-Russian Professional Psychotherapeutic League. Member of the American Psychological Association (APA), Russian Academy of Natural Sciences (RAE). Novosibirsk, Russia.

The report discusses specific and non-specific factors leading to post-traumatic personality growth. It is analyzed by the individual’s ability to integrate traumatic experience and its socio-psychological consequences into a holistic personality experience in a situation of directed psychotherapeutic work. The phenomenon of mental trauma is analyzed as forcing injured individuals to learn new social experiences.

OUR EXPERIENCE IN ONLINE PSYCHOTHERAPY DURING CORONA VIRUS PANDEMIC

Biljana Andjelkovic – Master of medical sciences, psychiatrist – psychotherapist, private therapeutic practice; Pastoral Advisory Centre of the Serbian Orthodox Church. Serbia, Belgrade.

In the report we present therapeutic protocols of group analysis through three working groups and individual psychoanalytic psychotherapy, carried out online during coronavirus pandemic. The paper deals with a three-month experience with clients in the private psychotherapeutic practice and the therapy environment within the Pastoral Advisory Centre of the Serbian Orthodox Church.

STRATEGY OF SYRVIVING IN PSYCHOLOGICAL CONTEXT OF ARCTYPE IMAGES

Itta Ryumina – art&psychoteraphist certified as children, teenagers and young people psychoterapist by Austrian Institute OEKIDS, member of Russian-Austrian Institute of the Integrative Psychotherapy and practice psychology «Genesis». Russia, Moscow.

Author represents her technique which becomes more actual in the conditions of increasing aggression in human society, loss of mutual understanding, trust and coherence. The ways to solve such problems which were squeezed out from our consciousness once, were preserved in the collective unconscious in the form of signs, symbols and archetypal images. Ancient patterns found in in fairy tales, legends, epics perceived by the young generation through the prism of the speaker’s author’s technique are being establishing in young people’s mind as electronic chips which restore program for Victory. This technique corresponds with integrative approach of Vienna Institute OKIDS which synthesizes a variety of forms of psychotherapeutic influence and brings great possibilities to solve large-scale problems through the child and youth psychotherapy.

The work shop allows psychotherapists to act as teenagers and to perceive the possibilities of psychotherapeutic impacts of deep archetypal images through the game forms of theatricalization.

EXPERIENCE OF THE ASSOCIATION OF VALUE-ORIENTED PSYCHOLOGY IN ASSISTANCE TO THE SOCIETY DURING THE PANDEMIC CAUSED BY THE CORONA VIRUS

Zoya Kraslavskaya – candidate of economic sciences, associate professor, executive director of the Association of Value-Oriented Psychology, full member of the Association of Value-Oriented Psychology, psychologist. Russia, Rostov-on-Don.

The report examines the experience of assisting citizens, families, and society during a pandemic caused by the corona virus, reflects the



results of activities undertaken by the Association of Value-Oriented Psychology in the spring-summer period of 2020, pays attention to the relevance of applying the value-based approach in psychology.

CHILDREN AND LANGUAGE. EXPERIENCE INOCULATING A LOVE OF LANGUAGE

Viktoria Robustelli – practicing psychologist, student at the International Institute for Existential Counseling. Italia, Milan.

Experience inoculating a love of language for children, including remotely, under quarantine. Difficulties, associated with this.

CLOSING OF THE ONLINE PRE-CONGRESS OF THE NINTH WORLD CONGRESS OF PSYCHOTHERAPY “PSYCHOTHERAPY TO HELP CITIZENS, FAMILIES, GROUPS AND THE SOCIETY DURING CORONAVIRUS PANDEMIC”

29th of June 2020, 17.00–20.00, WEBINAR ROOM 1

Languages: Russian, English

WEBINAR ROOM 2

Panel session “INTEGRATED SPIRITUALLY-ORIENTED APPROACH TO WORKING WITH SEVERE PSYCHOSOMATIC DISORDERS AND ONCOLOGY DURING THE CURRENT PANDEMIC”

29th of June 2020, 10.00–16.00, WEBINAR ROOM 2

Languages: Russian, English

CHAIRMEN: Natalia Spokoinyi (Berlin, Germany), Tatyana Nikiforova (Bratsk, Russia).

The section presents new achievements and developments in the integrated spiritually-oriented approach to severe psychosomatics (that are being aggravated by the current pandemic) for the purpose of client recovery. The author's methods combine various individual and group methods of work, such as systemic constellations, body-oriented practices and art-therapeutic techniques (colour, music and integrative sandplay therapy, MAC, etc.) We begin with the assertion that the disease is a physical expression of the struggle between two parts of a personality: denying, destroying and supporting, affirming life. The purpose of the approach – to help the patient turn from a victim into an active creator of their own wellbeing: to mobilize their own strength, thereby giving impetus to the immune system to effectively counteract the disease and extend their years of joyful, fruitful life.

The effectiveness of the method is demonstrated by examples of clients with such serious diseases as cancer, hepatitis C, lupus erythematosus, schizophrenia and other mental disorders, etc.

INTEGRATED SPIRITUALLY-ORIENTED APPROACH TO PSYCHOTHERAPEUTIC WORK WITH CANCER PATIENTS DURING THIS PERIOD OF PANDEMIC

Tatyana Nikiforova – child and family psychologist, art therapist, fairytale therapist, full member, official trainer and personal therapist of PPL. Russia, Bratsk.

This report shows how a combination of various methods of spiritually-oriented psychotherapy can be used in conjunction with modern communications technology to not only perform private consultations and group training exercises but also support cancer patients and effectively assist in their recovery. The method is demonstrated with specific clients examples.

AUTHOR'S BEMS – MODEL (BODY-EMOTIONS-MIND-SPIRIT) METHOD FOR CLIENT VALUES ORIENTED WORK WITH SEVERE PSYCHOSOMATIC ISSUES DURING THE CURRENT PANDEMIC

Natalia Spokoinyi – director of IIS Berlin - International Institute of System Constellations, full member and international level trainer of PPL, WCP and EAP certified psychotherapist, master trainer of INFOSYON and DGfS, systemic sex therapist, master theologian A.Men Uni. Germany, Berlin.

It has been established that severe psychosomatic disorders are caused by the client's trauma, as a rule, a severe trauma of his family. The report shows how in such cases it is effective to apply the author's BEMS-MODEL method, focused on client values, to work with extremely severe trauma and psychosomatics that are being aggravated by the current pandemic.

METHOD OF PSYCHOTHERAPEUTIC KINESIOLOGY IN WORK WITH SEVERE PSYCHOSOMATICS AND SYMPTOMS OF PAIN

Galina Korchagina – psychologist, psychotherapeutic kinesiologist, full member of the APK and full member, candidate for personal therapists, official trainer of PPL. Russia, Irkutsk.

The report presents kinesiological techniques and tools to assist in improving the well-being of cancer patients, especially in times of temporary quarantine. It describes the possibilities in working with pain and manifestations of psychosomatics. It further focuses on the processing of the client's past stressful situations so as to decrease their effect upon current wellbeing.

CYBER BULLYING AS A CAUSE OF SEVERE PSYCHOSOMATICS IN ADOLESCENTS

Polina Dolgova – child psychologist, art therapist, fairy tale therapist, specialist in working with bullying and teenage crises. Russia, Bratsk.

Cyber bullying, the psychological abuse through the internet, has now reached incredible proportions. This is the reason for the development of neuropsychiatric, neurotic and behavioral disorders, as well as, disruptions to sleep and appetite and depression and the formation of post-traumatic syndrome leading to severe psychosomatics. There is an analysis of the sociocultural prerequisites for the emergence of school bullying, causes of aggressive behavior in adolescents, detection of the early signs of behavioral disorder and specific examples of interactive methods of working with psychosomatic manifestations of both the “victim” and the “aggressor” in the report.

“INSTALLATION OF INTEGRAL PERSONALITY” METHOD FOR SOCIAL AND BEHAVIORAL ADAPTATION OF CLIENTS WITH HEAVY PSYCHOSOMATICS

Irina Sidorova – family systemic psychologist, body, addiction and art psychotherapist, specialist in biodynamic breath and trauma release, full member of PPL, invited expert on Radio RF, the author of the “Installation of integrity of the individual” method.

Client examples are used to demonstrate the author's “Installation of a Holistic Personality” method in the case of severe psychosomatics, which changes the portrait of a person and causes emotional dependence, fear of intimacy and failure of communication. The method provides rapid adaptation to the social environment and family to patients without the acute manifestation of codependent behavior and opens up the possibility of creating new partnerships and correcting existing ones.

INTEGRATED APPROACH TO WORK WITH MIGRAINES AND OTHER PSYCHOSOMATIC ILLNESSES DURING PERIODS OF PANDEMIC

Tatiana Krasnokutskaya – teacher at the Privolzhsky Medical Research University (PMRU), specialist on high school psychology and pedagogy, practical psychologist, full member of PPL, student of IIS-Berlin, infectious diseases doctor, homeopath. Russia, Nizhny Novgorod.

This report uses examples to demonstrate the author's “love your disease” method which combines the advantages of spiritually-oriented systemic constellations, integrated resource and body-oriented psychotherapy. Symptoms and illnesses point to or protect from something. Detection of unlivable feelings, killing phrases and traumatic situations within spiritually-oriented constellations and the subsequent processing of these within the body opens the way for the client's healing.

EXPERIENCE OF NEUROPSYCHOLOGICAL CORRECTION OF POST-STROKE CONDITIONS DURING PERIODS OF PANDEMIC

Elena Hamaganova – psychologist, trainer of PPL accredited personal therapist, head of PPL's regional office in Buryatia. Ulan Ude, Russia.

Interpersonal and intrapersonal conflicts are the trigger for the emergence of psychosomatic conditions such as strokes. Hopelessness, helplessness and apathy lead to the suppression of will and vitality and of immunological weakening. In the report it is shown how the solution of psychological problems increases the quality of life, motivating them to achieve their purpose, activating the immune system. Presents methods of neuropsychic correction of clients' post-stroke conditions during times of temporary isolation in order to obtain life saving resources and recovery.

INTEGRATED APPROACH TO THERAPY OF PSYCHOSOMATIC DYSFUNCTION IN CHILDREN

Ekaterina Maydibor – child psychologist (Centre for children without guardians), specialist in orphan psychology, trauma therapist, sandplay therapist, full member of PPL. Russia, Novosibirsk.

This report demonstrates an integrated approach to therapy of psychosomatic disorders in children using examples of tics and enuresis taken from actual cases.

INFERTILITY AS A CONSEQUENCE OF ABORTION WITHIN A CLIENT'S SYSTEM: WITHIN THE FRAMEWORK OF A SPIRITUALLY ORIENTED INTEGRATED APPROACH

Nadezhda Tsigvintsova – specialist in integrated spiritually oriented therapy of personal and organisational trauma, systemic business coach, top manager, economist, student of IIS-Berlin: faculty of Systemic Constellations in Online Groups.

This report uses specific examples to present the author's method within the framework of a spiritually-oriented integrated approach to the treatment of women who have become infertile due to abortions within their family system.

AUTHOR SPIRITUALLY ORIENTED "BIOCOACHING" APPROACH FOR EFFECTIVE WORK WITH SEVERE PSYCHOSOMATICS

Marina Buchatskaya – NLP-coach, specialist in Erickson hypnosis, oriental practices and reiki, life coach, business manager (Russian Presidential Academy of National Economy and Public Administration), student of IIS-Berlin: faculty of Systemic Constellations in Online Groups.

The report using the results of numerous clients presents the author's approach "Biocoaching" for effective work with food and gastrointestinal disorders, psoriasis, allergies and various skin diseases, rheumatism and other psychosomatic disorders.

THE SYSTEMIC INSTALLATIONS METHOD FOR WORK WITH PSYCHOSOMATICS, FEAR AND PAIN DURING THE CURRENT PANDEMIC AND ECONOMIC CRISIS

Irina Kanunnikova – system coach, tarologist, art therapist, numerologist, top economist, business coach: coordinator and system developer of business management accounting, observant member of PPL, IIS Berlin student: system constellations in online group.

In the report "The method of system installation" is demonstrated with specific examples that combine the advantages of the integral spiritual-based approach to trauma healing, system constellations, Erickson hypnosis, physiognomy, numerology, tarology etc. for effective assistance to clients with severe trauma to realize and achieve their real goal during this current pandemic and economic crisis.

Panel session "RESOURCE PSYCHOTHERAPY"

29th of June 2020, 16.00–20.00, WEBINAR ROOM 2
Languages: Russian

WEBINAR ROOM 3

Симпозиум "EXISTENTIAL THERAPY" (continued)

29th of June 2020, 10.00–13.15, WEBINAR ROOM 3
Languages: Russian

10.00–10.10 THE IDEOLOGICAL PSYCHOPATHOLOGY Lelyk Anna (Ukraine)

The report examines how the ideology of the client can become his pathology, and what dangers await the psychologist if he engages in a dialogue about ideologies and in ideological debate, instead of following the client in his subjective.

The situation with coronavirus showed us that attitude to the situation in the world also became the basis for the creation of various ideologies. How to be a psychologist in this? in the report an attempt to consider the topic of a pandemic through the perspective of ideological psychopathology

10.10–10.20 EXISTENTIAL THERAPIST WITHIN THE LIMITS OF CORONAVIRUS PANDEMIC: ESSENTIAL MODES OF EXISTENCE

Lukianov Oleg (Russia).

10.20–10.30 EXISTENTIAL FULFILLMENT DURING SELF-ISOLATION: MOSCOW CASE-STUDY

Nekhorosheva Elena – PhD, head of the scientific research laboratory of Personal development and health protection, Moscow City University, Russia, Moscow.

Kasatkina Daria – PhD, expert of the scientific research laboratory of Personal development and health protection, Moscow City University, member of AEAPP, Moscow, Russia.

The report observes the research results of the well-being and existential fulfillment of Moscow citizens during COVID-19 pandemic and the lockdown. Existential fulfillment is indicated through TEM-method as a combination of feelings of trust and reliability, cheerfulness, authenticity and meaningfulness. The results specify that during lockdown key problems are connected with social thrust and future uncertainty, especially in the field of private relations and future economics.

10.30–10.40 ALL THAT I HAVE, I LOVE, BUT NOT ALL THAT I LOVE

Ragulina Marina – PhD in psychology, associate Professor of the Department of psychology of the Pacific state University. The report examines the issues of existential choice and its influence on the meaning of human life.

10.40–10.50 ARTLOGOTHERAPY: A STUDY OF EXISTENTIAL REALITY

Popova Tatyana (Russia)

10.50–11.05 Questions and answers

11.05–11.15 LITTLE-KNOWN SCHOOLS OF EXISTENTIAL THERAPY: EXISTENTIAL-PSYCHOLOGICAL PLACE TODTMOOS-RÜTTE IN GERMANY AND SOFIA ANALYSIS IN ITALY (QUARANTINE MEMORIES)

Rusina Zhanna – Ph. D. in medical science, psychotherapist, member of National Association of Existential Counseling and Therapy and All-Russian Professional Psychotherapeutic League, head of resource counseling school, Russia, Nizhny Novgorod.

The report examines the features of work in existential schools Todtmoos-Rütte place in Germany and Sofia analysis in Italy (quarantine memories about the meeting).

11.15–11.25 RELIGIOUS PILLARS OF CHRISTIAN BELIECERS (REFLECTIONS IN TIMES OF PANDEMIC)

Krasnova Alina – PhD in philosophy, full member of Professional Psychotherapeutic League of Russia, senior lecturer of Department of philosophy religion and religious studies, Institute of Philosophy and Social and Political Studies, Southern Federal University. Russia, Rostov-on-Don.



The report examines the problem of religious pillars in the life of modern Orthodox Christians, their specificity in times of crisis, such as the current situation of the pandemic. The article describes the religious pillars identified in the course of several phenomenological interviews, discusses the identified existential pillars that have foundations in Orthodoxy, and their transformation in crisis situations.

11.25–11.35 EXPERIENCES OF THE EMERGENCE OF DEPENDENCE ON RELIGIOUS AUTHORITIES. WHAT SHOWED COVID-19

Gusarenko Irina – psychologist, existential consultant (IPEC certificate), head of the center of psychological assistance and support. Russia, Sevastopol.

A report on how people who seek their spiritual path and the meaning of life become victims of false authorities. When they become dangerously addicted, they lose control of their lives and give responsibility to third parties for it. The report, using the example of the work of F. M. Dostoyevsky «Село Степанчиково и его обитатели», discusses ways of manipulating behavior. As well as “living” examples of the subjection of people to the will of “authority” in a situation associated with COVID-19.

11.35–11.45 AN EXISTENTIAL ANALYSIS OF THE RELIGIOUS RESOURCES TO MAINTAIN PSYCHOLOGICAL WELL-BEING AND FULFILLMENT DURING A PANDEMIC

Klimochkina Anastasia – visiting Scholar in Faculty of Social Sciences of National Research University Higher School of Economics, member of the Association of Existential Analytical Psychologists and Psychotherapists. Russia, Moscow.

Although it seems that the psychological resources that religiosity can offer are available only to truly religious people, in some situations a person being indifferent to religion also refers to these resources. The report presents the results of studies on the relationship of religiosity, psychological well-being and existential fulfillment in different religious groups.

11.45–11.55 WHAT THE WORLD HISTORY CAN REALLY TEACH US: the civilizations’ rise and fall patterns in the writings of the British historian Arnold J. Toynbee as a way to review our client’s problems

Borodulin Vladislav – linguist and interpreter (Far Eastern State University), Master of Management (Willamette University), graduate of the International Institute for Existential Counseling (MIEK), member of the Russian delegation to the World Congress of Existential Therapy (Buenos Aires 2019).

The paper will review criteria for civilizations’ development such as Challenge-and-Response, Transfer of the Action Field, Departure-and-Return. The paper will discuss relevance of these concepts for understanding a client’s life path and his/her difficulties.

11.55–12.10 Questions and answers

12.10–12.20 QUARANTINE AS A LACMUS PAPER FOR ALCOHOLIC DEPENDENCE. DIFFICULTIES OF ACCEPTING THE FIRST STEP OF THE 12-STEP PROGRAM. REFLECTING THE EXISTENTIAL CONSULTANT

Lomova Svetlana – Master of Psychology, practicing psychologist, graduate student at the International Institute for Existential Counseling, associate member of FETE, full member of the Ukrainian Association of Existential Counseling and Psychotherapists, associate member of the Ukrainian Community of Psychotherapists, member AI-Anon, Ukraine, Kiev.

The report examines the world-famous 12-Steps rehabilitation program in an existential context. The causes of exacerbation of alcohol dependence in a pandemic during quarantine self-isolation are considered. The main ideas of the 12-Steps program are examined from the point of view of an existential consultant. An example is given of the key problems that are dealt with in a co-dependent way of working on the program, as well as the difficulty of taking the first step, without which rehabilitation is impossible.

12.20–12.30 INVISIBLE PANDEMIC

Smyshlyayeva Irina – psychotherapist of addictive behavior, Member of the European Federation of Existential Therapists, member of the “National Association of existential counseling and therapy”.

The report examines the impact of isolation caused by the coronavirus pandemic as a metaphor for discovering the hidden processes of the addiction pandemic in a person’s life. The invisible influence of world challenges in the context of habitual strategies of disease denial. Hidden unmanifested statistics of mortality and life, like an invisible social pandemic. Awareness as the beginning of the path to recovery.

12.30–12.40 DEPENDENCE AS A WAY OF LIFE DURING A PANDEMIC

Bodrov Danila – Advisory psychologist, master of psychology, student of the international institute of existential counseling, head of the center for psychological assistance to people with addictive behavior. Clean day.

The report considers the dependent lifestyle during the pandemic as a way to preserve yourself and your usual way of life.

12.40–12.50 SPACE AS A MEANS TO FIGHT FEAR

Pastukhova Ekaterina – existential analyst, family therapist, Montessori teacher, member Of the Association of Existential Analytical Psychologists and Psychotherapists. Moscow, Russia.

Family in isolation or how space provides support for the family.

When life creates circumstances that you cannot change, you are left with what you have: your family, your home, your feelings and business you are to do. In my presentation, I would like to tell you how space can become a tool to fight fear and bring family together.

When we are scared, we feel the pressure of angst, a kind of contraction. It seems that we are trapped. However, if we have at least some space, we have freedom to use it for our private lives, for our relatives. Thus, the topic of our small lecture is “Ways and purposes of using space in the isolation period”.

12.50–13.00 THE BOTOMLESS HOUSE. QUARANTINE MUSINGS

Kasianchuk Lidiia – psychologist, mental health technical leading specialist at the branch office “Medicos del Mundo” in Ukraine, associate member of FETE (Federation for Existential Therapy in Europe), full member of UAECT (Ukrainian Association of Existential Counseling and Therapy). Kyiv, Ukraine.

The report examines existential issues raised by global self-isolation in front of mass encounter with sudden death. Quarantine as a test for existence and as a possibility for being.

13.00–13.15 Questions and answers

LECTURE-INTERVIEW “PSYCHOTERAPY ON-LINE. POSSIBILITIES AND LIMITATIONS”

29th of June 2020, 13.15–14.15, WEBINAR ROOM 3

Languages: Russian

Aleksander Alexeichik (Lithuania) – Honorary Doctor of Lithuania, Chief of the Department of Borderline Disorders of the Vilnius Mental Health Centre.

Interviewers: S. Yesselson (Russia), A. Lelyk (Ukraine)

Our Psychotherapeutic Department was the first psychotherapeutic department in a psychoneurological hospital in the Soviet Union (at the time it was called Republican Psychoneurological Hospital, nowadays it is called Vilnius Centre of Psychological Health. Over the past 30 years the department has welcomed more than 10000 patients.

This year, due to the lockdown caused by the COVID19 pandemic, the department was closed and work with patients was carried out online. For the past 42 years there took place the All-Union (and later the International) Psychotherapy and Clinical Psychology Seminar, founded in this hospital. This year we carried out the 43th seminar online for the first time.

I’ve been involved in medicine for almost 60 years and I am used to the idea that everything new has to pass clinical tests before coming into practice, and these tests often take years. And only after this the new medical method or the new medicine gains integrity - indications,

contraindications, dosage, methods and warnings of careful usage are clarified. But first impressions are always important. They give a focus to further research and direction of thought.

In this lecture there will be presented thoughts about online psychotherapy of a person who tried it for the first time in April 2020.

Symposium «EXISTENTIAL THERAPY» (continued)

29th of June 2020, 14.15–20.00, WEBINAR ROOM 3

Languages: Russian

14.15–14.25 THE COVID HAPPINESS

Lubkova Natalia (France)

14.25–14.35 QUARANTINE AS A TOOL FOR DEVELOPMENT

Donatas Budrikas Aleksandro – Assistant of psychotherapist and psychologist, Vilnius Mental Health Center. Lithuania, Vilnius.

The report examines the view of the problem of psychological health during self-isolation from the point of view of personal development.

14.35–14.45 HOW DO I HIDE FROM LOVE? MEETING WITH YOURSELF THROUGH THE MEETING OF T. WILLIAMS “TRAMPLED PETUNIAS” (EXISTENTIAL THEATER OF THE TIMES OF SELF-ISOLATION)

Druzhinina Natalia – senior lecturer at the Department of psychology and pedagogy of the Astrakhan state medical University. Russia, Astrakhan.

Spiridonova Elena – teacher-psychologist of GSKU AO “CPD” Snail”, listener MIEC, supervisory member of the NPL. Russia, Astrakhan.

The report examines the possibilities of using existential theater in the context of a pandemic. Definitions of concepts are given:

14.45–14.55 DIFFICULTIES THAT ARISE WHEN SWITCHING TO A REMOTE FORM IN THE MODE OF SELF-ISOLATION, IN PROVIDING PSYCHOLOGICAL ASSISTANCE TO TEENAGERS WITH SUICIDAL TENDENCIES

Zhukova Elena – psychologist, specialist of Emergency and extended care For students in crisis, with suicidal tendencies, existential consultant, Chairman of the Ethical Committee of the NGO “National Association of existential counseling and therapy”.

The report examines the difficulties that arise in remote psychological and pedagogical support of adolescents with suicidal risk. The options of possible ways of resolution by including them in the work are discussed.

14.55–15.05 PSYCHOLOGICAL ASSISTANCE TO UNDERAGE CLIENTS WHO HAVE EXPERIENCED EXACERBATIONS OF MENTAL ILLNESS OF LOVED ONES DURING A PANDEMIC - 19

Tsvetkova Svetlana – Associate member of the Federation of Existential Therapies in Europe (FETE), advisory member of the NRA, full member of the NOECT, existential psychologist.

The report is dedicated to minors who are faced with parental mental disorder, and left alone with the incident. And also possible ways of coping with the situation.

15.05–15.20 Questions and answers

15.20–15.30 EXPERIENCING THE PROCESS OF PSYCHOTHERAPY ONLINE: TIME AND FREEDOM **Pyshinska Inna (Russia)**

15.30–15.40 FEAR, ANXIETY, PANICS. EXISTENTIAL COUNSELLING BY A.ELLIS METHOD

Elena Romek – Doktor Nauk, Professor of SFedU, author of more than 70 works on p

history and theory of psychotherapy, Albert Ellis Institute scholarship holder (New York, 2006), REBT consultant, presenter of the REBT training program, author and presenter of the training program “Existential counseling by A. Ellis method”, a speaker of the Association of Cognitive Behavioral Therapy of Russia.

