

Where is contemporary integrative psychotherapy heading?



Report from the 2nd International Conference on Integrative Psychotherapy in Skala Institute.

22. – 23. 6. 2016 Prague, Emmaus monastery.

On the 22nd and 23rd of June 2016 Skala Institute organized its second international conference on contemporary integrative psychotherapy.

- This year, in the Emmaus monastery stellar American psychotherapist Hanna Levenson gave a brilliant lecture. She also led an interactive workshop about Time-limited Dynamic Therapy the day before the conference.

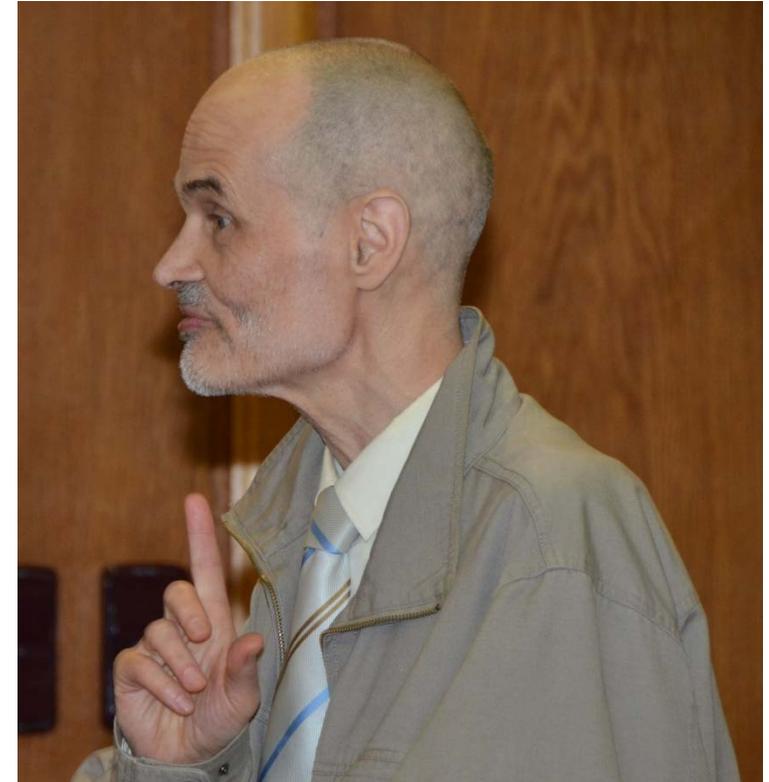


In her lecture, she mainly focused on new findings from research on memory reconsolidation and the possibility of "opening" synapses using psychotherapy.



The busy program also introduced eminent psychotherapists who advocate for the integrative approach.

- The expert guarantor Dr. Karel Nešpor as always "picked the participants up from the chairs" - but only in a good sense.



The director of Skala Institute, Dr. Magdalena Frouzová, reflected in her contribution on approach to clients whose problems arose and were fundamentally influenced by the integration and globalization of the world. Together with her colleague Dr. Markéta Fialová also presented the new information and findings from the world conference organized by the Society for the Exploration of Psychotherapy Integration (SEPI).



Brno section of integrative psychotherapists, Prof. Zbyněk Vybíral and Dr. Jan Roubal

- contributed with their expertise, whether it was constructive criticism of integrative psychotherapy, or a training model for integrative psychotherapists.



Assoc. Prof. Jan Kožnar with his distinctive sense of humor replaced diseased Dr. Radkin Honzák and he aroused a wave of emotions in the audience with his lecture about how emotions were only in second place.