15.40–15.50 ROBINSONADE AND ODYSSEY AS A WAY TO FIND A PERSONAL LIFE PHILOSOPHY (THINKING ABOUT THE EXPERIENCE OF EXISTENTIAL GROUPS BEFORE AND AFTER A PANDEMIC)

Natalia Matveeva – head of the Moscow branch of MIIK, member of the Board of the National Association of Existential Consultants, psychologist, existential consultant, Russia, Moscow.

The report discusses therapeutic groups as a way to find a personal life philosophy and reflects on the experience of the existential groups of Robinsonade and Odyssey in offline and online formats before and after a pandemic.

15.50–16.00 TO BE OR NOT TO BE A MOM? THAT IS THE QUESTION (QUARANTINE REFLECTIONS OF AN EXISTENTIAL CONSULTANT)

Martiusheva Victoria (Russia)

16.00–16.10 JAPANESE POETRY AND COVID-19

Khovanskii Vladimir – Psychologist. A practicing existential consultant. Full member of the OPPL. Member of the ethics Committee of the national Association of existential counselors and therapists.

Art has always helped people Express and live different experiences, discover something new in the everyday, expand their views, tastes and, in the end, just feel life. This report is about how Japanese poetry can help people survive difficult periods of life (including self-isolation during the COVID - 19 pandemic) and notice the beauty of the world around them in the most ordinary things. Why Japanese poetry? Because it allows you to see beauty in what is not perfect, not eternal and not finished, i.e. in almost everything that surrounds us. And three-line poems in the style of “haiku”, due to their simplicity, allow anyone to feel like a poet and look at life poetically.

16.10–16–25 Questions and answers

16.25–16.35 A FAMILY WITH A CHILD WITH A DISABILITY DURING THE PANDEMIC

Morozova Julia (Russia)

16.35–16.45 REFLECTIONS OF A PSYCHOLOGIST - PLAY THERAPIST ON THE TOPIC: “PARENTS AND CHILDREN OF THE 21ST CENTURY: TO PLAY OR NOT TO PLAY - THAT’S THE QUESTION”

Tarakanova (Smolya) Svetlana (Russia)

16.45–16.55 KIDS IN THE CAGE. FAMILY ON SELF- ISOLATION (REFLECTIONS ON THE LIFE OF MIEK MOM’S CLUB MEMBERS AND THEIR CHILDREN UNDER THE NEW REALITY OF QUARANTINE)

Kaminskaya Elena (Ukraine)

16.55–17.05 NOT-UNDER-STANDARDS THE CHILD AND HIS PARENTS. DIFFICULTIES IN THE LIFE OF A CHILD WITH BIRTH INJURY

Kotlyarova Elena – M.Psy, Member of the Federation for Existential Therapy in Europe, Advisory Member of the All-Russian Professional Psychotherapeutic League, Chairman of the Board of the Interregional Public Organization “National Association for Existential Counseling and Therapy”, Student of the International Institute for Existential Counseling and Postgraduate Student in the direction of preparation “Theory and History of Culture”, philosophical sciences. Russia, Rostov-on-Don.

The report examines the existential approach in the study of the lives of children with birth injuries through the prism of four dimensions of being. The application of standards and patterns in relation to the child in the family and the difficulties that arise in connection with this in children who are not suitable for family standards are discussed.

17.05–17.15 MEETING WITH LIMITATIONS. SPECULATIONS DURING QUARANTINE ABOUT LIFE OF DISABLED CHILDREN

Natalia Telonitskaya – graduate of MIEK, psychologist at the center for distance education of disabled children in Rostov-on-don, a practicing existential consultant, and a full member of the OPPL.



The report examines the experiences associated with the topic of restrictions in quarantine, the features of these experiences in children with disabilities and people who do not have this status.

17.15–17.30 Questions and answers

17.30–17.40 COVID-19 and the blurry borders

Baryshnikova Anna – psychologist, mediator, trainer, member of the board of the Ukrainian Academy of Mediation, graduate of the International Institute for Existential Consulting, member of the Ukrainian Association of Existential Consulting, Odessa, Ukraine.

The report addresses the challenges of violating and blurring the personal boundaries in the context of quarantine during the Covid-19 pandemic.

17.40–17.50 Diagnosis and life. A look through the coronavirus pandemic

Konovalova Anna (Russia)

17.50–18.00 FOR ONE IT IS A SELF-ISOLATION, BUT FOR ANOTHER IT IS A “BELOVED MOTHER”

Tolmachova Olga – psychologist, a full member of the Ukrainian Association of Existential Counseling and Therapy, the French Association of Existential Psychology, France Paris.

In a brief presentation, the thoughts of an existential therapist during the quarantine period are given.

18.00–18.10 ZOOM AND DIRECT COUNSELING (Thoughts of existential consultant during the COVID-19 guaranties period about the perspectives of existential development)

Nikolaienko Tatyana (Ukraine)

18.10–18.20 The charity of psychologist and the transition in the on-line era

Andrushchenko Vladyslava (Ukraine)

18.20–18.35 Questions and answers

18.35–18.45 CHILDREN AND LANGUAGE. EXPERIENCE INOCULATING LOVE FOR LEARNING A LANGUAGE

Robustelli Viktoria (Italy)

18.45–18.55 AN EXISTENTIAL ENCOUNTER WITH YOUR HOME IN SELF-ISOLATION AND HOW TO BREAK THE DEADLOCK OF DISORDER IN YOUR HOME AND LIFE

Patlan Nataliya – Existential Consultant, Member of the Board of the NGO National Association of Existential Consultants and Therapists (NOECT), Deputy Chief Editor of the journal «Existential Tradition: Philosophy, Psychology, Psychotherapy», Rostov-on-Don, Russia.

The report examines how the conditions of self-isolation affect the consumer. About the opportunities offered by meeting with the mess in your home and life. What do our things say? How do you master the things that have possessed you?

18.55–19.05 ME BEING AN INCONVENIENCE. REFLECTIONS DURING THE QUARANTINE

Malysheva Kristina (Ukraine)

19.05–19.15 “NEW” IN THE CREATIVITY AND WORK OF A PSYCHOTHERAPIST - AS SELF-DEVELOPMENT AND SELF-REALIZATION DURING A PANDEMIC

Lukashvska Larysa (Ukraine)

19.15–19.25 PSYCHOTHERAPY PRACTICES IN THE TAOIST CULTURE OF CHINA

Dmitri Ometsinsky. Sevastopol, Russia.

Psychotherapy is a relatively new type of activity that has developed within the modern Western civilization. However as a practical activity, it often goes beyond Western philosophical and scientific concepts. Many psychotherapy practices are rooted in the cultures and philosophical traditions of the East. The author examines the Taoist tradition he has practiced for more than 10 years. Despite that social formats, a place in culture and basic ideas about life, the world and a human being are completely different from psychotherapy, in some

aspects Taoist practice and psychotherapy are consonant. Perhaps it is practical work with a person in the context of psychotherapy that will become a platform for dialogue between Western and Taoist cultures.

19.25–19.40 Questions and answers

19.40–20.00 Closing

WEBINAR ROOM 4

Conference “PAIN PSYCHOTHERAPY”

29th of June 2020, 12.00–19.30, WEBINAR ROOM 4

Languages: Russian

CHAIRPERSON: Zlata Polozhaya (Moscow, Russia).

CO-CHAIRMEN: Alexey Danilov (Moscow, Russia), Ilgiz Timerbulatov (Russia, Ufa).

The scientific-practical conference presents the possibilities of working with psychotherapy in the field of pain. The conference is aimed at professionals working with patients with pain. Participants will receive practical information from leading experts in the field of psychotherapy, neurology and psychology. The first part of the conference will discuss the mechanisms of pain, as well as the relationship of pain and mental disorders. In the second part of the conference, the methods of psychotherapy in working with pain are considered. Including issues of self-regulation, stress and pain management, mobilization of the internal opioid system, work with psychogenic pain, and others. The possibilities of psychotherapy in working with pain physicians in the following areas will be presented in more detail: cognitive-behavioral psychotherapy, psychosomatic psychotherapy, kinesiological psychotherapy, hypnosis, psychosynthesis, psychocatalysis, transpersonal psychotherapy, art therapy, breathing practices and others.

OPENING SPEECHES

Victor Makarov – doctor of medical sciences, MD, professor, President of the All-Russian Professional Psychotherapeutic League and the National Self-Regulating Organization «Union of Psychotherapists and Psychologists», President elect of the Asian Federation of Psychotherapy, Vice-President of the World Council for Psychotherapy, President of the IX World Congress for Psychotherapy, Head of the Department of Psychotherapy and Sexology of the Russian Medical Academy of Continuous Professional Education. President of the IX World Congress for Psychotherapy. Russia, Moscow.

Aleksey Danilov – MD, PhD, Professor, Director of the Institute of Interdisciplinary Medicine, Head of the Department of Nervous Diseases at Sechenov University, founder of manage pain. Russia, Moscow

PART 1

PAIN PSYCHOTHERAPY

Zlata Polozhaya – MD, PhD, Head of the Department of Psychotherapy at the Institute of Interdisciplinary Medicine, psychiatrist, psychotherapist, hypnotherapist, group psychotherapist, curator of the direction of Pain Psychotherapy in the All-Russian Professional Psychotherapeutic League, Deputy Chairman of the Scientific Council for Psychotherapy of the National Association for the Development of Psychotherapeutic and Psychological Science and Practice, official representative of the Central Council of the All-Russian Psychotherapeutic League in Italy, member of WIP (World Institute of Pain). Russia, Moscow.

PSYCHOTHERAPY OF PAIN – THE FUNDAMENTAL ELEMENT IN PAIN CONTROL

Aleksey Danilov – MD, PhD, Professor, Director of the Institute of Interdisciplinary Medicine, Head of the Department of Nervous Diseases at Sechenov University. Russia, Moscow.

PAIN SYNDROME IN MENTAL DISORDERS: A MODERN VIEW OF THE PROBLEM

Ilgiz Timerbulatov – DMedSci, Professor, head of the department of psychotherapy at the Bashkir State Medical University, head physician of the Republican Clinical Psychotherapy Center, chief psychotherapist

of the Ministry of Health of the Republic of Bashkortostan, vice president of the All-Russian Professional Psychotherapeutic League for the Volga Federal District. Russia, Ufa.

LOOKING INTO ONE BOOK, BUT READING DIFFERENT PAGES: NEUROLOGIST AND PSYCHOTHERAPIST. THE NEED FOR CONSENSUS

Eduard Yakupov – MD, PhD, Professor, Head of the Department of Neurology Neurosurgery and Medical Genetics of Kazan State Medical University, Head of the Neuroclinic and the Educational Center Your Health. Russia, Kazan.

NEUROMODULATION IN TREATMENT OF COMPLEX HEAD AND FACIAL PAIN

Emil Isagulyan – MD, PhD, President of the National Association of Neuromodulation in the Russian Federation, the section of the International Neuromodulation Association INS (International Neuromodulation Society). Vice-President of the Association of Interventional Pain Management in the Russian Federation (AILB). Neurosurgeon-algologist (specialist in minimally invasive and surgical treatment of chronic pain syndromes). Expert in the surgical treatment of pain. Chief expert on neuromodulation of pain in the Russian Federation. Senior Researcher of Functional Neurosurgery, Institute of Neurosurgery Academician N. Burdenko of the Russian Academy of the Medical Sciences. Russia, Moscow.

PATHOGENESIS OF PAIN IN PSYCHOTHERAPY

Rustem Akhmadeev – DBioSci, Professor, Head of the Laboratory of Neurophysiology of the Republican Clinical Psychotherapeutic Center. Russia, Ufa.

SPECIFICITY OF CHRONIC PAIN

Regina Khalfina – DBioSci, Professor, Head of the Department of Psychological Support and Clinical Psychology of the Bashkir State Medical University, Medical Psychologist at the Republican Clinical Psychotherapy Center. Russia, Ufa.

PAIN AS A SOCIAL FACTOR

Irina Khokh – PhD, head of the department of psychological support and prevention with a helpline of the Republican Clinical Psychotherapy Center, chief freelance specialist in medical psychology of the Ministry of Health of the Republic of Bashkortostan. Russia, Ufa.

PAIN AS A PREDICTOR OF AGGRESSION: A NEUROBIOLOGICAL VIEW

Azat Asadullin – MD, PhD, Associate Professor, Senior Researcher, Department of Treatment of Patients with Alcoholism, NICC PN them. V.M. Ankylosing spondylitis, professor of the Department of Psychiatry and Narcology with a course IDPO FSBEI HE BSMU of the Ministry of Health of Russia. Head physician of the Republican Narcological Dispensary No. 2. Russia, Sterlitamak.

Vladimir Yuldashev – MD, PhD, Professor, Head of the Department of Psychiatry and Narcology with a course IDPO FSBEI HE BSMU of the Ministry of Health of Russia.

Elvina Akhmetova – MD, Researcher at the Department for the Treatment of Patients with Alcoholism, NICC PN named after V.M. Ankylosing spondylitis, associate professor of the Department of Psychiatry and Narcology with a course IDPO FSBEI HE BSMU of the Ministry of Health of Russia.

Ilya Efremov – President of the Department of Psychiatry and Narcology with a course IDPO FSBEI HE BSMU of the Ministry of Health of Russia.

COMORBIDITY OF PAIN SYNDROME AND DEPRESSION

Kirill Gavryushin – Head of the Psychotherapeutic Department No. 1, psychotherapist, psychiatrist of the Republican Clinical Psychotherapeutic Center. Russia, Ufa.

PAIN IN PATIENTS WITH SCHIZOPHRENIA

Zamira Mingafarova – Head of the Psychotherapeutic Department No. 5, psychiatrist, psychotherapist of the Republican Clinical Psychotherapeutic Center, Excellent health worker of the Republic of Bashkortostan. Russia, Ufa.

AUTISM AND PAIN

Elena Yevtushenko – Head of the organizational and methodological department of the Republican Clinical Psychotherapy Center, organizer of the highest category healthcare, psychiatrist of the highest qualification category, Honored Doctor of the Republic of Bashkortostan, Excellent health worker of the Republic of Bashkortostan. Russia, Ufa.

Tatyana Klich – psychiatrist, psychotherapist of the Republican Clinical Psychotherapeutic Center. Russia, Ufa.

PAIN IN THE STRUCTURE OF SOMATOFORM DISORDERS FROM POSITION

OF CLINICAL PSYCHIATRY AND PSYCHOSOMATICS (ON THE MODEL OF PSYCHODERMATOLOGICAL AND PSYCHOUROLOGICAL SYNDROMES)

Igor Dorozhenok – MD, PhD, Associate professor, psychiatrist, psychotherapist, member of the European Society of Dermatologists and Psychiatrists (ESDaP). Russia, Moscow.

PSYCHOGENIC PAIN WITH CHRONIC PAIN SYNDROME

Galina Minaeva – neuropsychiatrist, psychotherapist of the psychiatric research group of the National Research Center for Neurosurgery named after Academician N. Burdenko. Russia, Moscow.

PAIN AND STRESS DISORDERS

Olesya Bryukhanova – neurologist, algologist. Russia, Moscow.

BIOPSYCHOSOCIAL PAIN MODEL

Ekaterina Abramova – neurologist, Head of the Pain clinic. Russia, Moscow.

Anton Loboda – Anesthetist and resuscitator, general practitioner, curator of the Chronic Pain Patients Union, member of the Board of Experts of the Interdisciplinary Medicine Association, Head of the Pain Treatment Clinic at the European Medical Center in Moscow. Russia, Moscow.

PART 2

POLYMODAL PSYCHOTHERAPY OF PAIN SYNDROME OF SEVERE DISEASES

Alexander Katkov – MD, PhD, Professor, Head of the International Institute of Social Psychotherapy St. Petersburg, full member and Vice-President in All-Russian Psychotherapeutic League, official teacher and supervisor of the practice in All-Russian Psychotherapeutic League, Chairman of the Committee on Legislative Initiatives and the Committee for the Science, psychotherapist of the Unified Register of Professional Psychotherapists of Europe, official consultant and expert of the UPNOON on drug addiction (epidemiology, prevention, psychotherapy, rehabilitation) in Central Asia. Russia, Saint-Petersburg.

MODERN APPROACHES TO COGNITIVE-BEHAVIORAL THERAPY OF PAIN - PRACTICES OF AWARENESS (MINDFULNESS) AND ACCEPTANCE

Dmitry Kovpak – member of the European Association for Behavioural and Cognitive Therapies (EABCT), member of the International Association for Cognitive Psychotherapy (IACP), IACP board member, member of the European Association of Behavioural and Cognitive Therapy (EABCT), associate professor Department of psychotherapy, medical psychology and sexology North-West Medical State University named after I. I. Mechnikov (Saint-Petersburg, Russia), Vice President of the Russian Psychotherapeutic Association, President of the Association for Cognitive and Behavioral Psychotherapy (Saint-Petersburg, Russia), member of the Beck Institute Advisory Committee, Official Ambassador of St. Petersburg (Russia).

COGNITIVE BEHAVIORAL PSYCHOTHERAPY OF CHRONIC PAIN: A TRADITIONAL APPROACH

Elena Korabelnikova – President of ROIS. MD, PhD, Professor, Department of Nervous Diseases, Institute of Professional Education,



GBOU VPO Moscow State Medical University named after Ivan Sechenov. Neurologist, psychotherapist, somnologist. Member of the Professional Psychotherapeutic League, the All-Russian Society of Somnologists, the National Society of Specialists in Baby Sleep and the International Association for the Study of Dreams. Russia, Moscow.

PAIN THERAPY DELIVERED REMOTELY

Maxim Guliev – Head of the Department of Internal Quality Control and Safety of Medical activity, psychotherapist of the first qualification category of the Republican Clinical Psychotherapeutic Center. Russia, Ufa.

WORK WITH PAIN IN HOLOTROPIC THERAPY

Vladimir Maikov – Ph. D., senior researcher Institute of Philosophy RAS, Head of the Department of Transpersonal Psychology, Moscow Institute of Psychoanalysis, President of the Association of Transpersonal Psychology and Psychotherapy, Member of the Presidium of EUROTAS, editor-in-chief of the series Texts of Transpersonal Psychology, founder of the Holotropic Breathwork in Russia, certified specialist in process work, certified psychotherapist of the World Psychotherapy Council, European Association of Psychotherapy and European Transpersonal Association. Russia, Moscow.

THE METHOD OF PSYCHOPROPHYLAXIS OF LABOR PAIN IN THE HISTORY OF HYPNOTHERAPY

Sergey Bolsun – Clinical Psychologist, Hypnotherapist, Deputy Director of the Research Institute of Clinical Hypnosis. Russia, Moscow.

METHODS OF PSYCHOTHERAPY OF PAIN IN CHILDBIRTH

Roman Zakharov – psychiatrist, psychotherapist, MD, PhD, Assistant of the Department of Psychotherapy, Medical Psychology and Sexogy of the Russian Academy of Medical Sciences. Russia, Moscow.

HYPNOSIS TECHNIQUES IN WORK WITH PAIN PATIENTS. FOCUS TECHNIQUE.

Ildar Safarov – Ph. D., International Institute for Activation of Consciousness.

HYPNOTHERAPY AS A METHOD OF INFLUENCE ON THE PHYSIOLOGICAL PROCESSES OF THE ORGANISM CONTROLLED BY A VEGETATIVE NERVOUS SYSTEM

Andrey Artamoshkin – neurologist, International Institute for Activation of Consciousness. Russia, Moscow.

WORKING WITH PAIN PATIENTS BY ART METHODS (ACCEPTANCE AND RESPONSIBILITY THERAPY) AND CAT (CONSCIOUSNESS ACTIVATION TECHNIQUES)

Alexander Zavodov – psychologist, Research Institute of Clinical Hypnosis. Russia, Sochi.

MEDITATIVE TECHNIQUES IN WORK WITH PAIN

Sergey Klyuchnikov – PhD in Philosophy Studies, practical psychologist-consultant, Head of the section Psychosynthesis: Classic and Eastern Versions, full member and teacher of the PPL, author of the Modality Eastern Version of Psychosynthesis. Russia, Moscow.

PSYCHOTHERAPY OF PAIN BY MEANS OF PSYCHOTHERAPEUTIC KINESIOLOGY

Irina Chobanu – psychotherapist, MD, PhD, psychotherapist of the Unified Register of Professional Psychotherapists of Europe, psychotherapist of the World Register. Russia, Moscow.

SPASM AND PAIN: METHODS FOR THEIR ALLEVIATION BY THE PSYCHO-CATALYSIS METHOD

Andrey Ermoshin – MD, PhD, psychotherapist of the highest category, official teacher and international level supervisor of practice, member of the PPL Modality Committee, Head of the Psychocatalysis modality, psychotherapist of the Unified Register of Professional Psychotherapists of Europe Russia, Moscow.

WORK WITH PAIN SYNDROME IN ONCOPSYCHOSOMATICS

Aleksander Brazhnikov – MD, PhD, St. Petersburg Psychosomatic Medical Institute, President of the Association for the Implementation of Psychosomatic Medicine Methods in the State and Nongovernmental Healthcare System National Interregional Psychosomatic Medicine Service, President of the Endowment fund for Introducing Methods of psychosomatic medicine into the state and nongovernmental healthcare system Good People, President of Oncopsychosomatic Therapeutic Community Resurrection, oncopsychologist, psychiatrist, physician-organizer of health care. Russia, Saint-Petersburg.

THERAPEUTIC TAPING OF MUSCLE BLOCKS IN BODY-ORIENTED THERAPY OF PAIN

Fidel Subbotin – MD, PhD, Academician of the Academy of Medical Sciences, member of the Professors' meeting of Russia, Professor of RAE, Doctor of Science, Ph.D., President of the International Association of Therapeutic Taping. Russia, Moscow.

DESENSIBILIZATION TO PAIN THROUGH MANUAL, ELECTRICAL AND PSYCHOLOGICAL INFLUENCES

Anton Epifanov – neurologist, Head of the clinic Tkacheva Epifanova.

Alexander Tkachev – neurologist, Head of the clinic Tkacheva Epifanova.

PSYCHOLOGY OF BENEFICIAL REHABILITATION AFTER INJURY: WORK WITH PAIN PATIENTS

Konstantin Bochaver – Ph.D., Sports Psychologist, Researcher, Association of Interdisciplinary Medicine. Russia, Moscow.

PSYCHOLOGICAL FEEDBACK OF PATIENTS IN INTERVENTIONAL TREATMENT OF VERTEBROGENIC AND JOINT CHRONIC PAIN

Valery Nagorny – neurologist, neurosurgeon, OAO Medicine. Russia, Moscow.

ENTOGENES IN WORK WITH PAIN SYNDROME

Mars Sary – psychotherapist, psychiatrist-narcologist, Head of the Clinic for Professional Narcology and Psychotherapy AlcoSTOP, Head of the harmonious development studio INTEGRO, member of the Presidium of the Russian Association of Transpersonal Psychology and Psychotherapy, full member of the All-Russian Professional Psychotherapeutic League. Russia, Kazan.

WORK WITH PAIN IN PSYCHOANALYSIS

Galina Minaeva – neuropsychiatrist, psychotherapist of the psychiatric research group of the National Research Center for Neurosurgery named after Academician N. Burdenko. Russia, Moscow.

COLOR THERAPY AS A NON-MEDICINAL METHOD OF PAIN CORRECTION

Maria Guseva – MD, PhD, Professor, Department of Neurology and Neurosurgery, Faculty of Medicine, Pirogov Russian National Research Medical University, Head of the Department of Art Therapy and Color Therapy, professional artist, member of the American Association of

Art Therapists, member of the Creative Union of Artists of Russia. Russia, Moscow.

WORK WITH PAIN IN SPIRITUAL PRACTICES

Vitaliy Farinovich – clinical psychologist at the Moscow Scientific and Practical Center for Narcology of the Moscow Department of Health, an employee of the Pontifical Gregorian University. Russia, Moscow.

WEBINAR ROOM 5

Symposium «POSITIVE DYNAMIC PSYCHOTHERAPY»

29th of June 2020, 10.00–19.00, WEBINAR ROOM 5

Languages: Russian, English

CHAIRPERSON: Vladimir Slabinsky (St. Petersburg, Russia).

CO-CHAIRMEN: Nadezhda Voishcheva (St. Petersburg, Russia), Ilya Petrovich Peyev (Varna, Bulgaria).

Chairman : Vladimir Yuryevich Slabinsky, Ph.D., the author of the method of positive dynamic psychotherapy, associate professor of St. Petersburg State University, rector, professor, head of the department of psychotherapy and clinical psychology of ANCO FVE (Autonomous Noncommercial Organization for Further Vocational Education) "St. Petersburg School of Psychotherapy and Psychology of Relations", President of the International Association "Positive Dynamic Psychotherapy", acting Vice President of SRO National Association "Union of Psychotherapists and Psychologists", acting Chairman of the Committee on Ethics and Protection of Professional Rights of the All-Russian Professional Psychotherapeutic League, Laureate of the national competition "The Golden Psyche" (2013, 2015, 2016, 2017, 2018, 2019). Saint-Petersburg, Russia.

Co-chairman – Nadezhda Mikhailovna Voishcheva, candidate of psychological sciences, supervisor and master trainer in the method of positive dynamic psychotherapy, vice-rector for scientific work and strategic development, professor, head of the department of labor psychology and health at ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations", Vice President, Chairman of the Ethics Committee of the International Association "Positive Dynamic Psychotherapy", member of the Committee for the Ethics and Protection of Professional Rights of the All-Russian Professional Psychotherapeutic League. Laureate of the national competition "The Golden Psyche" (2013, 2015, 2016, 2017, 2018, 2019), laureate of the medal "Star of A.F. Lazursky in the 1st degree" (2015, 2018), winner of the national competition of young scientists in the field of medical (clinical) Psychology "The Silver Chiron" (2018). St. Petersburg, Russia.

Co-Chairman – Ilya Petrovich Peyev, Doctor of Psychology, professor, retired first-rank captain, head of the representative office of the International Association for Positive Dynamic Psychotherapy, professor emeritus, member of the Academic Council of the ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations". Varna, Bulgaria.

POSITIVE DYNAMIC PSYCHOTHERAPY - YESTERDAY, TODAY, TOMORROW

Vladimir Slabinsky – Ph.D., the author of the method of positive dynamic psychotherapy, associate professor of St. Petersburg State University, rector, professor, head of the department of psychotherapy and clinical psychology of ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations", President of the International Association "Positive Dynamic Psychotherapy", acting Vice President of SRO National Association "Union of Psychotherapists and Psychologists", acting Chairman of the Committee on Ethics and Protection of Professional Rights of the All-Russian Professional Psychotherapeutic League, Laureate of the national competition "The Golden Psyche" (2013, 2015, 2016, 2017, 2018, 2019). Russia, Saint-Petersburg.

The report examines the history, current status and development prospects of the method of positive dynamic psychotherapy. The experience of ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations" in the organization of the training system for positive dynamic psychotherapists. The role of the International

Association "Positive Dynamic Psychotherapy" in the formation of the professional community.

SCIENTIFIC RESEARCH IN POSITIVE DYNAMIC PSYCHOTHERAPY

Nadezhda Voishcheva – candidate of psychological sciences, supervisor and master trainer in the method of positive dynamic psychotherapy, vice-rector for scientific work and strategic development, professor, head of the department of labor psychology and health of ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations", Vice President, Chairman of the Ethics Committee of the International Association "Positive Dynamic Psychotherapy", member of the Committee for the Ethics and Protection of Professional Rights of the All-Russian Professional Psychotherapeutic League. Laureate of the national competition "The Golden Psyche" (2013, 2015, 2016, 2017, 2018, 2019), laureate of the medal "Star of A.F. Lazursky in the 1st degree" (2015, 2018), winner of the national competition of young scientists in the field of medical (clinical) Psychology "The Silver Chiron" (2018). Russia, Saint-Petersburg.

The report analyzes the results of essential scientific research in the field of personality psychology, coping behavior in the context of positive dynamic psychotherapy. Perspective directions of scientific research for the period of 2020-2025 are indicated.

THE CONTRIBUTION OF POSITIVE DYNAMIC PSYCHOTHERAPISTS TO THE FIGHT AGAINST THE CONSEQUENCES OF THE COVID-19 EPIDEMIC

Vladimir Slabinsky – Ph.D., the author of the method of positive dynamic psychotherapy, associate professor of St. Petersburg State University, rector, professor, head of the department of psychotherapy and clinical psychology of ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations", President of the International Association "Positive Dynamic Psychotherapy", acting Vice President of SRO National Association "Union of Psychotherapists and Psychologists", acting Chairman of the Committee on Ethics and Protection of Professional Rights of the All-Russian Professional Psychotherapeutic League, Laureate of the national competition "The Golden Psyche" (2013, 2015, 2016, 2017, 2018, 2019). Russia, Saint-Petersburg.

The report examines the forms of participation and analyzes the contribution of positive dynamic psychotherapists to the fight against the consequences of the COVID-19 epidemic.

COVID-19 PANDEMIC AS EXISTENTIAL ANXIETY AND THE CRY OF THE SOUL FROM THE LOSS OF ALL ANCHORS CONNECTING US TO THE WORLD (INTROSPECTION INTO CORONAVIRUS BEHAVIORAL DISEASE THROUGH VISUAL ARTS AND POSITIVE DYNAMIC PSYCHOTHERAPY)

Ilya Peyev – Doctor of Psychology, professor, retired first-rank captain, head of the representative office of the International Association for Positive Dynamic Psychotherapy, professor emeritus, member of the Academic Council of the ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations". Bulgaria, Varna.

Based on more than 40 years of experience in studying the human behavior in extreme situations at sea, in aviation and astronautics, during wars and peacetime military situations, natural and technological disasters, social and geopolitical conflicts, the author presents his vision for the COVID-19 pandemic. Although every extreme situation is unique and inimitable in its content and characteristics, the author has found universal mechanisms and symptoms of the extreme human individual, group and mass behavior. Exactly this author's discovery of the universal in the extreme conditions, allows us to understand such a complex, completely new and unfamiliar situation caused by the coronavirus 2019-nCoV, which threw into fear and horror all the people on the planet. For the first time in the world, the author uses fine art in an unconventional way and through artistic analysis and synthesis of 100 years old paintings, reveals the opportunity to get acquainted with the most complex characteristics of human behavior in the COVID-19 pandemic. The scientific merit of the report is also the skillful introspection into coronavirus behavioral



disease through Positive Psychotherapy and a transcultural approach. Thanks to the original author's research methodology we are able to understand the COVID-19 pandemic as an existential anxiety and a cry of the soul from the loss of all anchors that connect us to the world during the planetary epidemiological crisis.

THE EXPERIENCE OF CONDUCTING AN ONLINE TRAINING TITLED "FROM DEPRESSION TO MOTIVATION" DURING THE COVID-19 PANDEMIC

Nadezhda Voeishcheva – candidate of psychological sciences, supervisor and master trainer in the method of positive dynamic psychotherapy, vice-rector for scientific work and strategic development, professor, head of the department of labor psychology and health of ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations", Vice President, Chairman of the Ethics Committee of the International Association "Positive Dynamic Psychotherapy", member of the Committee for the Ethics and Protection of Professional Rights of the All-Russian Professional Psychotherapeutic League. Laureate of the national competition "The Golden Psyche" (2013, 2015, 2016, 2017, 2018, 2019), laureate of the medal "Star of A.F. Lazursky in the 1st degree" (2015, 2018), winner of the national competition of young scientists in the field of medical (clinical) Psychology "The Silver Chiron" (2018). Russia, Saint-Petersburg.

The report discusses the main theoretical foundations of the original training of N.M. Voishcheva and V.Yu. Slabinsky titled "From depression to motivation," describes the features of the practical application of this technology in the online format with psychologists and psychotherapists who were self-isolated during the COVID-19 pandemic.

EXPERIENCE ON THE PSYCHOLOGICAL HELP HOTLINE DURING A PANDEMIC CAUSED BY THE COVID-19 VIRUS

Irina Egorova – clinical psychologist, full member of the International Association of Positive Dynamic Psychotherapy. Russia, Moscow.

A reflection on my experience of work in the volunteer project "Myvmeste2020". An analysis of incoming requests received at the hotline and the methods used when working with clients. What helped me, as a psychologist, not to burn out on the first day.

THE USE OF N.M. VOEISHCHEVA'S METHOD OF "BALANCE OF LOVE AND INTEREST" DURING THE PERIOD OF SELF-ISOLATION IN THE TIME OF THE COVID-19 PANDEMIC

Aleksandra Maramzina – clinical psychologist, base trainer and training psychotherapist teaching the method of positive dynamic psychotherapy, head of the Moscow branch of the International Association of Positive Dynamic Psychotherapy, associate professor of the Department of labor psychology and health at ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations". Laureate of the medal "The star of A.F. Lazursky in the 3rd degree" (2018). Russia, Moscow.

In conditions of self-isolation, many faced the need to reorganize their daily lives, redistribute their energy, put the emphasis on something different, or reconsider their priorities. Using the signature method of N.M. Voeishcheva called "Balance of love and interest" allowed for a more detailed investigation of these processes. The method allows you to diagnose vital activity, identify resource and depleting spheres of life, to develop an economical energy-saving and restoring strategy.

EXPERIENCE IN CONDUCTING EDUCATIONAL PROGRAMS USING THE METHOD OF POSITIVE DYNAMIC PSYCHOTHERAPY IN THE CONDITIONS OF REMOTE LEARNING

Elena Tavakalova – clinical psychologist, base trainer and training psychotherapist teaching the method of positive dynamic psychotherapy, head of the Far Eastern branch of the International Association of Positive Dynamic Psychotherapy, associate professor of the Department of labor psychology and health at ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations", Laureate of the medal "The star of A.F. Lazursky in the 3rd degree" (2018). Russia, Vladivostok.

Programs of educational modules of training by the method of positive dynamic psychotherapy. Prerequisites for remote learning under the programs "Basic course of PDP" and "Positive psychodrama". Creation of technical, moral and psychological conditions for training. Special aspects of the psychoemotional perception of the new learning conditions in students. Features of the group dynamics of educational and therapeutic online groups. Ways to achieve educational, group and personal tasks in conducting educational programs in the context of remote learning. Technical and emotional-psychological tasks of the process of completion of educational training programs: experience and planning.

FAMILY POSITIVE DYNAMIC PSYCHOTHERAPY

Anna Vekoveshnikova – clinical psychologist, base trainer and training psychotherapist teaching the method of positive dynamic psychotherapy, head of the Tver branch of the International Association of Positive Dynamic Psychotherapy, associate professor of the Department of labor psychology and health at ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations". Laureate of the medal "The star of A.F. Lazursky in the 2nd degree" (2018). Russia, Tver.

The report presents the approach of the "Positive dynamic psychotherapy" method to family psychotherapy. Family is viewed through the prism of the analysis of structure, commitment and development dynamics. The report discusses practical recommendations that allow maintaining and harmonizing family relations during the period of involuntary self-isolation.

EXPERIENCE IN CONDUCTING ONLINE MEETINGS/ MASTER CLASSES AS PART OF A SOCIAL PROJECT TO HELP FAMILIES WITH CHILDREN IN CONDITIONS OF SELF-ISOLATION (COVID-19 PANDEMIC)

Elena Fomina – clinical psychologist, head of the representative office of the International Association of Positive Dynamic Psychotherapy in Ulyanovsk, an advisory member of the All-Russian Professional Psychotherapeutic League. Russia, Ulyanovsk.

The report discusses: specific examples of self-help training for families with children using historical and ethnographic data.

POSITIVE DYNAMIC PSYCHOTHERAPY DURING THE COVID-19 PANDEMIC

Roman Belan – psychiatrist, psychotherapist, clinical psychologist, training psychotherapist in the method of positive dynamic psychotherapy. Senior Lecturer at the Department of Psychotherapy and Clinical Psychology of ANCO FVE "St. Petersburg School of Psychotherapy and Psychology of Relations." Laureate of the medal "The star of A.F. Lazursky in the 3rd degree" (2018). St-Petersburg, Russia.

Experience of a psychotherapist (positive dynamic psychotherapist) with PTSD (COVID-19 pandemic).

SPECIAL ASPECTS OF THE SITUATION IN A PSYCHIATRIC WARD DURING THE COVID-19 PANDEMIC

Anastasia Pismenskaya – clinical psychologist, candidate member of the International Association of Positive Dynamic Psychotherapy. Russia, Saint-Petersburg.

The experience of the work of a medical psychologist in a compulsory treatment unit of the general type during the COVID-19 pandemic.

PSYCHOLOGICAL PECULIARITIES OF THE EXPERIENCE OF SELF-ISOLATION IN A HOSPITAL DURING THE COVID-19 PANDEMIC

Olga Voloshko – teacher-psychologist of the 1st qualification category, candidate member of the International Association of Positive Dynamic Psychotherapy. Methodologist of the Department of labor psychology and health at ANCO FVE "St-Petersburg School of Psychotherapy and Psychology of Relations", member of the Committee for Ethics and Protection of Professional Rights of the PPL. Russia, Lyubertsy.

The report discusses the special aspects of the experience of parents and children during the COVID-19 pandemic during inpatient treatment of children with cancer.

FAMILY RELATIONS DURING THE COVID-19 EPIDEMIC

Irina Shmakova – clinical psychologist, full member of the International Association of Positive Dynamic Psychotherapy, lecturer at the Department of Psychotherapy and Clinical Psychology of ANCO FVE “St. Petersburg School of Psychotherapy and Psychology of Relations”. Russia, Saint-Petersburg.

The report examines the experience of developing a questionnaire and analyzes the results of a study of the characteristics of family relationships during the COVID-19 epidemic.

PSYCHOLOGICAL FEATURES OF PROACTIVE COPING BEHAVIOR IN FIRST-YEAR STUDENTS MAJORING IN CLINICAL PSYCHOLOGY

Rafael Saifutdinov – 1st year student of the First Moscow State Medical University named after I.M. Sechenov, candidate member of the International Association of Positive Dynamic Psychotherapy. Moscow, Russia.

The head of the study – Nadezhda Voishcheva.

The report discusses the features of attitude towards oneself, other people, and the world, as well as the perception of the time perspective affecting the severity of proactive coping behavior in first-year students majoring in Clinical Psychology.

THE ART-THERAPEUTIC TECHNIQUE OF “HARMONY OF CONTRASTS” BY V.YU. SLABINSKY, V.E. EGOROVA, AND N.M. VOISHCHEVA IN POSITIVE DYNAMIC PSYCHOTHERAPY

Valentina Egorova – clinical psychologist, full member of the International Association of Positive Dynamic Psychotherapy, general director of Digital Manufactures LLC. Russia, Saint-Petersburg.

The report examines the theoretical foundations and experience of practical application of the art-therapeutic technique called “Harmony

of Contrasts” in individual and group work. The technique integrates theories of color science (Goethe, Oswald Iden) and personality theory developed in positive dynamic psychotherapy by V.Yu. Slabinsky.

HOW HAS COVID-19 CHANGED MY LIFE FOR THE BETTER

Natalya Poletaeva – clinical psychologist. President of the charity foundation “Our World Without Borders!”, full member of the International Association of Positive Dynamic Psychotherapy. Senior Lecturer at the Department of Psychotherapy and Clinical Psychology of ANCO FVE “St. Petersburg School of Psychotherapy and Psychology of Relations”. Russia, Moscow.

The report is dedicated to the positive consequences of personal development during the COVID-19 epidemic. Fear of death allowed one to think about what is really important in life and what is completely useless! People became closer to each other, began to show concern, got to know their loved ones better, returned to their families. The results in work have reached a new level. New life prospects were revealed. People have made new friends. Leaving the comfort zone is the basis for development.

ALL-RUSSIAN PSYCHOLOGICAL SUPPORT ONLINE-GROUP DURING LOCKDOWN (COVID-19)

Ivan Popov – psychologist, positive dynamic psychotherapist, full member of the International Association of Positive Dynamic Psychotherapy. Russia, Moscow.

In the report, the experience of the weekly online - psychological support group during lockdown will be discussed. In addition, the experience of art therapy, coaching, fairytale therapy, and body – focused therapy will be considered. The justification of group structure and timing has considered too. Finally, the results of the group will be discussed.



SCHEDULE OF THE SCIENTIFIC PART OF THE ONLINE PRE-CONGRESS «PSYCHOTHERAPY TO HELP CITIZENS, FAMILIES, GROUPS, THE WHOLE SOCIETY DURING A PANDEMIC CAUSED BY CORONAVIRUS»

For the schedule of Online-Psyfest – see a separate file

June 26, 2020

Зал:	Webinar room 1	Webinar room 2	Webinar room 3	Webinar room 4	Webinar room 5
10.00	10.00–11.00 Opening of the Online Pre-Congress of the Ninth World Congress of Psychotherapy “Psychotherapy to help citizens, families, groups, the whole society during a coronavirus pandemic”				
10,30		10.30–11.30 Lecture A.L. Katkov Framework concept of modern psychotherapy	10.00–13.30 Panel session Psychotherapeutic Kinesiology	10.00–13.45 Youth conference Psychological conditions of developing the personality of a new era (Joint Project of the Youth Committee of SRO and OPPL)	
11.00					
11.30					
12.00	11.00–14.00 Fundamental round table Disorders of mental health and psychological well-being in the world during and after the coronavirus pandemic	12.00–13.30 Lecture Emmy van Deurzen Revival from the existential crisis			
13.30					13.30–14.30 Lecture N.M. Lavrova influence of pandemia on the psychological and emotional state of family members depending on the degree of order of the family system
13.45					
13.45					
14.00					
14.30					
15.00	14.00–17.45 Round table Spiritually-oriented therapy to help people, families, organizations, and society during a pandemic	13.40–18.15 Conference “No panic” help to clients with panic attacks	14.00–16.45 Panel session Applied Behavior Analysis		15.00–16.00 Lecture V.V. Makarov Psychotherapeutic perspective of a pandemic caused by new coronavirus infection COVID-19
16.00					
16.30					
16.45				14.00–20.00 Round table Spiritually and culturally oriented psychotherapy	16.30–18.00 Lecture Yagui Martinez Robles Some existential-phenomenological reflections about restrictions and opportunities for online psychotherapy
17.00					
17.45			17.00–17.50 Panel session Virtual Technology and Psychological Counseling		
17,50					
18.00					
18.15					
18.30	18.00–20.00 Panel session Generative psychotherapy	18.30–20.00 Podium discussion Ways to work with anxiety for specialists of different psychotherapeutic areas	18.30–20.30 Panel session Psychotherapy during Pandemic		18.30–20.00 Lecture Suzanna Signorelli The feelings of people in the face of the pandemic in Argentina and in Latin America
20.00					
20.30					

SCHEDULE OF THE SCIENTIFIC PART OF THE ONLINE PRE-CONGRESS «PSYCHOTHERAPY TO HELP CITIZENS, FAMILIES, GROUPS, THE WHOLE SOCIETY DURING PANDEMIC CAUSED BY CORONAVIRUS»

Schedule of the Online-Psyfest – see a separate file

June 27, 2020

Зал:	Webinar room 1	Webinar room 2	Webinar room 3	Webinar room 4	Webinar room 5	Webinar room 6
10.00						10.00–11.30 Lecture Ferhat Jak Ikoz Existential Trauma Therapy
11.30	10.00–13.00 Fundamental Round Table 2 Psychotherapeutic help to children, family, society in the world during pandemic	10.00–14.15 Panel session Meaning-based approach (V. Frankl's Logotherapy) in crisis management	10.00–13.45 Panel session Psychoanalytic understanding of the new reality in pandemic situation, the reactions of people and society as a whole. Fantasies about the future	10.00–14.45 Panel session Jungian-philosophical section	10.00–15.00 Symposium Mediation	12.00–13.30 Lecture Alfried Längle Existential Challenges During Pandemic
12.00						
13.00						
13.30						
13.45						
14.00						
14.15	13.30–15.30 Round table Supervision					14.00–14.45 Lecture D.A. Leontyev Freedom and Fate: What We Do with Our Life
14.30						
14.45						
15.00						
15.30			15.00–17.00 Panel session Psychoorganic analysis			
16.00						15.30–17.00 Lecture Gianfranco Buffardi Characteristics of the method of therapy in the Italian school of neo-existential psychotherapy
16.30						
16.45		14.30–20.00 Symposium Integral short-Term trauma Therapy and symptoms of families, organizations, groups, societies amid the coronavirus pandemic (beginning)		15.00–19.00 Panel session Rodological method of counseling	15.00–20.00 Panel session Spiritually and religiously oriented psychotherapy during self-isolation in time of the coronavirus 2020 pandemic	
17.00	16.00–18.00 Round table Online Psychotherapy					
17.30			17.30–18.30 Lecture D.A. Shamenkov Open dialogue			17.30–19.00 Lecture Katerina Zimnis- Georgalos Therapeutic factors in conditions of chaos, disease and constant change
17.45						
17.50						
18.00						
18.15						
18.30						
19.00			19.00–20.00 Lecture N.V. Golubeva Consequences of the influence of self- isolation on family relationships			
20.00						
20.30						



SCHEDULE OF THE SCIENTIFIC PART OF THE ONLINE PRE-CONGRESS «PSYCHOTHERAPY TO HELP CITIZENS, FAMILIES, GROUPS, THE WHOLE SOCIETY DURING PANDEMIC CAUSED BY CORONAVIRUS»

Schedule of the Online-Psyfest – see a separate file

June 28, 2020

Зал:	Webinar room 1	Webinar room 2	Webinar room 3
10.00		10.00–10.45 Lecture S.B. Yesselson Future of psychotherapy and dialogue of cultures	
10,30	10.00–12.15 Fundamental Round Table 3 Preparing psychotherapy for future global challenges		
10,45			
11,30			
12,00		11.00–14.00 Panel session Shaping the image of the future to save parent-child relationships during prolonged family isolation	10.00–16.00 Conference Educational Personal Therapy
12,15			
12,30			
13,30	12.30–14.30 Coronaforum Paola Pomponi		
13,45			
13,45			
14,00			
14,30			
15,00		14.00–17.00 Panel session The psychology of eating behavior. Integrative approach Characteristics under stress and uncertainty	
16,00			
16,15			
16,45			16.15–17.15 Round table Discussion of the professional standard "Psychologist- Consultant"
17,00	14.30–20.00 Symposium Integral short-term trauma therapy and symptoms of a person, family, organization, group and society amid the coronavirus pandemic (continued)		
17,15			
17,50			
18,00		17.00–20.00 Symposium Existential psychotherapy (beginning)	
18,15			
18,30			18.30–20.00 Lecture A. B. Strelchenko Human psyche functioning under conditions of the stress pandemia
20,00			

SCHEDULE OF THE SCIENTIFIC PART OF THE ONLINE PRE-CONGRESS «PSYCHOTHERAPY TO HELP CITIZENS, FAMILIES, GROUPS, THE WHOLE SOCIETY DURING PANDEMIC CAUSED BY CORONAVIRUS»

Schedule of the Online-Psyfest – see a separate file

June 29, 2020

Зал:	Webinar room 1	Webinar room 2	Webinar room 3	Webinar room 4	Webinar room 5
10.00					
11.30			10.00–20.00 Symposium Existential psychotherapy (continued)		
12.00	10.00–14.00 Round table The role of psychological volunteering during pandemic. The development of psychological volunteering in Russia	10.00–16.00 Panel session integrated spiritually- oriented approach to working with severe psychosomatic disorders and oncology during the current pandemic	13.15–14.15 Lecture Alexander Alekseychik Psychotherapy on-line. Possibilities and limitations		
13.00					
13.15					
13.30					
13.45					
14.00					
14.15					
14.30	14.00–16.30 Panel session Integrative processes in psychotherapy, practical psychology and counseling, polymodal psychotherapy				
14.45					
15.00					10.00–19.00 Symposium Positive dynamic psychotherapy
15.30					
16.00				12.00–19.30 Conference Psychotherapy of pain	
16.30					
16.45					
17.00			Symposium Existential psychotherapy (continued)		
17.30					
17.45					
17.50		16.00–20.00 Panel session Resource Psychotherapy			
18.00	17.00–20.00 Closing of Online Pre-Congress				
18.15					
18.30					
19.00					
19.30					
20.00					





24.06 TIME STRIP 4 17.30–19.45	Makarov V.V., Lych K.V. "The element of money"	Goloulina N.A. "The authorship of life"
June 25 (Thursday)		
25.06 TIME STRIP 1 10.00–12.15	Shcherbakova I.M. "Body code of parent, adult and child"	Sennikova M.N. "Professional self-determination of difficult adolescents in difficult times"
25.06 TIME STRIP 2 12.30–14.45	Zhukov A.S., Lyakh I.V. "Multimodal Supervision Group" Translated into English	Spokoiniy N.V. "4D constellations in the short-term therapy of trauma and conflict: the transformation of destructive aggression into creative resources" Translated into English, German and Dutch
25.06 TIME STRIP 3 15.00–17.15	Katkov A.L. "The model of "Psychotherapeutic Laboratory" as a form of intensive practical training of psychotherapists and consultants"	
25.06 TIME STRIP 4 17.30–19.45	Yeselson S.B. "Former Sweethearts" - existential film therapy group	Zezyulinskaya I.A. "Modern integrative resource art therapy of crisis conditions"
June 26 (Friday)		
26.06 TIME STRIP 1 10.00–12.15	Yeselson S.B. "Former Sweethearts" - existential film therapy group continued!	Fedosimova M.S. "Background anxiety: why and what to do?"
26.06 TIME STRIP 2 12.30–14.45	Serebryakova K.A. "Quarantine. Image of prison, trauma of development"	Goltyvanskaya E.G. "The strength of the family and 12 bricks of its strength"
26.06 TIME STRIP 3 15.00–17.15	Ilyina O.Z. "The concept of countertransference. How to work with countertransference in psychotherapeutic practice"	Panyukova I.A. "From 0 to 16. Practical aspects of counseling on the sexual development of children and adolescents"
26.06 TIME STRIP 4 17.30–19.45	Dobryakov I.V. "Changes in family subsystems in critical pandemic situation"	Mironik-Aksenova O.I. "Working with drawings. POA tool" Krylova A.V. "Qigong" 1,5 hours
June 27 (Saturday)		
27.06 TIME STRIP 3. 15.00–17.15 Makarova Ekaterina Workshop in English «WHAT KIND OF PSYCHOLOGIST / PSYCHOTHERAPIST ARE YOU, AND WHAT ARE THE ROADBLOCKS ON A WAY OF YOUR PROFESSIONAL SUCCESS?»		
27.06 TIME STRIP 1 10.00–12.15	Serbina L.N. "Work with a myth and a fairy tale. Fairy tale therapy"	Minifest "Create your own world while playing!" - Gameplay for adults 09.40–21.00
27.06 TIME STRIP 2 12.30–14.45	Avagimyan A.A., Leiko E.V. "Balint group is an effective method to prevent professional burnout"	
27.06 TIME STRIP 3 15.00–17.15	Lavrova N.M., Lavrov N.V., Deynaga V.A., Rusanova Yu.V. Technology "mediation map" to resolve interpersonal conflicts	
27.06 TIME STRIP 4 17.30–19.45	Rogova O.I. "Yoga nidra (sleep yoga) - deep relaxation of the psyche with integration of self-hypnosis"	
June 28 (Sunday)		
28.06 TIME STRIP 1 10.00–12.15	Kuleva E.B. "Anxiety. From negative programming to self-confidence"	Kulygina Yu.G. "Image of a successful project"
28.06 TIME STRIP 2 12.30–14.45	Rumyantseva I.V. "How to exchange learned helplessness for trained confidence"	Kirsanova A.A., Tsiglova O.O. "Psychology and Folk Tradition: Challenges of the Present"
28.06 TIME STRIP 3 15.00–17.15	Malisova I.U. "Method for identifying and integrating ego states in cognitive-behavioral psychotherapy"	Buchatskaya M.L. "Transformation of monetary thinking"
28.06 TIME STRIP 4 17.30–19.45	Pligin A.A., Vakulin O.S. "Effective life management psychology"	Starostin O.A. "Plassotherapy – the author's method of metamodal sand therapy. The possibilities of using moving sand in psychological counseling and psychotherapy"
Minifest continues "Create your own world while playing!" – Gameplay for adults 09.40–21.00		

Psyfest IX World Congress of Psychotherapy "Children. Society. The Future - The Planet of Psychotherapy "2020-2021 Schedule of Online Mini-Fest "PLAYING, CREATE YOUR WORLD YOURSELF!" - Gaming Practice for Adults

SATURDAY, June 27, 2020

09:40–10:00	Opening, presentation of the hosts of this day (common room)						
10:00–10:45	"Game practice is an effective tool of self-knowledge and self-development in the modern world" V. Pervak						
10:45–11:30	"Measures for the prevention of professional burnout" A. Muravyeva						
11:30–12:15	"Online gamification: opportunities and limitations" A. Chugueva						
12:15–12:30	Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
12:30–14:45	Psychological game "Your time" (conducted in Russian and English) K. Mashukova	T-game "Liberation" A. Zakrevsky	Archetypal images of goddesses in psychological t-game "ProBirth" D. Sokolova	T-game "ART & facts" E. Dvoynikova, M. Eremina	Therapeutic game "Been lived" O. Gorbacheva	Psychological game "Games of Thrones" O. Ignatovich	Therapeutic game "Alchemy of Addiction" O. Krestova
15:00–15:45	"Transformational psychological game - what kind of beast?" E. Khomeriki						
15:45–16:30	"The scale of the personality" L. Akimova						
16:30–17:15	"Game Practitioner Brand" L. Bakaeva						
10:45–24:00	Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
TAPE 4 Games	The psychological game "The Path to Motherhood" (conducted in Russian and German) S. Sorokina	Therapeutic game "Master of two worlds" A. Muravyeva	T-game "Elemental of the Elements" V. Pervak, O. Timofeeva	Career guidance t-game "The planet needs you!" M. Kovaleva	T-game "Living Me" S. Barlett	T-game "Satori" M. Ostrovskaya	Online game "Anti-crisis. Anti-stress" E. Suvorova
19:45–20:00	End of the day MiniFest, feedback (common room)						
20:00–21:00	Conference "Game Practice in Therapy and Psychological Counseling" (common room)						

SUNDAY, June 28, 2020

09:40–10:00	Presentation of the hosts of this day (common room)						
10:00–10:45	"Transformational game in deep psychology" L. Surina						
10:45–11:30	MK on the example of the theta games "NEW DAY" and "PANTHEON" I. Grekov						
11:30–12:15	"Symbols of archetypal geometry around the tree of love" A. Arkharova						
12:15–12:30	Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
12:30–14:45	«Make a choice using the game «T-Perspective» (conducted in Russian and English) A. Chugueva	T-p game "Akan" (conducted in Russian and German) E. Khomeriki	T-game "Groundhog Day" L. Bakaeva	Therapeutic game "Liberation" O. Gorbacheva	Psychological game "Birth light" O. Ignatovich	Coaching game "Time in volume" L. Akimova	"From luck to success" V. Pervak
15:00–15:45	Workshop "Hand maid yourself! Do you want?" A. Zvorono						
15:45–16:30	"The author's technique: 12 steps of the hero in 12 decks of the MAC" E. Danko						
16:30–17:15	"The author's method" Keys to negative emotions "A. Zakrevsky						
10:45–24:00	Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
TAPE 4 Games	T-game "Dreams Come True!" (conducted in Russian and English) E. Vitolina	Sexological game "Carnival of desires" A. Muravyeva	ART-coaching travel game "Around the World" E. Danko	Psychological t-game "The Treasury Guardian" M. Kovaleva	Psychological t-game "Macaroma" E. Vasina	"Neurography as a tool for developing projects for assisting practitioners" S. Medvedeva	T-game "Storytelling: a fairy tale every day!" E. Suvorova
19:45–20:00	Завершение дня Минифеста, обратная связь (общая комната)						
20:00–21:00	Конференция «Игропрактика в терапии и психологическом консультировании» (общая комната)						

*t-game - transformational game

PROGRAM OF MASTER-CLASSES, TRAININGS AND OTHER EVENTS OF PSYFEST® ONLINE

Moscow, June 24 – 28, 2020

Dear participants! Please note, that the program indicates the language in which the master class is held and whether there is translation into other languages.

Master class “EMOTIONAL INTELLIGENCE IS THE KEY PERSONAL STRENGTH AND AN OPEN HEART” (Russian)

24.06, 15.00–17.15



Averkina Svetlana Sergeevna – Psychologist, Transactional Analysis practitioner, sexuality coach. Candidate for the title of the certified transactional analyst in the field of psychotherapy. Full member of the All-Russian Professional Psychotherapeutic League. Full member of the St. Petersburg Institute for Transactional Analysis. Full member of the European Association for Transactional Analysis. Russia. Crimea. Sevastopol.

WHAT IS EMOTIONAL LITERACY?

When we are emotionally literate, we can deal with difficult emotional situations that often lead to us fighting, lying, lashing out, and hurting other people.

We are under the constant effect of emotional trauma. Some of them appear in the simple everyday life challenges, while others come from betrayals and disappointments. Without an exit, emotional pain causes us to freeze emotionally. But when we put ourselves in an emotional “cocoon,” we lose touch with our feelings and become powerless to understand and control them.

We crave emotional experience and seek it in many ways.

Learning emotional literacy is a direct and effective way to connect with your feelings and their power, and thereby establish good and loving relationships with other people.

You can learn to touch others with your emotions. You don't have to remove the power of control and fear. Instead, you can be an empath, drawing energy from love and sharing the power that love gives you.

For a general audience.

As a result of the workshop, you will be able to:

- train yourself to enjoy your feelings and the feelings of other people;
- learn to understand and direct your emotions, listen and respond to the needs of others;
- correct emotional damage and navigate the world of feelings;
- learn your level of emotional awareness.

Master class “BALINT GROUPS AS AN EFFECTIVE METHOD OF BURNOUT PREVENTION IN HELPING PROFESSIONALS” (Russian)

27.06, 12.30–14.45



Anzhela Avagimyan – Associate Professor, Chair of Nursing Management and Social Work, Institute of Psychology and Social Work, FSAEI HE I.M. Sechenov First Moscow State Medical University of the Ministry of Health of the Russian Federation (Sechenov University); medical psychologist, No.1 N.A. Alekseyev Psychiatric Clinic, Moscow Health Department; PPL international level trainer; certified consulting psychologist (certified by the Institute of Psychosomatics and Psychotherapy,

Potsdam, Germany and PPL); certified supervising Balint group leader (certified by German Balint Society and PPL); supervisor, international level individual consulting therapist and supervisor; member of German and UK Balint Societies; Moscow Balint Society President



Leyko Elena Vitelievna – psychologist, PPL Russia international level official professor, PPL Russia Balint group leader and supervisor, UK and German Balint Societies member, Moscow Balint Society vice president

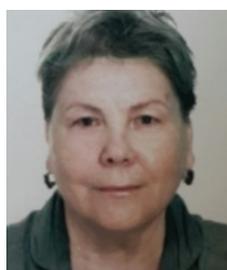
Balint groups is a method of a group training research work. The central object of the research in a classic Balint group is the psychotherapist-client relationship. The analysis of this relationship allows gaining better understanding of the client in the context of his connections and interactions with the real world. Balint groups can be used as a tool for professional and personal growth in helping specialists. The participants will be offered a classic German version of a Balint group and a “sculpture” Balint group session. Today we are witnessing a growing importance of socio-economic-type helping professionals such as doctors, psychologists, and social workers. The most important variable of social practice in these areas is the personality of the specialist as a means of professional activity. This is illustrated through the personal attitude of the helping professional, his competence as a practicing researcher or his professional treatment of clients. Today helping professionals are facing a burnout syndrome as an inevitable type of professional deformation.

The event is meant for a wide audience.

The training is geared towards a broad audience including doctors, medical and social workers, psychologists and psychotherapists; in short, all helping professionals.

Master class “THE PARADOX OF MENTAL LIFE: PSYCHE AND SPIRIT, INDIVIDUAL AND PERSONALITY IN UNSETTLING SITUATION OF SELF-ISOLATION 2020” (Russian)

24 июня, Лента 2, 12.30–14.45



Bitekhtina Lyubov D. – Candidate of psychological Sciences, doctor of philosophy, Professor, academician of RNAN; co-head of the modality “Religious-oriented psychotherapy of the all-Russian Professional Psychotherapy League”. PPL Full member, specialist in the field of methodological foundations of theology, philosophical anthropology and religious-oriented psychotherapy. Head of the Department of theology and religious psychology, RNAN, Head of the “Peresvet Publishing house” of the Saints of Radonezh Brotherhood. Author of spiritually-oriented psychotherapy of the soul. A follower of the “Spiritual school” and the patristic practice of obedience to the Trinity Sergius Lavra (Sergiev Posad)



Sokolovskaya Irina E. – Doctor of psychological Sciences, Professor of the Department of social, general and clinical psychology, Faculty of psychology, RSSU (Moscow), PPL Full member, General Director of the educational and cultural center “Inter-Sputnik”; President of the charitable Foundation for spiritual development and identification of creative skills of orphans and disabled children “Your angel”.

Author of more than 100 publications: “Religious commitment and its influence on the character and personality of modern man.”

Constructive and destructive aspects of the religiosity of modern youth", 2013; "Religious identity of the individual", 2014; "Man and his actions: essays on anthropological and ethical teachings"; "Man in search of himself"; "Spiritual security of the younger generation as a guarantee of a healthy nation of the XXI century"; "The mission and possibilities of religious faith in preserving the psychological health of a modern digital society", "Religious extremism as a type of social activity in modern society", etc.



Chukhrova Marina G. – Doctor of medical Sciences, Professor of the Department of personality psychology and special psychology of FP NGPU (Novosibirsk), Psychiatrist-narcologist of the highest category. Author of more than 300 publications, 12 monographs, 3 textbooks for students, 12 guidelines, 12 patents for inventions.

The event will be interesting for a wide audience.

More detailed:

As soon as we cross the threshold and enter God's domain, our biological balance and the psychosomatic balance we seek will inevitably be shaken. A complete reconstruction of the personality is inevitable, including both its mental and physical plan, because there is a revolution, a new order is established, everything begins to live and interact differently. Our attitude changes to everything and in everything. There are times when no one asks or warns where they come from or why. These are times of deep spiritual changes, to which we involuntarily react with a mental disorder, falling into an inadequate and scattered perception of reality. As a rule, we do not distinguish between mental balance and healthy spirituality, believing that it is either the same thing, or both phenomena are directly related. However, this is not so!

Master class "CHANGES IN FAMILY SUBSYSTEMS IN A CRITICAL PANDEMIC SITUATION" (Russian)

26.06, 17.30–19.45



Dobryakov Igor Valerievich – Associate Professor, Candidate of Medical Science (PhD), Clinical Psychologist (EuroPsy), Senior Researcher at the Scientific and Organizational Branch of the Federal State Budgetary Institution "National Medical Research Center for Psychiatry and Neurology named after V.M. Bekhterev" of the Ministry of Health of the Russian Federation, PPL member, RPA and RPO member. Co-chair of RPO perinatal psychology section, organizer and head of the

symposium "Perinatal psychopathology and psychotherapy" in the framework of the IX World Congress on Psychotherapy "Children. Society. The Future - The Planet of Psychotherapy"

Announcement of the pandemic, the requirements of compliance with the isolation regime create a critical situation. At the same time, there is an increase in the level of basal anxiety, a change in the stereotypes of everyday family life. Relations between family subsystems and family members are changing. This can lead to disharmony of family relations as well as joint overcoming of the crisis and family strengthening.

Workshop «THINGS IN THE BODY», FAST WORK THROUGH THE EMOTIONAL STRESS AND TRAUMAS BY MEANS OF PSYCHOCATALYSIS» (Russian with translation to English)

24.06, 10.00–12.15



Ermoshin Andrey F. – author of the Psychocatalysis method, doctor-psychologist, PhD in psychology, psychotherapist of the European Association for Psychotherapy (EAP), member of the Committee of modalities of the Professional Psychotherapeutic League (PPL), director of "Soul's Health Center", Russia, Moscow.

It is in human nature to accumulate stress and trauma during one's life. They affect the autonomic nervous system and do not

pass on their own. Their signs can be seen in the data of the test "Constructive drawing of a person", which takes no more than a minute to complete. Stresses and traumas rob a person's potential and lead to mental and psychosomatic diseases. At the workshop there will be shown the algorithm for rapid working through the states caused by adaptive tension and psychic traumas such as fright, disappointment, loss, betrayal, humiliation, etc.

Psychocatalysis algorithms are the keys to working through vegetative dysfunctions caused by psychic traumas. The participants will see how to work through phobias, disappointment, resentment, and etc. in a matter of minutes. They will learn to work at the level of the autonomic nervous system and get experience of self-regulation. There will be a lot of practice.

The workshop will be interesting for: general audience.

"FORMER SWEETHEARTS" – EXISTENTIAL FILM THERAPY GROUP (Russian)

25.06, 17.30–19.45 + 26.06, 10.00–12.15



Semyon Borisovich Yesselson – is an existential therapist, board member of the Federation for Existential Therapy in Europe (FETE), head of Existential therapy modality at the National Umbrella Organization of Russia (OPPL), president of the interregional non-governmental organization "National Association of Existential Counselors and Therapists", board chairman of the International Institute for Existential Counseling (MIEK), chief editor of the

international (Russian language) journal "Existential Tradition: Philosophy, Psychology, Psychotherapy", member of the organizing committee for the First World Congress for Existential Therapy (London, 2015), member of the closing Soviet delegation to the European Congress on Group Psychotherapy (Budapest, 1990), one of the first Soviet business trainers, one of the first Soviet conflict resolution professionals (teaching at the St. Petersburg Experimental Faculty in the early 90s to prepare conflict resolution specialists, expert of the State Duma of the Russian Federation and consultant on conflict resolution at the federal and regional government bodies). Author of such genres of existential therapy as 'narrative resonator' and 'existential journey', originator of the existential project 'For the Memory of Future Generations', author of numerous existential fairy tales. Upon the decision of the organizing committee of the 2nd World Congress for Existential Therapy (Buenos Aires, 2019), the interview with Semyon Yesselson is posted in the interview section of the world's leading existential therapists.

Client group - designed for people who consider the topic relevant for them.

This group is for those who deep down cherish the idea of meeting with former lovers, to whom it seems that what they used to have was better, than what they have now.

It is a group for those, who want to transform old love relationships into friendships and "be friends by households", but for some reason they do not.

This is a group for those who decide whether to let the old love come close or is it better to move to a safe distance?

This group is for those who ponder over the words of Andrei Voznesensky "Do not return to your former lovers, there are no former lovers in the world." Should we believe A. Voznesensky? Or does he express in his verse only personal traumatic experience?

In this group you can try to cope with the difficulties that arise in your relationship with complex and sometimes conflicting feelings towards former lovers.

The author uses his own genre of existential therapy "narrative tuning fork".

Workshop "BASIC ANXIETY: ROOTS AND SOLUTIONS" (Russian)

26.06, 10.00–12.15



Fedosimova Marina Sergeevna – psychodrama therapist, body oriented therapist, specializes in biodynamic analysis and working with shock trauma, prenatal psychologist, specialist in projective methods, cofounder of psychological center "Resource Workshop", Professional Psychotherapeutic League of Russia full member, Russia, Rostov-on-Don.

During the workshop we're going to review:

1. The concept of personal prenatal anxiety.
2. The mechanism of its genesis.
3. The ways to work with it (personal and therapeutic).

Workshop «AUTHORSHIP OF LIFE» (Russian)

24.06, 17.30–19.45



Natalia Goloulina – Psychotherapist at the Institute of Psychodrama, Coaching and Role Training, certified psychodrama therapist, coach, trainer of the Psychodrama Association, University of Haifa, Faculty of Social Welfare and Health Sciences, MA Program in Creative Arts Therapies, Master's Degree in Psychodrama.

As we all know, only few people spend their lives doing what they want. Many people simply are trying to survive the working week

in anticipation of the weekend and unfortunately do not get any job satisfaction. At best, they have patience with their business, and at worst, they don't.

One can definitely be guided by life circumstances, but as George Kelly argued, "No one should be a victim of his own biography"; and Jung wrote: "I am not what happened to me, I am what I choose to become."

Irvin Yalom believed, that responsibility implies authorship. Thus, being aware of responsibility means being aware of the creation of our own "I" by ourselves, of our fate, of our life success and failures, of our feelings as well as our sufferings, if any.

This workshop is for the people who would like to:

- Get deeper contact with the role of the author of his own life
- Enjoy an easy and joyful life, full of pleasures, with a sense of inner balance and harmony both at work and in other life situations
- Have a true love for life in all its forms and enjoy life discoveries
- Get the sense of purpose in life and feel free to do whatever is necessary in any circumstances
- Set a high value of oneself, of one's opportunities and ability to use them in the best way

The event will be interesting for a wide audience.

Master class "THE POWER OF THE FAMILY AND THE 12 BRICKS OF ITS FORTRESS" (Russian)

26.06, 12.30–14.45



Goltvyanskaya Elena Gennadievna – Orthodox psychologist, catechist, senior teacher of the Law of God at the children's Sunday school "Raduga", candidate for the title of certified Transactional analyst in Europe. Specialist in the field of family systemic psychotherapy, PPL full member.

Publications in the newspaper "Chersonesky Vestnik": "Meet a teenager", "Kolya + Masha ... let's Talk about love", "About female loneliness".

For a wide range of people. Specialists will receive a tool for practical work. Non-specialists will gain new knowledge and skills that harmonize the quality of family relationships and improve the quality of life.

You will take a fascinating journey along the river of time and get acquainted with the Orthodox traditions of the family. Psychological models of relationships will be considered. This tool helps partners track familiar response patterns that complicate mutual understanding. These are visual models that allow you to analyze problems and move on to a successful transformation into a more harmonious relationship.

At the Master Class, you will learn what is the strength of the family and what makes it unbreakable.

Take a fascinating journey along the river of time and learn what "family" is, get acquainted with the Orthodox traditions of the family. The status of women. What is the children. What saints help in various family situations. Look inside yourself and touch your love and your partner's love. Is this true love?

We will talk about the polarity of the manifestation of love at every level of the personality structure: physical, mental, and spiritual.

You will learn what preserves and strengthens the unity of the family, gives meaning and thoroughness to all the events of family life, and harmonizes intra-family relations.

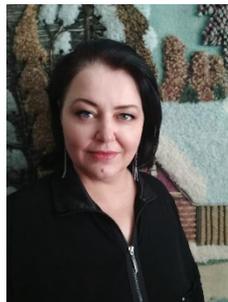
They will address the psychological model of relations. This tool helps partners track familiar response patterns that complicate mutual understanding. These are visual models that allow you to analyze problems and move on to a successful transformation into a more harmonious relationship.

Get a tool that helps you study and change the quality of partnerships (if there are problems with them), make them more harmonious and sincere.

The Master Class will be useful for professionals who will receive a tool for practical work and a wide range of people seeking to harmonize partnerships and improve the quality of life.

Master class "THE CONCEPT OF COUNTERTRANSFERENCE. HOW TO WORK WITH COUNTERTRANSFERENCE IN PSYCHOTHERAPEUTIC PRACTICE" (Russian)

26.06, 15.00–17.15



Ilyina Olga Zinovievna (Russia, St. Petersburg) – psychologist-psychoanalyst, PPL full member, supervisor and teacher, member of the European Confederation of Psychoanalytic Psychotherapy.

Transference and countertransference are phenomena similar to universal gravitation: you may not be aware of their existence, but they will manifest themselves between people. Not only in the psychotherapist's office, but also in ordinary life.

The lecture is based mainly on clinical examples that are often found in the practice of psychotherapy. The theoretical material is presented in the minimum necessary volume, for those wishing to get a deeper understanding of the psychoanalytic theories of countertransference, a list of recommended literature is given at the end of the lecture.

What we will talk about:

1. The idea of transference feelings of the patient. Negative and idealizing transference.
2. The concept of countertransference.
3. Types of countertransference - concordant and complementary.
4. The importance of distinguishing between "own" and "client's" experiences in the process.
5. Working with negative transference. How not to drown in the patient's "ocean of aggression".
6. Idealizing transference. When and for how long it is worth supporting.
7. Patient with narcissistic defenses and "dumb" therapist. How not to get involved in the struggle for the "crown".
8. The experience of hopelessness and desperation at each session. How to redesign tactics.
9. The unconscious "invitation" of the patient to play the role of his "bad" mother. How to build a counterscript.
10. On the significance of the primary diagnosis of the case. When you can give a "soul for rent" for the benefit of the patient and when to save yourself.
11. Countertransference resistance. Unconscious acting out of the therapist.

INTERACTIVE ONLINE SEMINAR (Russian)

25.06, 15.00–17.15



Katkov Alexander Lazarevich – MD, professor, vice-president of the Department of General Medicine, Chairman of the Scientific Council of the National SRO for Psychotherapy. (Saint-Petersburg, Russia).

The master class is held in the mode of an interactive online seminar.

The seminar part itself takes about 40% of the time (the main components of the psychotherapeutic laboratory training model for psychotherapists are reviewed and discussed - warming up communication, demonstration, "freeze frame", "time lapse", "internal expert", work with the training problems form, work with cases, etc.). In the practical - illustrative part, the special exercise "Hand" is carried out with discussion and consolidation of the result obtained. In conclusion, the possibility of using this approach in the practice of training and self-training of psychotherapists and consultants is discussed.

Online-meeting "PSYCHOLOGY AND FOLK TRADITION: CHALLENGES OF THE PRESENT"(Russian)

28.06, 12.30–13.30



Kirsanova Anastasia (Russia, Leningrad region) – Teacher-psychologist, coordinator of the "Round Dances of Traditions" festival "Round Dances of Russia".



Tsiglova Olesya (Russia, Vladimir) – methodologist of the Department of Theory and Methods of Education GAOU DPO VO Vladimir Institute of Education Development L.I. Novikova. Psychologist, social teacher, teacher of additional education. The leader of the folk group "Vladimirskaia vechera". Head of the Dances of Traditions festival of the Dances of Russia festival.

The meeting raises problems of modern education, formation of the personality of a man and a citizen. The ways of solution are in the synthesis of pedagogy, psychology and folklore are indicated. As part of a lesson on the specified topic practice the master class will be given.

In the modern world, we are witnessing a deformation of traditional family values. The world is changing, society is changing, the roles and competencies of people are changing. In response to the challenges of modernity and technological progress, the need for humanity is growing - communication, self-identification, including ethnicity. There is a massive external change in consciousness - from creation to consumption.

How are the inhabitants of Russia radically different from the inhabitants of the rest of the world? Why is cultural code so important to us? Why is there an increase in interest in folk tradition in the 21st century? What is the significance of knowledge from the 19th century to the 21st century? How can a modern psychologist, a teacher use the potential of folk traditions in his work - individual and group? How can ritual songs be used to solve intrapersonal problems? What is the key to success of public education? Where to look for a worthy couple to create a family? These and other issues will be discussed at the meeting.

The practical part of the online meeting involves acquaintance with the experience of solving problems that a modern psychologist, teacher, educator, student, parent encounters in his activity: active receptions and methods of upbringing in the folk tradition - games, round dances, everyday dances.

DISCUSSION OF PROFESSIONAL STANDARD "PSYCHOLOGIST - CONSULTANT" PROJECT

28.06, 13.45–14.45

Модераторы:



Maria Korshikova – Vice-President, Head of the Professional Standards Group, Member of the Presidential Council of the SRO National Association "Psychotherapists and Psychologists Union." Psychologist, International Transaction Analyst — Coach, All-Russian Professional Psychotherapeutic League full member. Russia, Moscow.



Victor Kuzovkin – Ph.D., Associate Professor, Department of Psychological Consulting, Faculty of Psychology, Moscow State Pedagogical University; Member of the accreditation commission for the accreditation of specialists of the Supervisory Board of SRO "Union of Psychotherapists and Psychologists"; full member, head of the Education Committee of the PPL Central Council, co-chair of the client-centered psychotherapy modality; PPL personal psychotherapist and supervisor of international level in modality of client-centered psychotherapy. Russia, Moscow.

Focus: discussion of the draft professional standard "Psychologist – Consultant" and the relevance of its development.

Workshop "CHI KUNG EXERCISES FOR QUICK RECOVERY AND DISEASE PREVENTION" (Russian)

26.06, 18.30–20.00



Krylova Alla Viktorovna – psycho-organic analyst, certified chi kung instructor with 25 years of teaching experience.

If you have to sit a lot and at the same time be in a tense psycho-emotional field of clients, you need to take care of rapid effective unloading of physical and emotional stress. That is for to prevent you from professional burnout and health problems.

Qigong exercises simultaneously work at three levels: body-emotions-thoughts and help our self-regulation quickly restore energy and emotional balance, calm the mind and relieve physical tension.

At the master class, we will do simple exercises together. You will master and learn the techniques of self-massage of energetically active zones and points. You will feel their beneficial effect on yourself and can easily apply them during working breaks.

Workshop "TRANSFORMING ANXIETY INTO SELF-BELIEF" (Russian)

28.06, 10.00–12.15



Kuleva Helen – Head of the psychology center "Bastet", lecturer at the Institute of practical psychology "Imaton", certified specialist in Positive Psychotherapy and Transcultural Psychiatry, vice president of interregional association of positive psychotherapy Russia (1997 - 2006), expert and member of the Coordinating Council of the Guild Psychotherapy and Training, head of the Guild's ethics Committee.

At the workshop will be presented ways to neutralize and optimize anxiety using a combination of traditional Chinese medicine and modern psychotherapy techniques.

Ancient Chinese doctrine U-sin considers interrelation of the basic emotional conditions of the person connected with them of physiological displays and ecological phenomena, being a material world basis Ancient Chinese doctors considered that a basis of all real including person, is the inseparable unity of five elements : fire, earth, metal, water and a tree. A body and soul of the person are also connected with these elements: heart - with fire, a spleen - with the earth, lungs and respiratory organs - with metal, kidneys and reproductive bodies - with water, a liver - with a tree. Elements also have the character, "soul". The person perceives "soul" elements through the emotions they generate. Fire is generated by pleasure, the earth - anxiety, metal - melancholy, water - fear, a tree - anger. Recreating in a relaxation session the images connected with fire, the earth, metal, water and a tree, we can quickly and effectively harmonize emotional condition of the clients, and also make active their energy potential. In the triad of Earth - Spleen - Anxiety the image of the Earth transforms coarse anxiety into the sense of stability, and then continues grow into confidence in themselves and into a sense of cosmic uniqueness.

Master class "IMAGE OF A SUCCESSFUL PROJECT" (Russian)

28.06, 10.00–12.15



Kulygina Julia Gennadyevna – Founder and leading specialist of the Sand Therapy Association. Business development expert, author of techniques. Organizer of the international psychotherapy program "Creative Expedition". Multiple nominee of the national contest "Golden Psyche".

How to find the thing in life that will bring success and harmonious development? - The main issue of concern to people in society. At the master class, the author's methodology for creating the image of a successful project will be demonstrated, which is a reflection of the underlying motives of the individual, and not his mental attitudes imposed by society. The accuracy of choice is determined by comprehensive analysis of the results of work at three levels - mental, physical and unconscious.

The event will be interesting for general audience.

The technique is based on the author's many years of experience working with images of the unconscious, as well as the practice of psychological counseling for entrepreneurs and creative leaders. More than 30 successful projects a year in the field of psychology and creative industries start, thanks to this technology, which combines the methods of integrative sand therapy and business consulting. Creating an "image of a successful project" using this technique allows people who have previously experienced fear and insecurity to make accurate choices and act confidently, decisively, and successfully. The training has gained particular relevance in the context of the social and financial crisis.

Training «NATURAL FORCE OF MONEY» (Russian)

24.06, 17.30–19.45



Victor Makarov (Moscow, Russia) – Doctor of Medicine, M.D., professor, president of Professional Psychotherapeutic League of Russia, vice-president of World Council for Psychotherapy, head of psychotherapy, medical psychology and sexology chair of Russian Medical Academy of Postgraduate Education.

Money is the first of the social forces. The four forces of nature: earth, water, air, fire are now pressed by money. The training will cover the following issues: money in one's kin and family, money in raising children, money in adolescence, money in young and mature age, money in the lives of seniors. Money in business and in personal life. Romance of money and punishment by money. As a result of the training, it's participants will able to develop strategies of their personal relationships with money, leading to success and happiness.

The training will be interesting for: general audience.

More information:

The legendary "Money" training has been conducted by V. Makarov since late 1980s. The training has been constantly transforming ever since, meeting the needs and general trends in a rapidly changing society. Nowadays Russia is experiencing a severe crisis, or, more correctly, a depression. Thus, we adapt our financial behavior strategies in business and personal life to changing social conditions.

Workshop in English «WHAT KIND OF PSYCHOLOGIST / PSYCHOTHERAPIST ARE YOU, AND WHAT ARE THE ROADBLOCKS ON A WAY OF YOUR PROFESSIONAL SUCCESS?»

27.06, 15.00–17.15



Makarova Ekaterina – psychoanalyst, head of the central council committee of the All-Russian professional psychotherapeutic league for training therapy, certified training therapist - advisor by PPL, accredited supervisor of PPL, lecturer of PPL of international level, chairman of the international section of the All-Russian Professional Psychotherapeutic League, chairman of the youth section of the World Council for Psychotherapy, Ph.D. candidate at the Sigmund Freud University (Vienna, Austria), MSc., Moscow, Russia.

Social distancing, quarantine, information overload, fear of the future became a sudden and extreme reality for all humans. I will share techniques, that were successfully adopted by me and my colleagues, that enabled us to respond to the challenge of our time, and expand private practice offline and online.

Workshop "THE METHOD OF DETECTING AND INTEGRATING EGO-STATES INTO COGNITIVE BEHAVIORAL PSYCHOTHERAPY." (Russian)

28.06, 15.00–17.15



Irina Malissova (Germany) – certified psychologist (MSU), Ph.D. in Psychological Sciences (RAN), certified psychotherapist (Germany) specializing in cognitive behavioral and deep psychotherapy. A practicing psychotherapist with 20 years of experience, an assistant professor at the Rhine Institute of Psychotherapy and Psychoanalysis. Annelisa Heigl-Evers (Germany).

The master class is addressed to psychotherapists, psychological consultants, coaches.

Key concepts: modern cognitive behavioural therapy, ego-states, "inner team," traumatized ego-states, dissociation, integration. The theoretical part includes a brief coverage of the modern CBT, a brief overview of a number of theoretical postulates on the application of the concept of ego-states in psychotherapy. The practical part will look

at specific examples from private practice. Participants will have the opportunity to try themselves as a psychotherapist.

Workshop "WORK WITH PAINTING. A POA TOOL FOR TRANSFORMING FEELINGS, STATES AND UNDERSTANDING PROCESSES OF CHANGING INTERNAL REALITY." (Russian)

26.06, 17.30–18.30



Oksana Mironik-Aksenova – Psycho-organic therapist (European and world-registered), Leader of the Psycho-organic Analysis Module in Russia, Full Member of the PPL, EAP, National Delegate from Russia to the EAROA, International-Class Supervisor Coach in the PPL, Personal therapist, pre-training Coach for students in the POA school.

For everyone. Prepare an album or paper for drawing, paint (gouache or watercolor), a jar of water and brushes in advance. Work time 1 hour. Meeting with a primary impulse, movement through a drawing, interpretations with the help of group members, meeting, awareness and change.

Master class "FROM 0 TO 16. PRACTICAL ASPECTS OF COUNSELING ON THE SEXUAL DEVELOPMENT OF CHILDREN AND ADOLESCENTS" (Russian)

26.06, 15.00–17.15



Panyukova Irina Anatolyevna – Candidate of Medical Sciences, Associate Professor of the Department of Psychotherapy and Sexology of the Russian Medical Academy of Postgraduate Education.

- What are the risk and anti-risk factors for impaired sexual development and sexual abuse;
- How to distinguish age-related characteristics from sexual development disorders;

- How to interact with parents on the psychosexual development of children and adolescents;
- At what age, what aspects of sexuality and in what words to speak with children and adolescents;
- How to help parents establish contact and understanding with children in these matters - such questions and practical recommendations will be discussed at the master class.

Master class "PSYCHOLOGY OF EFFECTIVE LIFE MANAGEMENT" (Russian)

28.06, 17.30–19.45



Pligin Andrey – Doctor of Psychological Sciences (PhD), psychotherapist of the European registry, official representative of the European modality NLPt in Russia, trainer, coach, the author of the scientific concept of psychological assistance "Systemic formation of the individual's life path" (Life Path Coaching and Life Path Therapy), author of 3 monographs, 4 study guides, 7 books and more than 100 publications. Counseling experience over 25 years. Moscow, Russia.

Vakulin Oleg – Psychologist, Candidate of Pedagogical Sciences, trainer, coach. Counseling experience over 10 years. Moscow, Russia.

Each person controls himself and his own life in different ways.

Most effective people overcome the parent-child script, becoming the authors of their life paths. The master class helps to focus on the internal roles that control the personality and life, as well as identify those life options that underlie the script.

The master-class will be interesting for general audience.

Unfortunately, many people live their lives without thinking about what bricks it consists of and therefore have very little effect on it. The main idea of the author's method is to help people to make life a separate subject of consideration.

Eric Berne proposed the idea of a person's life script, however, did not answer the question "How to change it?". The master class is dedicated to the answer to this question. Most people live negative life variants: life as an obligation and coercion, as a routine, as a drift, etc. While successful people, overcoming the difficulties of the parent-child script, build their lives based on socially attractive and useful life variants: life as self-development, as achievement, as financial success, etc.

The construction of an effective life path represents a special resonance between the development of a person (especially role identification) and life variants that are defined by the social environment of a person. Therefore, the master class focuses on how a person individually creates his role profile and how life variants for a family script are transformed into a focused life path.

The Program of master-class:

- 4D life building and counseling model.
- The basis of the life script: 10 life variants.
- 6 basic personality management roles.
- Methods of life development.
- Practical steps to change life.

The master class will help people fill their life with meaning, enrich it with vivid interesting events, build their happiness and live several lives in one life!

Master class "YOGA-NIDRA (SLEEP YOGA) – THE DEEP RELAXATION OF THE PSYCHE WITH THE INTEGRATION OF AUTO-SUGGESTIONS" (Russian)

27.06, 17.30–19.45



Rogova Oksana – Member of the National Guild of Hypnosis, the hypnotherapist. Higher education in choreography and psychology. She has experience in teaching yoga since 2001. She is a professional teaching of the physical disciplines (like choreography and different fitness) since 1992. She is a founder of the direction - Relax-yoga® and Relax Yoga school which teaches trainers by the method of "Yoga-Nidra". Oksana Rogova leads seminars, festivals of yoga in Moscow and

abroad. She is a member of television and Internet yoga and fitness projects. She is a developer of a phone app, which calms the nervous system and helps set a sleep schedule.

It is suitable for a wide audience.

Your desires do not come just like that! Their aim is to compensate for hidden anxiety and lift to a new level your self-awareness! What hinders their implementation? A limiting beliefs and lack of motivation! Practice Yoga Nidra with self-hypnosis will help your wishes come true! In addition, for that to happen, you need a series of subtle psychophysical settings that only specialist can provide.

Yoga Nidra is a technique of relaxation, which inevitably will lead to calming of the nervous system and deep mental relaxation. This is a familiar state of consciousness "between sleep and wakefulness", but it is accomplished by volitional muscle relaxation and a short fixing attention on areas of the body and its parts.

The birth of this method occurred within the walls of the Bihar school of Yoga thanks to Swami Satyananda of Saraswati on the basis of two diverse traditions — the Vedic and tantric Niassa "yoga dreams" in the 50-ies of XX century.

Nidra is a hypnagogic state between sleep and wakefulness, and Yoga-Nidra (sleep yoga) is a method of maintaining this condition with the aim of relaxation and interaction with the subconscious.

Metaphorically, this method described as follows: the subconscious is a repository of all the programs that are your behavioral strategy. The state of Nidra opens the door to the subconscious, but your consciousness remains awake enough to affect its contents.

In this hypnagogic, and besides, still nice condition, there is a unique chance to strengthen the effectiveness of the programs which realize your desire through self-hypnosis. In the yoga tradition, they called Sankalpa.

Do you understand that your desire comes to you just like that? Usually you have a high need for this desire. It is born in your subconscious. Its implementation is designed to compensate for latent anxiety, and to satisfy and lift you to a new level of self-awareness!

Your desire still has not come true, although a lot of effort had been applied? What is in the way? Limiting beliefs and lack of motivation!

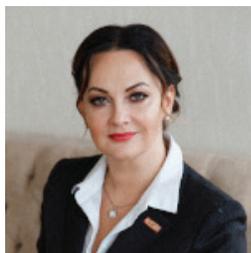
The practice of Yoga Nidra with autosuggestion will help your desires come true! Moreover, for this to happen, you need many subtle psychophysical settings, which can be provided by a specialist. Oksana Rogova is a hypnologist, the voice of the most sought-after Yoga Nidra on YouTube, the developer of the Yoga Nidra phone app.

The master class includes information about the Yoga Nidra method; explanation of the rules for the creation and implementation of installations; short practice of simple, accessible asanas; session "Yoga Nidra with self-hypnosis of positive attitudes" in the supine position.

Because the session itself takes place in a prone position, it is necessary to have comfortable clothes covering your arms and legs or a light blanket.

Workshop "WHAT PSYCHOLOGICAL SKILLS ARE REQUIRED TO CONFRONT LEARNED HELPLESSNESS?" OR HOW TO EXCHANGE LEARNED HELPLESSNESS FOR TRAINED CONFIDENCE" (Russian)

28.06, 12.30–14.45



Inga Viktorovna Rumyantseva – psychologist, psychotherapist, vice-president of All-Russian Professional Psychotherapeutic League, Head of Regional branch of PPL Russia in Saint-Petersburg and North-Western Federal District of Russia. She is the official representative of the Supervision Committee of PPL. St. Petersburg, Russia.

At the master class we will look at the mechanisms of transforming learned helplessness into self-confidence, understand how to strengthen positive feelings, strengthen our optimism, and awaken faith in the present and future. Exercises that will help to strengthen your psychological resource on this topic will be also presented.

The event will be interesting for a wide audience.

Мастерская «Профессиональное самоопределение трудных подростков в трудное время»

25.06, 10.00–12.15



Sennikova Margarita Nikolaevna – GBU of Moscow "FDC "Brigantine", GBOU "Linguistic center No. 1223", psychologist, psychodrama therapist (MIGIP), Member of the Commission on juvenile Affairs of Moscow, OPPL full member and interregional teacher, graduate student (MSOU).

Publications: Final international Congress of the all-Russian professional psychotherapeutic League "Possibilities of psychotherapy, psychology and counseling in the preservation and development of human health and well-being, family, society" (Moscow, 12-15 October 2017) - report on "Professional self-determination as a means of psychocorrection of delinquent behavior of adolescents: psychotechnical approach".

"Actual problems of research in counseling psychology" at the International scientific-practical conference "Levitskii" read "Actual problems of psychological, psycho-pedagogical and educational research" (Moscow, MGOU, April 19, 2018) – report on "initial consultations with the delinquent adolescents: psycho description".

The master class will be of interest to specialists (psychologists, teachers, social workers, coaches, leaders of groups and trainings) who are interested in the topic of assistance in professional self-determination of adolescents belonging to the risk group (adolescents with deviant behavior).

The workshop describes the experience of providing psychological assistance to "difficult teenagers", built based on professional

self-determination, taking into account the time of crisis and the characteristics of the adolescent crisis.

During the coronavirus pandemic in Russia, our adolescents found themselves in an extremely difficult situation. Uncertainty about the upcoming final exams and admission to specialized educational institutions. In even greater tension and anxiety are adolescents who are experiencing the "crisis period" most violently, committing certain deviant acts. Their state of uncertainty, anxiety, hopelessness and blurred prospects for the near future is amplified during the global pandemic.

The workshop presents a program on professional self-determination of adolescents, with emphasis on specifics of work with deviance. The choice of professional self-determination as a methodological basis for building psychological practice is explained.

This program helps:

- 1) understand descriptions of the main personal characteristics and temperament
- 2) identify the abilities and PIQ (professionally important qualities)
- 3) identify and become aware of the teenager's strong qualities and "growth zones" (this helps to work more accurately on yourself, your changes)
- 4) recommend specific professional areas that should be taken into account when choosing a training profile.

Workshop «WORK WITH MYTH AND FAIRY TALE. FAIRY TALE THERAPY» (Russian)

27.06, 10.00–12.15



Liudmila Serbina – Ph.D, Dipl.PW, IAPOP member, psychotherapist of the European Association for Psychotherapy, the leader of the Process-Oriented Psychology and Psychotherapy in the Professional Psychotherapeutic League (Russia), Teacher of the Institute Integrative Psychology and Psychotherapy (Russia, Moscow).

The fairy tale of all Nations is a form of transfer of experience of generations at a deep metaphorical level. How to use the metaphorical resources of fairy tale and myth to reflect the unconscious attitude of the client as gently and effectively as possible. Fairy therapy is an amazing magic "mirror", which reflects the transformed inner and outer world of the client, and most importantly-his dream and being. The client is in a magical, creative, fabulous space that allows him to go beyond the usual perception. We will explore different methods and techniques of working with myth and fairy tale.

Workshop "QUARANTINE, THE IMAGE OF A PRISON, THE TRAUMA OF DEVELOPMENT." (Russian)

26.06, 12.30–14.45



Serebriakova Karine Artashesovna – PhD in psychology, professor at MSUPE, lecturer at inter-regional level at RPPL, supervisor, head of System Consultation and Training Russia, Moscow.

The event will be interesting for specialists.

The master class will analyze one of the causes of anxiety in people who are in self-isolation/quarantine. We will talk about the developmental trauma caused by the child's parenting style in the family and how this is connected with the occurrence of anxiety in a quarantined environment. A structured technique for working with internal reality will be shown.

The quarantine caused by the coronavirus pandemic has raised many clients' concerns about the restrictions being imposed. In their inner reality, they feel that they are in a prison from which there is no way out. This feeling often occurs in clients in the course of therapy, when they are faced with the theme of self-realization and self-actualization in the absence of external restrictions, in the presence of objective achievements in activities and with a fairly stable self-esteem.

One of the reasons, in this case, may be a developmental trauma caused by the child's upbringing system, in which any manifestations of free will are suppressed, there is strict control on the part of parents

for any actions, and the main task of education is to suppress and subordinate the child to the will of parents. In this case, the child's personality is formed under constant pressure and restrictions, which negatively affects the manifestations of any kind of unauthorized activity in the adult state, causing incomprehensible vague anxiety when a person tries to go beyond the usual functioning and implementation of their plans.

Psychotherapeutic work with this type of anxiety is carried out in an internal reality, where there are their own laws and their own logic. Therefore, the main technique used is working with the imagination. The master class will present the general patterns of working with this topic, the main milestones that should be guided by a variety of customer image options, as well as the conditions under which the development of this topic is possible.

Master class «PRACTICAL METHODS OF FORMING MOTIVATION TO HEALTHY LIFESTYLE» (Russian)

24.06, 12.30–14.45



Vladimir Shamparov (Saint-Petersburg, Russia) – executive director of Festival Movement “Round Dances of Russia”, organizer of the festival “Round dance of the World”, author of the book «Your body wants to move! Wellness gymnastics of pleasure». Founder and developer of the wellness system «Gymnastics of pleasure», author and moderator of personal development training, organizer of popular festivals in the field of healthy lifestyle, inventor of the “body-accordant” training

equipment, TV and radio presenter of a series of personal programs, writer.

Practical master class will reveal the basic principle of building body-accordant exercises, based on the natural needs of the body. Such exercises in the “Gymnastics of pleasure” are called “manifestations”. “Manifestations” bring natural physical pleasure similar to the one we experience after morning reflex pandiculation. Positive reinforcement is given with every movement. This approach solves the problem of laziness, reluctance to do physical exercises. After several exercises, the body itself starts pushing towards training.

The author of the method will tell us which signals our body uses “to speak” with us, how it prompts to build body-accordant exercises (manifestations). Two control signals are outlined - the “pleasure” signal and the “pain” signal. Five dictating signals: “pandiculation” (stretching out), “relaxation”, “strain”, “stretching” и “massaging”. As a result of the master class, you will become aware how our body prompts and pushes for the correct (body-accordant) physical development and strengthening, how to get positive mental and physical sensations from this process, how to avoid reluctance and laziness on the way to physical education.

The author of the method – Vladimir Shamparov, the author of the book «Your body wants to move! Wellness gymnastics of pleasure».

Target audience: psychologists, educators, doctors, trainers and fitness instructors working with target groups in mental and physical health, building motivation for healthy lifestyle, specialists in the prevention of harmful addictions, working on alternative healthy habits.

Training “THE BODY CODE OF PARENT, ADULT AND CHILD” (Russian)

25.06, 10.00–12.15



Shcherbakova Irina – counselor, psychotherapist, psychodramatist, Certified counselor of Professional Psychotherapeutic League of Russia, Member of Professional Psychotherapeutic League of Russia.

Each of the ego states of Parent, Adult, Child has huge resources. The secret is that access to these resources is only open to someone who distinguishes well these states in himself and in others and switches easily from one state to another. If “switches do

not work,” people get into communicative traps again and again. At

the training we will learn to recognize ego-states and to form skills of conscious switching between them.

More information

Why is it so important to know your Parent, Adult and Child well? The same phrase, said from different ego states, addressed to different persons, can be filled with different meanings. The ability to recognize these meanings and respond not only to external, but also to internal message is the key to successful communications and relations. And not just with other people, but with yourself. The training is based on the ideas of transactional analysis and the magic of psychodrama, the effectiveness of cognitive-behavioral approach and the attention of body psychotherapy.

During the training:

- we will train to recognize ego-states of Adult, Parent and Child by means of self-observation, feedback of group members, as well as video recording;
- we will learn to differ physical feelings of each ego-state, and learn how to help ourselves to switch based on body sensations;
- we will check whether “switches” work well and understand how to fix them;
- we will train to move freely between states.

As a result, the participants of the training will have the opportunity to:

- to make formal relationships more efficient and comfortable (at work with colleagues, management, subordinates, clients);
- to express their position with confidence and to accept the point of view of other people;
- to feel themselves and to behave more freely and consciously in complex communicative situations;

The target audience are people who:

- often face misunderstanding of other people,
- often find themselves in conflict or emotionally charged situations,
- experience uncertainty and difficulties in defending their opinions,
- interested in improving the quality of communication with relatives,
- want to enjoy understanding and comfort in work relations.

Training can also be interesting to beginners and experienced specialists of assisting professions, as the techniques and exercises that we will perform are effectively integrated into psychotherapeutic and training practice.

Workshop “SOUND HEALING” (Russian)

24.06, 10.00–12.15



Slyusarchuk Olga – Psychologist, sound therapist, full member of the All-Russian Professional Psychotherapeutic League.

Sound meditation is a universal way of harmonization, deep relaxation and healing on the consciousness and the organism as a whole. The master class is intended for a wide audience.

You are invited to go deep into yourself along with the sound of Tibetan singing bowls and Gongs.

Singling Bowls is a “tuning fork” that helps harmonize our vibrations with the vibrations of the Earth and the Universe, balance the work of the energy system and due to this:

- the first thing that happens is deep relaxation, which cannot always be achieved in the usual way;
- relieves cramps and pain;
- not only the body is relaxed, but also the most important thing is the MIND, the restoration of mental, mental energy, this calms the mind and helps to achieve greater clarity and speed of thinking;
- restoration of the balance of the right-left, Yin-Yang, male and female energy, activity and rest;
- you can understand your pain points, “blocks”, both bodily and emotional;
- quickly recover, balance your emotions and transform them, become more calm and positive;
- to feel the state of “inner silence” when thoughts disappear;
- and finally hear the voice of your intuition. In this state, the subconscious mind can give answers to questions, can suggest

the right option for action, or highlight the main thing in life, to understand what you REALLY want...

Master class "PERSONAL BRAND OF SPECIALISTS IN HELPING PROFESSIONS: HOW TO CREATW AND CAPITALIZE" (Russian)

24.06, 15.00–17.15



Soldatova Svetlana Aleksandrovna – business consultant, trainer, coach, managing partner of the consulting company S&D Group, PPL full member.

Master class for managers and owners, as well as anyone who plans to invest in their personal brand.

Workshop «4D CONSTELLATIONS IN SHORT-TERM THERAPY OF TRAUMA AND CONFLICT: TRANSFORMATION OF DESTRUCTIVE AGGRESSION INTO A CREATIVE RESOURCE" (Translated into English, German and Dutch)

25 июня, Лента 2 + Лента 3, 12.30–17.15



Spokoinyi Natalia (Germany, Berlin) – Director of IIS Berlin - International Institute of Systemic Constellations, full member of and international level instructor at PPL, WCP and EAP registered certified psychotherapist, INFOSYON and DGfS master trainer, systemic sex therapist, master theologian A.Men Uni.

4D constellations - the methods of N. Spokoinyi for the effective short-term

therapy of severe trauma as well as the resolution and prevention of personal, familial, organisational and societal conflicts. The Task is to restore the integrity of any one of these systems after it has been damaged as a result of trauma or conflict. The method combines spiritually-oriented 4D constellations, working simultaneously on the physical, emotional, intellectual and spiritual levels along with other short-term therapies. Demonstrations can be arranged upon the request of participants.

Specialist training for: psychotherapists, psychologists, doctors, systemic constellators, business coaches, mediators, theologians, as well as a wide array of people interested in the spiritual aspects of psychotherapy, the transformation of aggressive energy into the positive restoration of identity after severe trauma, the causes and therapy methods of various symptoms including those of organisations and societies.

Workshop "THE AUTHOR'S METHOD METAMODAL SAND THERAPY- «PLASSOTHERAPY». POSSIBILITIES OF USING MOBILE (KINETIC) SAND IN PSYCHOLOGICAL COUNSELING AND PSYCHOTHERAPY" (Russian)

28.06, 17.30–19.45



Oleg A. Starostin – psychotherapist, Ph.D in Medicine, full-fledged member and head of the «Sand therapy» of Russian Professional Psychotherapeutic League, President of Sand Therapy Association, Rector of International Academy of Integral Psychotherapy and Training ("IAIPT"), Saint-Petersburg, Russia.

At the master class, the presenter will present the authors method of metamodal sand therapy-plasotherapy.

The possibilities of the method of using mobile sand (kinetic sand) in the practice of a practical psychologist and psychotherapist for various requests will be presented.

Specific methods of plassootherapy will be presented, the presenter will share his experience, a demossession will be held with its

subsequent analysis, analysis of sand paintings and images created by the client, archetypal images that arise when working with mobile sand will be presented.

During the master class, participants will get a basic understanding of plassootherapy, learn how to apply individual methods of the method, acquire initial skills of using mobile sand for psychological counseling and psychotherapy of various categories of clients.

Workshop "MODERN INTEGRATIVE RESOURCEFUL ART THERAPY OF CRISIS STATES" (Russian)

25.06, 17.30–19.45



Inna Zezulinskaya (Sevastopol, Russia) – holder of the European Certificate for Psychotherapy; systemic family psychotherapist; art therapist, mediator; accredited training psychotherapist-adviser and supervisor of PPL; certified PPL trainer of national level; trainer of the Institute of Practical Psychology "Imaton" (Saint Petersburg); head of the Crimean regional branch of PPL Russia (register of psychotherapists and psychologists of Russian

Federation); associate professor, trainer of the IPO SRS KIP (Interregional Public Organization for Promotion of Symbol drama – Catathymic Imaginative Psychotherapy Development); supervisory Board member of the Self-regulating organization National Association for the Development of Psychotherapeutic and Psychological Science and Practice «Union of Psychotherapists and Psychologists»; full member of Art-therapeutic Association of Russian Federation; head of Applied psychology center "Harmony" and of art-therapeutic workroom "Paints of the Soul" (Sevastopol) - PPL Statuses: Full member of PPL Russia; head of the Crimean regional branch of PPL Russia; accredited training psychotherapist-adviser and supervisor of PPL; certified PPL trainer of national level.

The workshop is intended for broad audience: practitioners of helping professions - psychologists, art therapists, psychotherapists, social workers, educationists, leaders of personal development groups, and for all those who seek self-awareness and self-development.

At the workshop participants will enjoy the prime sum-up of modern integrative techniques of working with strong overwhelming feelings, anxiety, fears in stress and crisis situations.

Personal gains and opportunities:

- working through your own important requests, feelings and limitations;
- eliciting your own creative potential;
- acquiring necessary resources.

Professional gains and opportunities:

- getting acquainted with unique capabilities of modern integrative art therapy in individual and group work with crisis situations;
- acquiring new effective and interesting tools for psychological aid and assistance;
- improving your professional skills and capabilities;
- reinforcing your repertoire with unique methods and effective techniques;
- gaining new prospects on solving the requests of clients, partners, employees;
- finding out how to solve the most complicated requests of clients quickly, easily and in interesting manner;
- enhancing your level of professionalism and efficiency;
- enjoying a boost of energy and novelty.

The concept of crisis therapy implies the fact that almost all existing approaches of psychotherapy are basically dealing with help in crisis situations and their study. Moreover, crisis therapy doesn't have a range of specific techniques and methods and represents an integral form of psychotherapy by its nature.

Art therapy, which has enjoyed booming development in recent years, can be attributed to one of these psychotherapeutic approaches and be easily integrated with another methods of psychotherapy.

In difficult and stressful situations people tend to spontaneously start doodling, scribbling; striking images over, blackening pieces of paper, or drawing lines in sand with a stick without even noticing it... Most

commonly, this process is not being controlled by the consciousness - it is called «free drawing», an unconscious way to take traumatizing experience out of one's mind and to release the surfeit of feelings and emotions.

Natalie Rogers, a famous psychotherapist, writes: «In difficult life situations I was doodling, blowing my steam off, playing with paints without actually thinking of the results... Thus I noticed that I found calmness in drawings». According to N. Rogers, «When we use different forms of arts for self-healing or for therapy, we are not concerned about the beauty of what we create, literacy or style of a text we write, or harmony of a sound we produce. We use art as a release, an expression, an alleviation».

Art therapeutic exercises and techniques present a simple, effective and approachable way of urgent psychological help. They are based on art as on so-called «transitory space», a safe and naturally occurring space for a human being that is more steady and sheltered than any words. «I could have drawn it but I have no idea how to express it with words», - K. Rudestam cites one of his clients. Nonverbal means of expression are most effective to let traumatizing emotional states out and put them into prospective.

K. Jung believed arts to be a crucial instrument of self-healing features of human psyche. In stressful situations a person spontaneously addresses his unconscious «in search of dreams and images which bear potential resources or seeds of healing».

Required material:

- Tools for coloring (at the discretion of participants): gouache, acrylic paint, colored chalk, colored pencils.
- Glue, scissors.
- Splash paper.
- White paper for painting (A3, A4 sheets).
- Brushes: round brushes, narrow flat brushes.
- Fabric and paper tissues.
- Plasticine (play dough).
- Foil.
- Fabric strips of different size, texture and color.
- Plastic cups for water, plastic plates, wet napkins.
- Set of metaphoric cards (optionally).

Workshop «PROFESSIONAL POLYMODAL SUPERVISION GROUP» translated into English

25.06, 12.30–14.45



Alexander Zhukov – psychologist, full member of the All-Russian Professional Psychotherapeutic League (PPL), Holder of European Certificate of Psychotherapy (ECP), certified supervisor of the PPL, Docent of Institute of Katathym Imaginative Psychotherapy, Goettingen (Germany), Russia, Novosibirsk.



Igor Lyakh – psychotherapist, full member of PPL, Holder of European Certificate of Psychotherapy (ECP), the Head of the Committee on Polymodal Supervision of PPL, the PPL supervisor, official representative of the Central Council of PPL in Siberia, Head of Novosibirsk Regional Division of PPL, Russia, Novosibirsk. Equipment: projector, speakers.

Workshop Description:

Supervision is an effective form of experience exchange and professional development. It builds necessary conditions for the effective work and possibility to control its quality. Supervision helps to incorporate innovative components into the daily practice of a professional.

The Workshop is designed for specialists in Assistance.

The Workshop will cover cases presentations as well as didactic analysis of them.

History:

As a practice, Polymodal Supervision in Russia began more than 20 years ago. The Polymodal Supervision Group started in Novosibirsk in the late 1990s in the Insight Psychotherapeutic Clinic. The principles of practice have been developed for several years as the Group was being established.

The Group was open to new specialists. It welcomed new specialists in Assistance, social workers, lawyers, General Practitioners, and teachers, who joined the Group to solve the professional problems.

As Supervision was gradually developing, searching for theoretical justifications for the phenomenology of its effectiveness, the Group as a voluntary community provided the members the great opportunity to work and develop professionally. Due to the growing interest of psychotherapist communities in practical situations, various methods of work, other psychotherapist schools and concepts, the Polymodal Supervision Group has become in demand among professionals.

The number of the Group members is growing, and there is a need to widen the framework of the Group, while maintaining the initial principles of the Group. Now there are about fifteen groups working within the Group framework in Russia. Some of these groups work on an ongoing basis, while others gather on a case-by-case basis (during decades, festivals, congresses).

ONLINE-MINIFEST «CREATE YOUR WORLD YOURSELF ON PLAYING!» – THE DAY OF THE GAME PRACTICE FOR ADULTS

MINIFEST CHAIRMEN: Surina Lidia (Moscow, Russia); Pervak Violetta (St. Petersburg, Russia); Muraveva Alexandra (Moscow, Russia).

Section abstract: “Game Practice in Therapy and Psychological Counseling” Cluster in PPL offers a new format PsiFest - MiniFest, as The Day of Game Practice.

Game-practice is the activity of using the game to solve pressing issues, including psychotherapy and psychocorrection. Psychological board game is a universal effective therapeutic tool with a low threshold of access to the unconscious, which allows a person to change the usual pattern of behavior in his imagination, to try on different roles, to live all sorts of, even incredible scenarios.

Psychologists and psychotherapists of different modalities and directions accompany properly the participants of the games, applying professional knowledge and technology of game-practitioners.

We invite everybody who is interested in psychology, personal development, who is looking for answers to their questions, on the Day of The Game Practitioner!

Game-practice is an activity to solve a wide range of life problems. Psychological, transformational game is designed to help participants to understand their inner states in a difficult or, on the contrary, desired situation (for example, achieving a goal). It allows a person to understand his inner state in the current life situation with the help of the game tools and to work out their problems on

a deep archetypal level, realizing their manifestations in specific life circumstances.

The game is the most funny and easy way to know and to change yourself! This is a life training, allowing you to reach a new level of development! This is a unique opportunity to plunge into the game direction through transformational psychological games and master classes!

Game therapy, as a direction of psychotherapeutic practice, exists now in the form of various psychological, transformational, role-playing, integration and other games. The game is subconsciously perceived as a pleasure coming from childhood and therefore attracts people much more than a consultation, training, intensive or master class that require work, effort, while in the game you can relax and get satisfaction. At the same time, the game is a very effective tool to work with people and to solve a variety of psychological and business problems, as it uses the potential of the unconscious and fills with positive emotional and psychological resources.

The use of game practice has really no contraindications and now it is widely used in various areas of life: psychology, pedagogy, coaching, business counseling, various corporate trainings, educational and social programs, advertising, sales - wherever you need a creative non-standard approach to expand the work of the psyche!

The event will be interesting both for psychologists, psychotherapists, specialists of other caring professions, and for a wide audience. The games are played in Russian, English and German.

You will get at "Create Your World Yourself on Playing!" MiniFest:

- Answers to important questions about your life - relationships, love, family, health, career, happiness and success.
- Knowledge from experts of the rapidly developing direction of game practice.
- An opportunity to get acquainted with the work of highly professional specialists.
- Professional and personal development.
- Presentation of more than 20 psychological games and master classes.
- The opportunity to take part in two demo-versions of transformational games.
- A great way to get pumped in different areas of your life, to be filled with positive energy.
- The opportunity to relax and to plunge into the playful state of childhood.
- New acquaintances, relations, opportunities of communication.
- The key to personal happiness!

PSYCHOLOGICAL TRANSFORMATION-GAME «YOUR TIME» (FACILITATED IN ENGLISH)



Mashukova Ksenia – HR expert, coach, game practitioner, business trainer, the member of International Professional Guild of Psychologists and Game Practitioners (IPGPGP). Petrozavodsk, Karelia, Russia.

Transformation and coaching game "YOUR TIME" is a part of the project, which is a nominee in the National Psychology Award "Golden Psyche" in 2020. The author is Mrs. Elena Suvorova.

The game-training is created for work with such themes as time-management, personal performance, self-motivation, achieving goals, search of one's own assignment.

The game "YOUR TIME" includes diagnostics and work with the unconscious destructive deeply held convictions, images and fears, and also delicate work with psychological traumas and inner self-contradictions, which blockade to have one's wish, to meet one's goals and to realize the best strategies

The Game is useful for psychologists, coaches and consultants.

TRANSFORMATIONAL GAME « DREAMS COME TRUE! » (IN ENGLISH AND RUSSIAN LANGUAGES)



Vitolina Elena Vitalevna – practicing psychologist since 2004, master of pedagogy, certified coach, self-growth coach and psycho-games master, Honorary member of the psychologist's society "Psychological club". Saint -Petersburg, Russia.

The author presents a psychological transformation game-practice that works out the ability to transform a dream into a goal and then make real. The game helps to look at our dreams from an unexpected point, to measure the fullness of life, and to understand what you need to go through in detail. During the game, people are working with real goals, plans for the near future and for life. At the end of the game it will be clear to see and to understand that people can achieve everything making certain steps, which ones, you will learn on the game.

Moving about flying elephants just for the few hours, you will understand more than in a few months or years of your life. For those who have never set goals, it will be a great opportunity to learn how to do it. After all, to set a goal - is already a half of win. The game is based on my authorly trainings "This is my best year!" and « Dreams become reality!», and consist of techniques that help a person to find and discover internal reserves to notice new chances that the world constantly provides. The more opportunities we can see around us, the more and easier it is to realize our potential, because success is within us! The game version is in Russian and English.

IGROTRAINING «Make a choice using the game «T-Perspective» (FACILITATED IN ENGLISH)



Chugueva Alla Mikhailovna – the system family psychotherapist, a member of the Society of Family Counselors and Therapists, teacher at MIP, the game practitioner, the author of transformational games, full member of OPPI. Moscow, Russia.

The transformational psychological game "T-Perspective" (authors E. Mikheeva, A. Chugueva, Russia, Moscow) is based on the coaching technique "Wheel of balance", associative methods and system family therapy.

The training will show how with the principle of constructing goals and play game allows you to work with cases where a client can't make a choice in difficult situation: move to another city / country or not move, divorce with a partner or continue relations, open a new business or expand the old one.

Roll the dice and determine your best future perspective.

ONLINE Gambling: features and limitations Transformational games

ONLINE The quarantine imposed restrictions on life and at the same time gave time to master the wide possibilities of the Internet. It would seem that igropractics is an area that is associated exclusively with live work: after all, these are Board games. How to roll dice, move chips, and look at images and metaphors online? We will talk about this at the master class. What are the types of gamification-complex with the involvement of IT specialists and simple, implemented "on the knee" 2 hours before the start of the game. How can I identify my private practice as a psychologist? How do I create a game online? What dangers, limitations, and what opportunities and magic does the Internet offer? All these questions will be answered by system family psychotherapist, igropractor Alla chugueva, author of transformational psychological games (including those developed online)

TRANSFORMING PSYCHOLOGIC GAME «WAY TO MOTHERHOOD» (IN GERMAN AND RUSSIAN)



Svetlana Sergeevna Sorokina – a family and perinatal psychologist, art-therapist, life crisis psychologist, working with women and homes being in a state of a reproductive challenge. A hands-on psycho-games master. A member of international nonprofit organisation for reproductive health «Bliss of Going Strong» named after Vera N. Samarina, Saint Petersburg, Russia.

The author of the game is Olga Poma. The specified game is introduced to show up disincentive and moving forward factors and convictions in the lives of people (or families) regarding their natal periods and relations to their significant others. The game could well be used when a business building or a project making is required, where the business or the project is a projection of giving birth to something new and implies psychological readiness to change in the specified area. However, the game should be played separately for such requests.

The «Way to Motherhood» is the first transforming game, deployed to diagnosis if a woman is ready for motherhood and her family in general is ready for a child. It helps to go through puberty rites from a girl to a woman and conceptualize the situations, convictions and developments that hold you up, making easier your way toward all cherished dreams, and those of them that cut you down. The participants explore their capabilities, strategies, convictions and resources, as well as those who know them, their own habits and allegiances. This game is a doorway to the new “you”, toward your dream!

Master Class: Psychological games for selftransformation - what does it mean?



Elena Khomeriki – Psychologist, Game-Practitioner, Coach, Poetess; Author of transformational game «Akan»; Active Member of International Professional Guild of Psychologists Game Practitioners (PGPI). Cologne, Germany.

Psychological games for selftransformation (transformational games) are one of the most popular and effective methods of modern practical psychology. Nevertheless, not everyone knows and understands their meaning, benefit and value in our life and

psychologists practice.

All these interesting and important moments will be explained by Elena Khomeriki, game psychologist, manager of the Project “Sense of Life”, author of the transformational psychological game “Akan” (co-authored with Daria Kozyr), Member of the International Professional Guild of Game Psychologists (MPGPI)

Agenda:

- What is a psychological game for selftransformation? How it works?
- How does it differ from other kind of board games and other gaming activities?
- What types of transformational games does exist?
- Some myths about transformational games
- What is the real effect of transformational games?
- What is valuable in transformational games?
- How to choose a right transformational game for me?

The Speech topic will be interesting to psychologists, psychotherapists, social workers and to all newcomers, who would like to start practicing with transformational games

AstraLida. Aspects & Planets» – astropsychological board game of Nikolai Korneichuk and Lidia Surina



Lidia Surina – Ph.D., analytical psychologist, astrologer, founder of the author’s School of Deep Astropsychology, psychotherapist, full member of the All-Russian Professional Psychotherapeutic League, chairman of the Jungian Analysis modality, OPLP, teacher of OPLP at the international level, head of the Creativity of Life Psychological Center, Moscow, Russia.



Nikolay Korneychuk – programmer, computer and board game developer, designer, musician. Engaged in astrology since 2008. Moscow, Russia

The unique game mechanics is based on the classical Western (Ptolemaic) astrological system. Analogues of such a game in the world at the moment do not exist.

The game was first presented at the festival of psychological and transformational games at the Moscow Institute of Psychoanalysis in the summer of 2014. In 2015, the game took part in the 1st Moscow festival of transformational board games and in many psychological conferences, including international ones.

The game allows you to realize your inner state in the current life situation with the help of the archetypes of planets and their astrological aspects, which are formed during the game. You get the opportunity to work out your problems at the deepest archetypal level, realizing their manifestations in specific life circumstances. The game can also be used as a powerful methodological tool for conducting psychological and transformational trainings.

GAMETRADING «FROM LUCK TO SUCCESS»



Pervak Violetta – psychologist, teacher Ispss, Gestalt-consultant, trainer SPT group, supervisor specialists of helping professions, certified bioenergy, theta instructor, hiropractic, full member of OPPL, co-Director of the cluster “Hiropractic in therapy and psychological counseling”, the organizer of the Minifest “When create your world!” Saint-Petersburg, Russia.

The author’s psychological game-transformer is presented. It consists of unique techniques that help a person to

find and discover inner reserves, to notice new chances that the world around them constantly provides. The more opportunities we see around us, the more and easier it is to realize your potential, because success is within us!

Almost all people think about how to attract good luck, achieve success and become a happy person. It’s never so good that it’s not even better. There is always something to strive for! However, in order to improve the quality of your life, you need a lot of energy. The streaming state created by being involved in the game allows you to relax and have fun – this may be enough to create a powerful energy wave that can take you to the top of success!

Game training “from Luck to Success” gives you the opportunity to play, take a step towards your luck and get closer to achieving success in any area of life!

MASTER CLASS «IGROPRACTICS-AN EFFECTIVE TOOL FOR SELF-KNOWLEDGE AND SELF-DEVELOPMENT IN THE MODERN WORLD»

The master class offers a brief overview of the history of the game from ancient times to the present day. Well-known theories in the field of game by domestic and foreign authors are presented.

An overview of table-top psychological, transformational, therapeutic, tutoring, career guidance, diagnostic and other games,

master classes and game training presented at the Minifest "Playing, create your own world!" IX world pre-Congress on psychotherapy.

Igropractic is considered as an effective professional tool for therapeutic assistance to children and adults.

Taking into account the current situation of quarantine, partial release from self-isolation and forced transition to an online format, igropractic has expanded its tools – new techniques and methods of assistance and support to the population, through the game form. The online game allows the participant to update and understand their state in the current life situation with the help of a leading specialist and tools of the game and work out their problems on a deep unconscious level, realizing their manifestations in specific life circumstances.

On the example of 32 author's psychological games, the analysis of approaches, directions and methods of psychotherapy used in games is carried out.

THERAPEUTIC BOARD GAME THE CARNIVAL OF DESIRES



Alexandra Muravyeva – Psychologist, Psychotherapist, Trauma Therapist, Sexologist, Vice-President of the International Professional Guild of Psychologists Game Practitioners, co-Chairman of the PPL Russia cluster Game Practice in Therapy and Psychological Counseling. Full member of the PPL, Moscow, Russia.

The author of the game is Alexandra Muravyeva. The game is recommended for couples who have experience in long-term relationships and for people who are just planning to create a relationship.

During the game, participants have the opportunity to add novelty and romance, to explore erotic fantasies and desires. After all, erotic fantasies and desires are natural to humans. A creative playful approach to the transformation of sexual energy helps to reduce the experience of embarrassment, shyness, timidity and shame – feelings that often impede the release of energy.

The game helps people to become closer to each other, their relationships are enriched with new meanings.

THERAPEUTIC BOARD GAME THE MASTER OF TWO WORLDS

The author of the game is Ilya Grekov. The main goal of this game is to improve parent-child relationships, help the teenager in his development, and parents in solving their own psychological problems. The keys to a more complete understanding of the problem and ways to solve it are revealed in the dialogues of the characters of the game, in their interaction. Each participant in the game, like a screenwriter, builds a plot, like a director initiates all game events, and participates as an actor in all game twists and turns. The game is based on the concept of passing the archetypal stages of identity transformation in the process of therapy – Self myth.

The specialist has been working with families in parent-child relations for 20 years.

There is a well-known axiom: "Problems of children are problems of parents".

A close examination of the causes of children's difficulties, often shows that it is true. To solve difficulties with the child, parents have to figure out the real reasons, which exactly caused difficulties in the parent-child relationship and start with themselves.

MASTER CLASS «MEASURES TO PREVENT PROFESSIONAL BURNOUT»

Many psychologists, psychologists-igropractors, psychotherapists, choosing their profession want to make this world a better place, to bring good to people. However, by constantly giving a part of ourselves, we do not always know how to make up for these losses. And gradually we are faced with the problem of powerlessness, emptiness and endless fatigue. Each of us knows firsthand what stress is. These are personal experiences, difficulties at work, tragedies, overwork at

work, etc. And if we forget to take care of ourselves at the time, all this equally destroys us from within and leads to professional burnout. It is important that people in our profession who work with emotional and physical overload can help themselves first and then share their experience with each other and help those people who turn to us for help.

THERAPEUTIC BOARD GAME THE NEW DAY



Ilya Grekov – Ph. D in Psychology, President of the International professional Guild of Psychologists Game Practitioners. Full member of the PPL Russia, author of the game The New Day, Moscow, Russia.

The author of the game is Ilya Grekov. The game helps participants to find personal meanings in the surrounding world – landmarks of hope of a new day. Personal meaning is unique, it should and can be realized only by a specific person and no one else. Players are given a task of identifying individual development vectors and discovering common life goals, the realization of which is feasible in the foreseeable future. The format of the group game develops communication skills, mutual assistance, altruism, and provides a sense of befriending among the participants. An individual game is for solving psychological problems and coping with a difficult life situation.

The game is held in schools, clinics, psychological centers in Russia and abroad.

THERAPEUTIC GAME «PANTHEON»

The transformational game «Pantheon: Game of the Gods» is based on a system of personality types. The gameplay helps the play therapist's client find behavioral strategies, necessary to achieve important life goals. The player tests the necessary actions on the way to life goals in the game simulation. The «Pantheon» game is recommended for those people who want to learn how to effectively achieve their goals as soon as possible.

This game makes it possible to "try on" a new personality type and thus expand the range available coping behavior patterns.

LOVE TREE (AROUND LOVE TREE)



Arkharova Anna – Jungian analyst. Consultant psychologist. The psy-game practitioner, the author and the host of psychological transformation games since 2014. The co-author and the partner of the psy-game projects as "Mosaic of games", "Adrenaline" (Moscow). The member of the PPL. The member of the MAAP (Moscow Association of Analytic Psychology). The member of the International Professional Guild of Psychologists and Game Practitioners (IPGPGP). Moscow, Russia.

The game `Love Tree` (or `Around LoveTree`) is based on Jungian heritage, and the use of symbols in the game is the key to unlocking a player's soul. A gameplay takes place right on the painting by the famous modernist artist Gustav Klimt, as it is full of archetypal geometry symbols. The game also uses elements of art therapy.

The game is devoted to the study of the personal relationship between the opposite sexes - man and woman, husband or wife, friends or partners. Each player lives their personal game history. The game shows what kind of resource the player has and what not a resource is.

In the game the answers and patterns appear exactly as if they are being drawn. The game helps to synchronize internal and external being, get clearer all that is essential and important for a player...

This game session helps to expand the vision of the personal situation, it activates processes of awareness, leads to the integral vision and understanding of the goal, and getting a joyful happy state of mind.

The game is recommended both for psychologists and culturologists.

T-game «Liberation»



Zakrevsky Alexey Anatolyevich – executive coach, ICF member, IPGPGP member, creator of coaching tools for transforming negative emotions, shadow parts, phobias and internal contradictions. Moscow, Russia.

The game “Liberation” is based on a projective technique and storytelling. It works with an individual cognitive map. Participants explore the resource aspects of the main negative emotions. They learn how to recognize and

transform 14 unpleasant feelings with special questions (Key questions).

The event will be interesting for : psychologists, psychotherapists, psychiatrists.

The usual attitude of people to negative emotions is avoidance and suppression. The game involved in process of study of the nature of these strong unpleasant feelings and helps to discover valuable resources that are important for our lives, which are usually hidden under negative emotions.

In the gaming environment, participants create and tell stories about game heroes living strong negative feelings. In this way they get acquainted with the “Keys” (specific questions) for each negative emotion. Applying the Keys to the feelings of game heroes shows how emotion shifts.

The result of the game is a fundamentally different view of the participants on the nature of negative emotions.

The participants improve their skills of observing emotions and try the Keys for changing of an individual cognitive map. It helps to transform negative emotions into an important resource for life.

Psychological transformational game «Been Lived»



Olga Gorbacheva – psychotherapist with 25 years of experience, an igropractor, and a full member of the OPPL. Moscow, Russia.

The psychological transformational game “Been Lived” (author V. Makhukova) is a group game in which personal stories of each participant are met and their common history is created. The highlight of the game: heroes-characters made by hand from natural materials in the form of dolls-motanka. During the game, participants can understand which behavioral strategies help and are effective, and which hinder the achievement of the goal; realize their beliefs and strategies of behavior, understand how participants cope with life’s challenges and difficulties; how to use their strength and resources to achieve a goal; to comprehend what influence the participant has on people and their goals and objectives; understand how to build a harmonious system of relationships with other people.

Transformational game «Liberation»

The transformational game “Liberation” (author A. Zakrevsky) - the basis of the game is a projective technique and storytelling. With the help of game figures, participants explore the resource aspects of the main negative emotions. They learn to recognize them and get the keys to exit negative emotional states. The result of the game is a fundamentally different view of the participants on the nature of negative emotional states. The skill of observing emotions and an approach to transforming emotions into an important resource for life is being formed.

THE PSYCHOLOGIC AND COACH TRANSFORMATION-GAME «YOUR TIME»



Suvorova Elena Valentinovna – business trainer, psychologist, coach, game-practitioner, expert of motivation and personal performance. Author of the project “YOUR GAME - YOUR TIME” - nominee in the National Psychology Award “Golden Psyche” in 2020. Expert of the programs on Channel One, REN TV, TVC, MIR TVI, SpasTV, etc. The member of International Professional Guild of Psychologists and Game Practitioners (IPGPGP). Moscow, Russia.

The Game “YOUR TIME” allows to run delicate but deep psychotherapeutic work with the unconscious destructive deeply held convictions, fears and other inner psychological restrictions of people in meeting their goals. All the game’s mechanics serve for the main goal which is the highest realization of players’ potentials and its implementation into the real life. This is the only thing, which can make a person truly happy and his life to be deeply meaningful.

The Game is useful for psychologists, coaches, consultants, and other specialists.

The Game raises motivation and purposefulness, personal performance and time-management skills.

Thanks to the game you can:

- discover and update the situations where you lose your time, motivation and other valuable resources;
- get yourself familiar with the instruments of time-management and implement them into your life immediately;
- double check your goal, be sure in its propriety and formulate it more precisely;
- learn to do everything on time and in the best possible way;
- get the boasting charge of energy and motivation for the realization of your plans;
- helps to realize one’s destiny and life lessons.
- The Game “YOUR TIME” is the balanced combination of developmental psychology, deep Vedic knowledge, contemporary psychotherapeutic instruments and time management practice.
- The use of the game “YOUR TIME” has shown its efficiency in work with any types of clients’ requests.
- Key benefits of the game:
 - diagnosticity - allows quickly to identify the theme which needs to be worked at on a first-priority basis;
 - ecological safety - allow gently to work with hard, traumatizing client’s situations happened in the past and their consequences.
 - multipurposeness - give the opportunity to work with any type of client’s requests.
 - Openness – it is possible to integrate with the Game one’s favourite instruments and methods of work with clients.

The value-based approach is realized in the Game - which means that humanistic values are set on the conceptual basis of the Game.

THE BOARD CAREER GUIDANCE TRANSFORMATIONAL GAME “THE PLANET NEEDS YOU!”



Kovaleva Marina Anatolyevna – Master of Psychology, Vice President of the Psychologists Game Practitioners International Guild, author of the psychological transformational games «The Planet Needs You!», “TreasuryGuardian”, business coach. Tolyatti, Russia.

The game is designed as a comprehensive tool that allows to systematically solve the problem of schoolchildren, students and redefining adult’s professional self-determination in a playful way.

The game helps to work out both traditionally career guidance requests and the psychological aspects of choosing a profession (working with fears and doubts, searching for internal and external

resources, creating a positive emotional attitude to choose a profession).

The problem of career guidance is an acute for a huge number of people. Currently, it worries not only schoolchildren, who will soon have to make one of the most significant choices in their lives, but also many students who suspect its accuracy; as well as adults who are trying to change their lives for the better.

As practice shows, the career choice issues are so complex because they are connected with all spheres of our life. This makes our requests and expectations conflict and affect the success of the person on a whole.

The game allows participants to gradually, under the guidance of a coach, in a small group (3-6 people) go all the way from awareness of one's own desires, aspirations, abilities, professional personality type, to understanding the essence of professional activity and the place in the world of professions in general and narrow it down to specifics in a particular case.

The game format helps to easily involve players in the work and make the difficult path of learning fascinating. The planet really needs the game participants since all of them, without exception, have advanced abilities and can become highly qualified specialists in the chosen professional field.

To go all the "hero" way, participants will have to visit each of the 12 spaceship compartments. During the flight on a spaceship everyone has to: deal with their desires, needs, values, abilities; find and join the professional community of people with the same interests, identify fears and doubts that impede being successful; find resources, make a choice of a future profession, build steps to success in mastering a new profession or adapting to an existing one.

THE BOARD PSYCHOLOGICAL TRANSFORMATIONAL GAME «THE TRASURY GUARDIAN»

The game "Treasury Keeper" allows to work out requests for correction and restoration of deprived or traumatized psychological boundaries of the personality and behavior in conflicts. The work can take place both in an individual and small group (3-6) people format.

The event will be interesting for: specialists with a psychological profile (psychologist, teacher-psychologist, psychotherapist, family psychologist, etc.) who work with relevant requests.

The game helps to participants:

- To identify conflicting internal attitudes regarding their own psychological boundaries,
- To analyze typical border protection strategies,
- To practice in defending themselves, their values and psychological space constructively, confidently and benevolently.

The game is based on the psychological definition of the functions of the boundaries of a person (Levi T.S.) and the concept of sovereignty S.K. Nartova-Bochaver, which identifies six dimensions of the person's psychological space (their own physical body, territory, personal things (artifacts), time mode (lifestyle), social connections, tastes).

In the game, the sovereign space of a person is metaphorically represented as a treasury, and personal values as wealth stored in a treasury and in need of protection. Guardians, represented by the participants of the game, protect treasures.

Natural disasters led to massive destruction of treasuries. Keepers all the time have to fear for their values, that are not safe right now. There are too many robbers, who want to take advantage of the situation and carry away someone else's treasuries. It's no longer possible to live like this so now Guardians have to rebuild their treasuries by restoring all four walls to protect their treasures.

The walls of the treasury are a symbol of protection in the form of new knowledge about one's own values, protective rules and specific stop phrases that help to convey the rules to the borders' "violators".

Players get the roles of their own treasuries Guardians and territories. They choose the image of the Guardian which they like (there are chips of different types of Guardians) and the values that they will protect. They will build their own treasury and interact with each other.

The defense force of Treasury is rated by other Guardians. They can (optionally) send a gift for a strong rule or leave the mark "Trail of the violator" if the Guardian themselves began to violate someone's borders.

The game ends with the opening of the Valley of Treasures in a new form and introduction of the Guardians in a new image.

TRANSFORMATIONAL PSYCHOLOGICAL GAME "MACAROMA"



Vasina Elizaveta V. – psychologist, specialist in aromapsychology®, working with metaphorical associative maps, fairy tale therapy. Radio journalist of Internet radio "Dialog". Member of The International Professional Association of Psychologists. Member of The International Professional Guild of Psychologist Game Practitioner. Oncopsychologist of the charity project O. P. O. R. A.-psychological rehabilitation

of seriously ill patients, their relatives and health workers. Odintsovo, Russia.

The game "MACAROMA" is based on the author's method of BioACP - testing (psychology) by Ph. D. Irisova O. A., CA "Iris", and the author's method of Litoaromatherapy Irsov D. E., CA "Iris", using metaphorical associative maps of "MACAROMA", minerals, essential oils. The connection of the psycho-emotional state of a person with essential oils has developed evolutionarily, over thousands of years of life on our planet. This relationship has been studied by modern science: biology, anthropology, psychology, specialists in the field of bioenergetics and vibrational medicine.

The game may be conducted only with the metaphorical associative maps of "of MACARONA".

What prevents a person from achieving life's goals, and what can help? Who can answer more correctly than the questioner? But the answer is not always in the realm of consciousness. We address the unconscious using the projective techniques of psychology: metaphorical associative maps created for this game by the method of synesthesia.

The playing field is a metaphor for human life, related to its main aspects: body, tone and will, relaxation, emotional and spiritual stability, and adaptive mechanisms. With the help of biolocation, the player receives a response from the energy centers-projections of the main life systems associated with psycho-emotional blocks.

During the game, an aroma key is created to solve the tasks that the player is currently facing, and a map is a study of his life strategy. The degree of its effectiveness is determined, changes and adjustments are made.

The game combines several modalities: sense of smell, visual, kinesthetic sensations. Passing successively through the proposed fields of the game-the player gives a response to the metaphorical cards that fell to him or to the flavors, the principle of approval or rejection of the smell.

The game helps you see problem areas, blind spots, negative patterns, repressed events and feelings, current needs and resource areas, areas of life.

Based on the response, an aroma key to the resource state is compiled. An understanding of how to implement an effective life strategy based on your potential is formed.

THERAPEUTIC BOARD GAME THE WEB



Anna Nikitina – Psychologist, Art therapist, member of PPL Russia and International Professional Guild of Psychologists Game Practitioners. Moscow, Russia.

The transformational game The Web is based on the role model of the Karpman drama triangle, which reflects the essence of co-dependent relationships – the pathological state of a strong emotional, social and psychological dependency on

another person.

During the game, participants act out each of the three roles of the triangle: a victim, a rescuer, a persecutor. They monitor manifestation

of these roles in their lives, learn new ways of behavior, clarify their feelings and needs, form strategies to achieve their goals, and receive friendly support.

Transformational game «Magistorium - University of Happiness and Wisdom»



Kiseleva Ella Lvovna – psychologist, trainer, game practitioner, member of the International Guild of Psychologists Game Practitioners, head of the Children's Academy of Success, author of a family-friendly training book "For traveling to the Magistorium", co-author of the game "Magistorium-University of Happiness and Wisdom". Moscow, Russia.

"Magistorium" is a family counseling coach game that develops awareness, emotional intelligence, open listening, positive and critical thinking, visualization and planning skills. During the game, participants are invited to go through the "hero's path" through obstacles, see new opportunities and plan steps to the dream, create their own day of happiness first in the imagination, and then transfer it to reality!

During the game, the participant falls into the "Magistorium" - the library of the University of Wisdom, in which one can comprehend the wisdom of the world. 8 faculties, 8 decks of cards with literary quotes, reflecting different areas of life, will allow you to consider any life situation from different angles. It uses quotes from classical Russian literature, contemporary foreign literature, and children's literature.

8 decks of cards with literary quotes or proverbs of the peoples of the world, reflecting different areas of life, will allow you to consider any life situation from different angles.

Passing through the game, everyone receives quotes and the participant will have to learn to recognize the "crystals of wisdom", draw his own conclusions, make decisions, confidently uphold his position, be steady during constructive comments, respond adequately to the success of his comrades, and draw lessons from mistakes.

Each participant becomes a writer, who, as a result of inspiration, at the end comes up with a plan for the day of his exciting life, a parable for a book from which the history of the world is written. This is a magic book. Everyone has the opportunity to write in her their "happiest day"

The game legend and the setting of the game allow you to make the introspection process exciting, understandable for the guys. The game is available from 8 years of age. Used in the psychological and pedagogical service of schools in Moscow.

DESKTOP THERAPEUTIC GAME "ART&facts"



Eremina Margarita – psychologist, art therapist, isotherapist, Psychologist Game Practitioner, NLP practitioner, a member of the International Psychological Guild of Psychologists of Game Practitioners. Moscow, Russia.



Dvoynikova Elena – artist, art therapist, energy therapist, Psychologist Game Practitioner, a member of the International Psychological Guild of Psychologists of Game Practitioners. Moscow, Russia.

The authors of the game are Margarita Eremina and Elena Dvoynikova.

"ART&facts" is a desktop therapeutic game, an art platform for teaching self-knowledge techniques using art therapy methods. The game incorporates the

concept of "Psychosynthesis" by R. Assagioli and the model of self-knowledge of J. Lift and H. Inham.

The game runs from the periphery to the center of the disc in 4 sectors responsible for sensations, feelings, thoughts and actions, and in 4 levels on the path to personal integration.

The game is fascinating, bright in form and deep in content.

The game was created for: psychologists and those who are looking for creative solutions to life problems, striving for emotional balance and harmonious development.

The psychology board game «Heritage»



Seliverstova Tatyana – Practicing psychologist, Member of International Professional Guild of Psychologists Game Practitioners, Member of Baltic Association of Transactional Analysis, Games Creator, Games and workshops Trainer, Author of the Educational Professional Course "Game Practitioner's Suitcase". Saint Petersburg, Russia.

We cannot truly identify ourselves without considering our parents and predecessors.

We need to learn how to use inherited resources and to find our birthright place in the family. Also it is important to keep the individuality after becoming a part of something great. Playing the "Heritage" game we determine our place, receive family's resources and learn to choose strategies which would help us to be happy in our lives.

Imagine: there are myriad of people standing behind you, they are willing to support you, give you strength, wellness and resources. There are at least 126 people in 7 generations, whose blood runs through your veins. Descendants always get only the best by heritage, the best of what the family could experience and pass it to you. Our heritage consists of not only material wealth but also survival strategies, traditions, beliefs, fears and etc. Our predecessors pass their whole life experience as the innermost gift since the family has two main purposes: developing and preserving.

Yet the same things which helped our ancestors to survive may restrict us.

Without evident reasons we can have unusual feelings, do something what we don't want and don't need to do. It happens and we don't understand why. The game can answer this question. Playing the game we see which inherited strategies help us and which ones restrict.

When you inherit something you always have a choice: to accept it gratefully or to refuse. The choice you make will have an impact on your descendant's lives.

The game gives a feeling of acceptance and support by our family.

It will be interesting to everyone who is ready to get to know their predecessors and to take the birthright place.

The aim of the game is to come into the world, take the birthright place in the family we belong to and to be given the resources by the predecessors..

Psychology game-workshop «Paths of love»

Relationship is not a simple thing. We can't live without it, can we? The problem is after getting negative or traumatic experience we have difficulties in building up almost all kinds of relationship: family, partnership, friendship and love relationship. In this game we determine what prevents us from having healthy relationships and what rules we can create to maintain happiness in our relationships.

Building different kinds of relationships we often face with difficulties. Illusions, painful baggage of the past, unmet needs, which we expect to be met by someone else... All these things may lead us to the trap. Also there are cases, when we cannot be ourselves and it happens when we have some secondary benefits which push us into relationships or we simply play roles in the beginning.

As a result we have tough, traumatic relationships, and then it leads to the point when we don't want to form and have any of kind of connection at all.

Meanwhile only relationships allow you to tell the real person you are. It looks like a partner dance. That's why it's so crucial to learn to listen to a partner, understand and feel each other.

There are different levels in the game. Every player will have his own path of his healthy relationship. One can reach the direct way only after maintaining inner balance and being true to oneself. Only then we are able to see the personality of our partner. When it happens we create our own rules of partnership, which work for this very relationship and increase strength and energy instead of taking them away.

Aim of the game: maintain balance in resources after undergoing challenges; create one's own rules of partnership and maintain unconditional love.

Game Training «Elemental of the 7»



Timofeeva Olga Vyacheslavovna – economist, master of business administration, master of management; author of the game «Elemental of the 7»; director of «Stroiactive» LLC, co-director of the «Balance4life project»; business consultant in pricing, sales development, marketing strategy, expert in category and brand management, game-trainer for: «balance for life», «cashflow», «business model building», supervisor for startups and new entrepreneurs, the organizer of the

Minifest «T-games for increasing your life!». Moscow, Russia.

The author's psychological game-diagnostics is presented, consisting of a combination of unique and common techniques, helping a person to realize and confess to the availability of resources for achievement, to share his intuition, to accept desire and to create intention to improve his life. The clearer a person realizes his personal space and information intended for him, the faster he will be able to reveal his labor, personal and spiritual potential.

The game is about learning how to listen to yourself, listen to the world around you, and effectively manage the personal balance in life, consciously improving the quality of life. In order to improve the quality of their lives, it is enough to understand parts of it, and to give an objective assessment of the level of deployment of these parts. The game is built on an irrational one - involving streaming state, relaxation and pleasure, and on a rational one that is included in the second phase of the game and allows the articulation of intent and an acute desire to act to work out a personal task during the time after the game. The «Elemental» player gives an opportunity, playing, to create a series of triggers that trigger the process of working out a personal task and reach another stage in any sphere of life!

Tutoring navigation board-game «#CompassLADa»



Lazareva Lada Igorevna – psychologist, certified tutor, regional expert of the interregional tutor's association, the chief executive of «Nash Lad» educational opportunity centre, the head of tutor service in «LADbЯ» educational opportunity academy. Moscow, Russia.

Author of the game – Lada Lazareva. The game is for adult sand for kids above three years old. It is aimed to help in understanding of personal meanings, values, search of individual ways of achieving

educational goals appropriate for the educational environment. Game scenarios are designed not only for different age groups, but also for mixed age groups, which helps to use it for mixed age groups and for families.

During the game session players get the opportunity to state their interests, find some kind of personal motivation, experiment with educational strategies and create a personal compass map for navigation in the «sea» of possible opportunities. Thanks to game situations «scary uncertainty» transforms into «hidden opportunities». The mechanic of the game requires to realize one's personal interests and the ways of achieving them. At the same time, it is necessary to be able to show one's personal motives and realizations to others, to find common grounds and to look for productive ways of interaction. As a result, players get not only some personal discoveries, but also

experience of sharing them with others, transformation and proving them to themselves and to the community in the circumstances of constant change and different social and educational resources.

The training will be interesting for: coaches, mentors, professional consultants, psychologists, tutors, specialists in tutoring of their clients, who are in self-determination process. Also, for people who are looking for their own professional and educational paths in the world of educational opportunities.

DIAGNOSTIC GAME «I want to become a happy mom»



Novikova Marina Lvovna – Clinical Psychologist. The author of two diagnostic games «I want to become a mother» and «I am a teenager.» Graduate student of MOSGU. Member of the All-Russian Professional Psychotherapeutic League. Member of the professional guild of psychologists and game practitioners. Author of books: Awareness from childhood, or How to instill financial literacy in a child; Social policy of the company; Affirmations and mandalas. Pregnancy. Moscow, Russia.

Prenatal game. The game quickly and effectively helps circumvent the patient's defenses and, after the first session, provide resources to overcome fears and negative attitudes. Women suffering from idiopathic infertility often despair or, on the contrary, get hung up on the idea of pregnancy. The game allows you to quickly identify (from 30 minutes to 1.5 hours) the main framework of the problems. Already in the process of the game, therapeutic work is going on and at the end of the game a woman (with the help of a specialist) has a clear personal plan of action and a plan for further interaction with a psychologist.

DIAGNOSTIC GAME «I am a teenager»

The game allows parents to find a common language with teenagers. The teenager is to realize his fears, find resources to overcome these fears. Parents - remember themselves as a teenager, plunge into the world of emotions and take resources from their teenage period. The game allows you to see the perspective of your development, to understand that the world does not just consist of its teenage inner world, to broaden your horizons and understand your parent, which is important in the teenage period.

Transformational Psychological Game «ProBirth»



Sokolova Daria Vladimirovna – clinical psychologist, perinatal psychologist, crisis psychologist, game practitioner, medical psychologist. St. Petersburg.

The game «ProBirth» is a model of life in which the participant can lose the process of achieving the desired future and realize what to do in order to; to be happy, healthy, give birth to a desired child and create favorable conditions for its development, to have a trusting and safe relationship with oneself, loved ones and the world around them,

start a new business, build harmonious relationships with a man, etc.

Three levels are involved in the game: bodily, conscious and unconscious.

The game helps the person himself in a safe space to gently and carefully touch both the restrictions and the resources necessary for the change he wants. Each participant in the game will receive a resource from female archetypal images - Goddesses of various pantheons, learn how to accept it and be in the stream of female energy, and also receive resources in the form of «Gifts» for the realization of her intention.

The purpose of the game, depending on the request of the participant: formation of our own model of resource motherhood; formation of our own model of the resource future; the formation of a resource image of yourself.

Moscow Balint Society
Member of the International Balint Federation (IBF)



THE NINTH WORLD CONGRESS FOR PSYCHOTHERAPY «PSYCHOTHERAPY IN HELPING CITIZENS, FAMILIES, COMMUNITIES AND THE SOCIETY IN THE TIME OF CORONAVIRUS PANDEMIC»,

JUNE 26-29 2020
(online and offline)



PRE-CONGRESS: THE FOURTH INTERNATIONAL SCIENTIFIC AND PRACTICAL BALINT CONFERENCE

(the first international online balint conference)
“new possibilities of balint groups. Coronainnovations”
June 24-25, 2020

Leading experts were invited to run balint group sessions.
The experts' presentations were postponed till next year.

Ведущие малых Балинтовских групп:



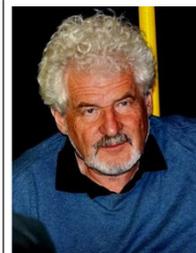
Dr. Guido Flatten,
PD Dr. med. M.A., German Balint Society President,
The International Balint Federation Vice President,
Psychosomatics and Psychotherapy Institute Director
(Aachen, Germany), M.A. supervisor and coach (SG/
DGSV), supervisor (EMDR/IA)



Dr. David Watt,
MB ChB, B MedSci, Permanent President of the UK
Balint Society



Dr. Caroline SpencerPalmer,
The UK Balint Society President



Dr. Norbert Guenzel,
GP, Psychosomatic and Psychotherapeutic Medicine
Specialist, Member of DAGG and DGPM, German Balint
Society Member, IBF Member

	Dr. Rosa Sapic, PhD, Psychiatrist; Associate Professor, Belgrade's High School for Social Work; Serbian Balint Society President
	Anzhela Avagimyan, Associate Professor, Chair of Nursing Management and Social Work, Institute of Psychology and Social Work, FSAEI HE I.M. Sechenov First Moscow State Medical University; Medical Psychologist, No1 N.A. Alekseyev Psychiatric Clinic; Moscow Balint Society President
	Elena Leiko, Psychologist, Official Teacher of the International Level (PPL), Leader and Supervisor Of the Balint groups (PPL), Member of the Balint societies of UK and Germany, Moscow Balint Society Vice-President

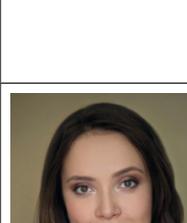
In connection with the pandemic, the organizers of the conference decided to invite leading psychology experts to deliver presentations on relevant professional topics.

Due to the fact that conference participants and the experts are from different time zones

and to keep within a convenient time for everyone, presentations will be broadcast during breaks. Recorded versions of presentations will also be available.

Conference Speakers:

	Asya Berberyan, Professor, Doctor of Psychology, Head of the Psychology Chair of Russian-Armenian (Slavonic) University (Yerevan, Armenia)
	Sergey Enikolopov, PhD in Psychology; Head of the Medical Psychology Department, Scientific Center of Mental Health; Associate Professor, the Chair of Neuropsychology and Pathopsychology, M.V. Lomonosov Moscow State University Psychology Department; Head of the Chair of Criminal Psychology, Moscow State University of Psychology and Pedagogy, Department of Juridical Psychology

	Dmitry Leontiev Doctor of Psychology, Head of the HSE University's International Laboratory of Positive Psychology of Personality and Motivation; HSE University Professor, Head of the Laboratory of Personal Development Problems of People with Disabilities, Moscow State University of Psychology and Pedagogy
	Nina Lavrova, Professor of Russian Academy of Natural Sciences; Psychotherapist, the Unified Registry of the European Association of Psychotherapy; PPL Mediation Committee Chair, Head of the Systemic Family Psychotherapy (Eastern Version) Modality, Accredited Consulting Personal Therapy Trainer, PPL Supervisor; PPL-certified International Level Trainer; Head of the Chair of Mediation and Conflict Resolution, Institute of Practical Psychology Imaton, Director of Alliance Psychoanalytic Center, St. Petersburg
	Ekaterina Makarova Psychoanalyst, Head of the Central Council Committee of the All-Russian Professional Psychotherapeutic League (PPL) for Personal Therapy, PPL-certified personal consulting therapist; PPL-accredited supervisor, international level PPL trainer, PPL International Section Chair, World Psychotherapy Council Youth Section Chair; Doctoral Candidate, Sigmund Freud University Vienna; MSc., Moscow, Russia
	Mikhail Reshetnikov Professor, Doctor of Psychology, PhD in Medicine, honored scientist of the Russian Federation, founder and rector of the Eastern European Institute of psychoanalysis. President of the European Confederation of psychoanalytic psychotherapy
	NATALYA FOMINA, PhD in Psychology, Associate Professor, Chair of General and Clinical Psychology, Volga State Medical Research University of the Russian Ministry of Health, Nizhny Novgorod

THE FOURTH INTERNATIONAL SCIENTIFIC AND PRACTICAL BALINT CONFERENCE PROGRAM (THE FIRST INTERNATIONAL ONLINE BALINT CONFERENCE):

June 24, 2020:

10.30–11.00

INTRODUCTORY REMARKS: conference organizer A. AVAGIMYAN
OPENING SPEECH

President of the All-Russian Professional Psychotherapeutic League, President of the National Self-Regulatory Organization Union of Psychotherapists and Psychologists, President of the Asian Federation of Psychotherapy, Vice President of the World Council for Psychotherapy, Head of the Department of Psychotherapy and

Sexology of the Russian Medical Academy of Continuing Professional Education, Doctor of Medical Sciences, Professor V. MAKAROV.

GREETINGS:

Dr. Michèle Parée- The International Balint Federation President (Video greeting)

Professor, Doctor of Medicine Georgiy Kostyuk - Chief Visiting Psychiatrist of Moscow, Head of No1 N.A. Alekseyev Psychiatric Clinic
Professor, Doctor of Psychology, PhD in Medicine, honored scientist of the Russian Federation

Mikhail Reshetnikov - founder and rector of the Eastern European Institute of psychoanalysis.

President of the European Confederation of psychoanalytic psychotherapy.

PhD in Medicine, Natalia Kasimovskaya - the Head of the Chair of Nursing Management and Social Work, Institute of Psychology and Social Work, Sechenov First Moscow State Medical University

Doctor of Psychology Asya Berberyan - Professor, the Head of the Psychology Chair of Russian-Armenian (Slavonic) University, Chair of PPL Armenian Branch, the International Academy of Psychological Sciences Armenian Branch Chair

Irina Khanamiryan, Phd, Psychologist-Counsellor of YSU Center of Applied Psychology,

Assistant Professor, Chair of Personality, YSU, President of Armenian Balint Society.

Dr. Guido Flatten – IBF Vice President, German Balint Society President

Dr. Caroline Spencer Palmer - The UK Balint Society President

Dr. Rosa Sagic - Serbian Balint Society President

Ekaterina Makarova - Head of the Central Council Committee of the All-Russian Professional Psychotherapeutic League (PPL) for Personal Therapy, PPL-certified Personal Consulting Therapist, PPL-accredited Supervisor, International Level PPL Trainer, PPL International Section Chair; World Psychotherapy Council Youth Section Chair

11.10–13.10 – 1 small Balint group (6 parallel Balint group sessions)

13.10–13.40 – break

Professor, Doctor of Psychology Asya Berberyan's report: "Distance Learning in the Higher Education System in a Pandemic: Challenges and Opportunities" (video recording)

The report focuses on the psychological and pedagogical aspects of distance learning in the higher education system in a pandemic. The main issues in current extreme situation are organizational and technical difficulties, problems of communicative interaction, etc., caused by the fact that distance learning has not become a global cultural practice. A dramatic change in the format of education for the vast majority of universities has become a forced experiment that could trigger development in the higher education system in terms of digitalization. The specifics of distance learning, the advantages and disadvantages of training for students in an emergency situation are detailed. The report offers conclusions and recommendations based on the results of an empirical study.

13.50–15.30 – 2nd small Balint group

15.30–16.30 – break

Doctor of Psychology, Professor Dmitry Leontiev's report: (The title will be announced later) (live broadcast)

16.30–18.30 – Large Balint group (fish tank)

Group leaders – A. Avagimyan and E. Leiko

June 25, 2020:

10.30–12.10 – 3rd small Balint group

12.10–13.10 – break

Professor, Doctor of Psychology, PhD in Medicine, honored scientist of the Russian Federation, founder and rector of the Eastern European Institute of psychoanalysis. President of the European Confederation of psychoanalytic psychotherapy Reshetnikov Mikhail's report: "Individual strategies for overcoming the crisis" (video recording)

PhD in Psychology, Associate Professor Natalya Fomina's report: "A Doctor's Verbal Intention in Building a Therapeutic Dialogue with a Patient" (video recording)

The report focuses on the problem of communicative competence of doctors and medical students - future doctors - based on the analysis of verbal communication. The intent analysis of spontaneous dialogic speech was adopted as the leading research method, which

made it possible to identify the semantic positions of doctors in dialogue with patients. The work proves that the doctors' patient-orientedness is already manifested in their speech at the level of intentions, which is reflected in their verbal interaction with patients. Relationships between the specifics of doctors' speech behavior and the communicative characteristics of the person are revealed. Aspects of work to develop communication skills of future and practicing physicians are determined.

13.10–14.50 – 4th small Balint group

14.50–15.50 – break

PhD in Psychology, Sergey Enikolopov's report: (The title will be announced later). (video recording)

15.50–17.30 – 5th small Balint group

17.30–18.30 – break

E. Makarova's report: "The Establishment of Personal Therapy in the Modern Local Professional Community" (video recording)

The report focuses on personal therapy as a form of an integrated psychotherapeutic process aimed at understanding the personality of a helping professional, improving the quality of his work and preventing professional "burnout". The report will highlight the main directions of the formation of a multimodal model of personal therapy and the establishment of supervision for personal therapists. Modern standards for understanding the practice and theory of personal therapy will be examined. The author will cover the specifics of working with helping professionals and present the latest concepts of training personal therapists.

Professor of Russian Academy of Natural Sciences Nina Lavrova's report: "Integration of Meditation into Balint Group Sessions during the Coronavirus Pandemic" (video recording)

The report deals with an integrative approach to the selection of tools to restore intrapersonal well-being and overcome uncertainty and inconsistency in relations with others. Balint group leaders control the dynamics of the group and use a set of advisory methods to employ the support of specialists in difficult professional situations. The report considers the prospect of integrating meditation into Balint group sessions. The emotional toll on helping professionals increases in the context of the coronavirus pandemic with the growing uncertainty and inconsistency of life circumstances. Mediation is an environmentally friendly way to resolve disputes through an independent mediator. The use of meditation is of particular relevance when conducting Balint groups during the coronavirus pandemic.

18.30–20.00 – round table discussions "Pre-adaptation of Helping Professionals in the Pandemic Situation," "Coronainnovations: Online Balint Groups – Contemporary Challenge".

Conference speaker's Q&A session.

Adoption of conference resolution.

Conference closure.

Organizers and sponsors of the conference are:

Angela Avagimyan and Elena Leiko

Partners:

- All-Russian Professional Psychotherapeutic League
- German Balint Society
- The UK Balint Society
- Serbian Balint Society
- Armenian Balint Society
- Russian-Armenian (Slavonic) University's Psychology Chair
- The Chair of Nursing Management and Social Work, Institute of Psychology and Social Work, Russian Health Ministry's I.M. Sechenov First Moscow State Medical University
- The Chair of General and Clinical Psychology, Russian Health Ministry's Volga State Medical Research University, Nizhny Novgorod
- No1 N.A. Alekseyev Psychiatric Clinic, Moscow Healthcare Department



PSYCHOTHERAPEUTIC PERSPECTIVE OF THE PANDEMIC CAUSED BY THE NEW CORONAVIRUS INFECTION COVID-19

(Newspaper version of the lecture)

Victor Victorovich Makarov – the President of the All-Russian Professional Psychotherapeutic League and the National Self-Regulating Organization «Union of Psychotherapists and Psychologists», President elect of the Asian Federation of Psychotherapy, Vice-President of the World Council for Psychotherapy, President of IX World congress for Psychotherapy, Head of the Department of Psychotherapy and Sexology of the Russian Medical Academy of Continuous Professional Education, MD, doctor of medical sciences, Professor. Moscow, Russia..

The lecture deals with the psychotherapeutic aspects of expecting a pandemic, the pandemic itself and rehabilitation after the pandemic. In addition, new opportunities brought by the COVID-19 revolution are examined. The development of social psychotherapy and its ever-growing role both in overcoming problems arising in society and in the development of a person, family, group and society as a whole are discussed.

What we observe today has no analogies in human history. The world is actually witnessing a world revolution, caused by the pandemic of new coronavirus infection COVID-19 (its abbreviation is the revolution COVID-19). There is a start date – March 11, 2020, when the World Health Organization announced a pandemic caused by the new coronavirus. On this day the World Revolution began, setting the Age of the Newest Time on earth. The impact of such a force can only be compared to world wars and their consequences. We are well aware that revolution is destruction of the old and creation of the new.

The destruction process affected, among other things, the attitude of the authorities towards the professional community in the field of psychology and psychotherapy, when factors accompanying the pandemic in the form of quarantine and self-isolation, losing jobs and job prospects led to a pandemic of fear and anxiety among citizens for themselves and their loved ones, an increase in alcohol abuse and aggressive behavior, depression and apathy. Exhaustion and emotional burnout of doctors required the intervention of professionals of such a level and in such quantities that official medicine was unable to mobilize and provide to citizens in need of help. Doctors and other medical workers performed basic professional functions, not having the opportunity to expand their responsibilities and take care of the mental health and psychological well-being of patients.

This task was undertaken, first of all, by volunteer organizations, which began to build a system of psychological and psychotherapeutic assistance to the population and medical staff with the involvement of knowledge and experience of the professional community, including PPL members. Construction of a new system of interaction between the authorities and the professional community will not end with the pandemic, since the process of coming out of it and the rehabilitation of the citizens affected by it will require new efforts in creating an effective structure for the psychological and psychotherapeutic support of society and its citizens. We are called upon to participate in building this new structure for effective interaction between the authorities and the professional community in the most active way, dear colleagues!

Even before the pandemic was announced, even before the diagnosis of the first cases of the disease in our country, clients with phobias were already coming to us, and subsequently the number of phobias grow. The list below is far from complete.

The list of phobias associated with Coronavirus endemic:

IATROPHOBIA – fear of doctors; CLAUSTROPHOBIA – fear of confined space; SPERMOPHOBIA – fear of germs; SOCIOPHOBIA – fear of society; AGORAPHOBIA – fear of public places; EREMOPHOBIA – fear of loneliness; TANATOPHOBIA – fear

of death; PNIGOPHOBIA – fear of strangulation; TRIPANOPHOBIA – fear of injections; AGNOSOPHOBIA – fear of the unknown; ALGOPHOBIA – fear of pain; ANTHROPOPHOBIA – fear of people; APOCALYPSE PHOBIA – fear of the apocalypse (doomsday); AUTOPHOBIA – fear of loneliness; AEROPOLLUEREPHOBIA – fear of air pollution; AEROPHOBIA – fear of air; VACCINOPHOBIA – fear of vaccination; VESPERTILIOPHOBIA – fear of bats; WESTIFOBIA – fear of clothing; VUTEVTINDIONOPHOBIA – fear of picnics; HALOPHOBIA – fear of breathing; HAPHEPHOBIA – fear of touch (from other people); GLOBAPHOBIA – fear of globalization; HODOPHOBIA – fear of travel; GRAVAROPHOBIA – fear of bereavement; ZELOPHOBIA – fear of jealousy; INSOMNIAFOBIA – fear of insomnia; KEINONIFOBIA – fear of rooms; LARYNGOXEROPHOBIA – fear of dry throat; MAYEVSIOPHOBIA – fear of pregnancy; MATEROPHOBIA – fear of the mother; MOLISMOPHOBIA – fear of infections; MONITOROPHOBIA – fear of observation (from others); NEOPHARMACOPHOBIA – fear of drugs (new); NEOPHOBIA – fear of the new; NOSOCOMEPHOBIA – fear of hospitals; OBESOPHOBIA – fear of obesity; OPTAREFOBIA – fear of shopping; OHLOPHOBIA – fear of the crowd; OHHOFOBIA – fear of a vehicle (being in it); PANFOBIA – fear of everything; PARENTEPHOBIA – fear of parents; PATEROPHOBIA – fear of fathers; SIDERODROMOFBIYA – fear of trains; STRICTUOPHOBIA – fear of stress; TAASOPHOBIA – fear of sitting in one place; TANGEREPHOBIA – fear of touching (objects); TAPHEPHOBIA – fear of burial alive; PHARMACOPHOBIA – fear of drugs; PHOBOPHOBIA – fear of fear of phobias; PHOBOPHOBIA – fear of fear; PHONOPHOBIA – fear of conversation; THAASOPHOBIA – fear of boredom; FORISOPOMOPHOBIA – fear of door handles; PHENOPHOBIA – fear of mental illness; FRUSTRATOPHOBIA – fear of frustration; CHEROPHOBIA – fear of happiness; SCHOOLOPHOBIA – fear of school; EXAMINOPHOBIA – fear of exams; ELEVATOPHOBIA – fear of elevators; ELEUTHEROPHOBIA – fear of freedom; ERGASIOPHOBIA – fear of work; this may also include COMPUTEROPHOBIA – fear of computers; PHONEPHOBIA – fear of telephones.

There are so many fears. At the very core of these phobias is the fear of suffocation, which is not just a fear of death, but a fear of painful death. An equally common symptom of ill-being was anxiety. And if in the previous years it was more often free-floating, now alarming thoughts and experiences concerned the situations caused by a pandemic. Panic reactions were also noted. They concerned, first of all, impulsive and unjustified purchases. So in many countries people made large stocks of products and mainly toilet paper. Apparently, they unconsciously regarded its presence in the house as a symbol of stability and comfort. Moreover, many millions of people were driven out of their comfort space. The growth of both anxiety and fears as well as panic reactions were facilitated by the escalation of the situation by the media and communication. After all, bad news is always more attractive and increases the rating of the source reporting it. All this was superimposed on the uncertainty of the situation, its unpredictability, limitation of motor activity, acute

reduction in social contacts. In the states where conditions for a stable life have been created for the majority of the population, where all risks are insured, people ended up being completely confused.

In our country, where there is only one stable characteristic in people's lives, which we formulate as "Everything is constantly and unpredictably changing," citizens seemed to be more prepared for the upcoming huge changes. Indeed, in the foreseeable past, people have never been in conditions of self-isolation prescribed to them for months, have been deprived of their usual way of life and work. The situation was complicated by the difficulties in communication, which manifested itself at subconscious level. Masks on faces give two main psychological effects: people can no longer read the person's emotions in a mask, and a person in a mask feels more protected from other people's interest in him. At the same time breathing into a mask is meditative and even suggestive for him.

This has led to an increase in the consumption of psychologically active substances, especially alcohol, and, as a result, to family conflicts and domestic violence.

At the same time, phenomena were noted that can be assessed as positive, giving new opportunities. The families looked at each other in a new way. Spouses saw each other. Children and parents saw each other. The number of visits to antenatal clinics has increased. People began to appreciate what they had before the pandemic. Many have realized how they would like to change their lives in the future. They wished to free themselves from the shackles of the past, obsolete traditions and rules. And, most importantly, they realized how fragile our well-being and even the world order as a whole are.

What to expect in the near and distant future? In the near future, we are waiting for the problem of overcoming self-isolation. Over the past months, many people have narrowed their comfort spaces to the borders of their homes. Many lost their jobs. One can expect further growth of introversion, depression, panic disorders, addictions, divorces and new forms of structuring life, such as hikikomori in Japan. And, of course, we are expecting positive changes in the Newest Times. Thus, many peoples of our country are characterized by optimism deficit. We traditionally love to suffer. We are brought up on bans and restrictions. Modesty and striving not to stick out are welcome. All this greatly limits the possibilities for achieving noticeable results in overcoming the consequences of the pandemic and, especially, achieving state of happiness and a long tenure in this state. And what about the pandemic response? There, each state took its own measures. One thing was common to all – at the forefront of the struggle were specialists in helping professions, primarily medical workers. It is doctors who bear all the hardships of overload, conflicting instructions, and the lack of equipment with protective and consumables. In crisis conditions, medical workers are forced to narrow the boundaries of their functional responsibilities and have neither time nor competencies to care for the psychological state and mental health of their patients, even in cases where support of the mental state is recognized as an essential part of treatment and care for patients and their families. It is clear, that this is already a job for psychotherapists. And we were actively getting ready for it.

Many psychotherapists worked in their workplaces. A large number of specialists involved in psychotherapy answered the call for inclusion in the volunteer movement. Our professionals and students of psychotherapy have worked and continue working with the sick, people recovering and those who have recovered and their families. This work is supervised by the Committee for Volunteering of the Central Council of the All-Russian Professional Psychotherapeutic League (Committee Chairman I.K. Silenok). And the Central Council of our organization held International setting conferences on the methodology of this work. There have been many publications on confronting the epidemic in the media. The work being done can reduce the negative effects of a pandemic. At the same time, it is important for us to be prepared for the rehabilitation of our

professionals themselves. In these conditions, we will use our special tools: Balint groups, group supervisions and personal therapy. And for those particularly affected, the debriefing procedure. For this, we have a sufficient cohort of trained professionals in the capitals and will actively prepare them for the regions of Russia.

For these purposes, we opened the Center for psychological support for employees and students on the basis of the Russian Medical Academy of Continuing Professional Education. I hope such centers will operate throughout the country.

Now about the long-term consequences of the pandemic for survivors of the disease and the entire society. Violations of psychological well-being and mental health in some patients will become protracted. This will be manifested in post-traumatic stress disorder (PTSD), prolonged depression, addictions, chronic anxiety conditions and other disorders.

Most importantly, we are experiencing a social revolution and are entering a new era, which we call the Newest Time. This era has many characteristics that our publications are dedicated to. We will name the most important of them. The main characteristic is flexibility and the ability to adjust oneself and adapt to constantly changing living conditions: for a person, family, group, society as a whole. This is the ability to live on the bright side of life, to maintain an optimistic attitude in all conditions, to strive for experiencing happiness and constant stay in the space of happiness. To achieving these goals serves social psychotherapy. It represents one of six models of psychotherapy. In our country it is the fourth model. Apart from it, medical, clinical and psychological models are quite developed. Social psychotherapy is psychotherapy that satisfies the social needs of a person, family, group, society as a whole.

Let us give a quote from the work of Professor Katkov A.L.: "In the field of professional psychotherapy, the new realities are such that the pace, scale of distribution and severity of the manifestations of the problems with which clients turn to specialist psychotherapists (adaptation disorders in all their diversity, chemical and destructive psychological dependencies, personality disorders, long-term psychosomatic and mental illnesses, etc.), in the most recent decades, they have become destructive social epidemics – apparently the most dangerous and unpredictable phenomenon of modern times. Accordingly, if the term "social psychotherapy" has traditionally been applied only to certain psychotherapeutic models, we propose to use this term to denote the new status of professional psychotherapy that fully meets the realities of modern times. This is a cardinal turn of the profession from exclusive or "club" models with an extremely limited sector of interaction with neurotic clients to completely new conceptual and organizational models of the "being" of professional psychotherapy in the modern world. Which, ultimately, should lead to full coverage of the population with effective, differentiated psychotherapeutic help» (2019).

We have been engaged in social psychotherapy since eighties of the last century. This model of psychotherapy was formed within the framework of the Eastern trend in the development of Soviet and Russian psychotherapy. It formed the basis of a new, broad school of domestic psychotherapy.

The birth date of world social psychotherapy can be considered the summer of 2002, when at the III World Congress of Psychotherapy the president of the World Psychotherapy Council called on psychotherapists to work with the whole society, and not just with a person, family and group. Our League is being developed under this motto. Most of our 50 modalities are already functioning in the field of social psychotherapy.

Приведём их список:

- Hypnotherapy
- Person-oriented (reconstructive) psychotherapy
- Polimodal Psychotherapy®
- Systemic family psychotherapy
- Existential psychotherapy
- Gestalt therapy
- Body-oriented psychotherapy

- Resource-oriented systemic psychotherapy
- Positive psychotherapy
- Symboldrama
- Transpersonal psychotherapy
- Neuro-linguistic psychotherapy
- Therapy with creative self-expression M.E. Burno
- Psychocatalysis
- Clinical classical psychotherapy
- Dialysis
- Psychodrama
- Emotionally-shaped psychotherapy
- Psychoorganic analysis
- Transactional analysis
- Psychotherapeutic kinesiology
- Erickson psychotherapy and Erickson hypnosis
- Perinatal and reproductive psychotherapy
- Religiously oriented psychotherapy
- Musical-integral psychotherapy
- Clinical psychosomatic psychotherapy
- Healing creative psycholinguistics
- Cognitive-behavioral psychotherapy
- Client-centered psychotherapy
- Integrative dialogue, cognitive-oriented hypnotherapy (psychotherapy)
- Art Therapy
- Jungian analysis

- Joint psychoanalytic approach in psychotherapy at the League
- Balint groups
- Integrative child psychotherapy
- Systemic family therapy: eastern version
- Eastern version of transactional analysis
- Integrated neuroprogramming
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- Ethical personalism
- Process-oriented psychology and psychotherapy
- Generative psychotherapy
- Eastern version of psychosynthesis
- Sand therapy
- Rodological counseling method
- Group analysis
- Behavioral psychotherapy
- Value-oriented psychology and psychotherapy
- Sofia analysis
- Game practice in therapy and psychological counseling (psychotherapy cluster)

Thus, modern social psychotherapy has found its important place both during the fight against the pandemic caused by the new coronavirus infection COVID-19, and in the lives of people, families, groups, the whole society in the newest era.



THE IX WORLD CONGRESS FOR PSYCHOTHERAPY TO BE ONE YEAR LONG

Respectful colleagues, dear friends!

To guarantee our attendees both safety and inclusion into professional environment the Board of the World Council for Psychotherapy has decided to postpone IX World Congress for Psychotherapy "Children, Society and Future – the Planet of Psychotherapy" to 2021 broaden its framework for years 2020 and 2021.

Video Address Presidents of the Congress (in English/In Russian with subtitles): <https://www.youtube.com/watch?v=6l8wKaZzQM0>

In 2021 we will hold the IX World Congress for Psychotherapy "Children, Society and Future – the Planet of Psychotherapy", previously planned for 2020:

Pre-Congress in Moscow – June 22–23, 2021

Congress and Psyfest (training festival) in Moscow – June 24–27, 2021

Congress Ball – June 25, 2021

Post-Congress in Altai and at Lake Baikal – June 27 – July 17, 2021

All previously received Congress proceedings and fees are automatically transferred to the IX World Congress for Psychotherapy 2021

We are hoping that our valued participants, delegates and guests will be able to attend the World Congress for Psychotherapy 2021 and its 2020 events, and will do everything in our power to ensure that the World Congress will enjoy grand success and stand up to the high expectations of its attendees.

We look forward to meet you online this summer and in person next year!

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