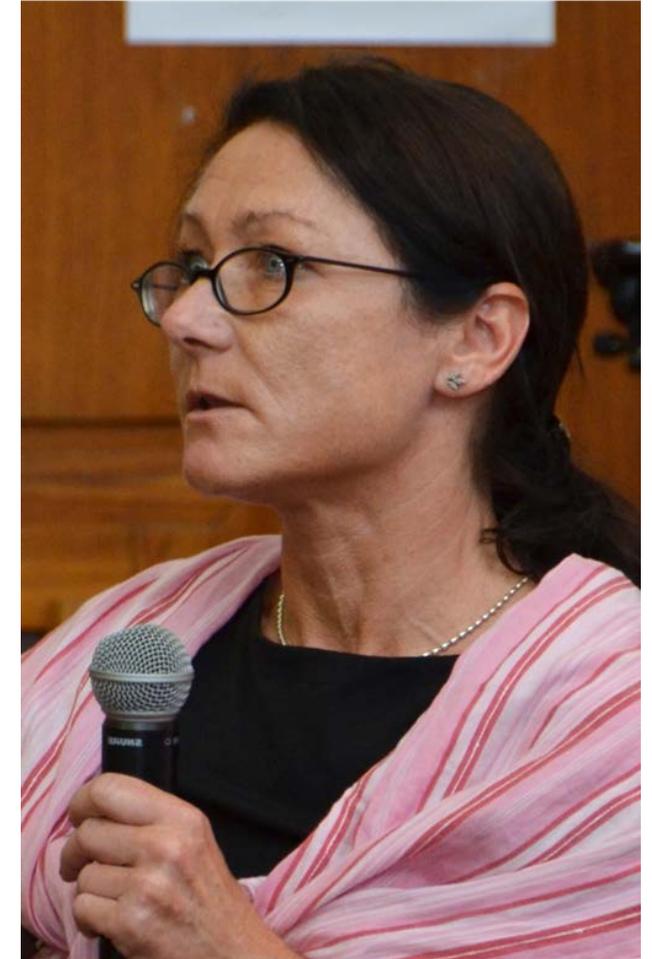
Graduates and lecturers of Skala Institute showed at the conference that they spread the idea of integration with other experts further I.

- Dr. Sekot, Dr. Večeřová-Procházková and Dr. Krausová dealt with psychosomatics,



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- Dr. Veronika Nýdrlová and Dr. Komzáková talked about the use of dramatic elements at work with patients and students.

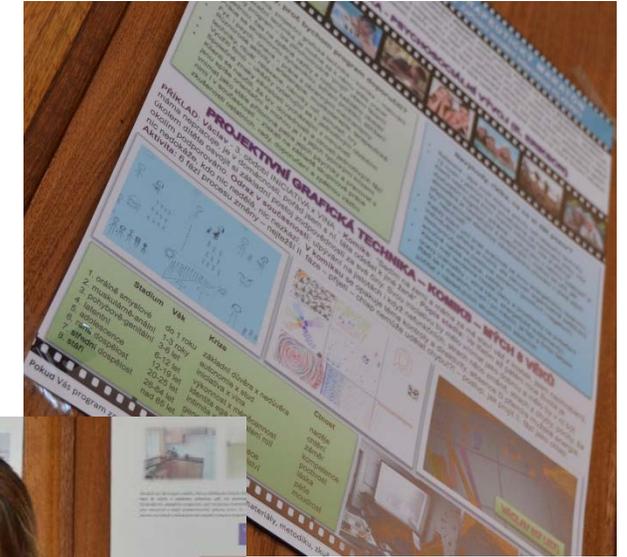


Graduates and lecturers of Skala Institute showed at the conference that they spread the idea of integration with other experts further III.

- Helena Fialová talked about prevention of families at risk, while A. Hoffmannová described the work with couples that live abroad for a long time. Dr. Jilek spoke about the activities of psychotherapist in a multi-field team and J. Kotalová talked about a comprehensive treatment of psychosis.



A lot of graduates came with their posters, which showed how they used the integration at their work.



Research group that makes an effort to gain high-quality feedback of the entire training process,

- presented in their contributions (Dr. Fialová, Dr. Krupníková, Dr. Najbrtová)
- results of opinions of trainees and trainers of SI on the whole process.
- Currently, Board of Skala Institute has been incorporating those results directly to an ongoing program.



Prof. Ferdinand Knobloch sent his video salutatory speech directly for our conference - in August he celebrates 100 years and he is still very vital!

- His fellow workers presented not only videos describing therapy of Prof. Knobloch, but also their own methodology of work with clients.



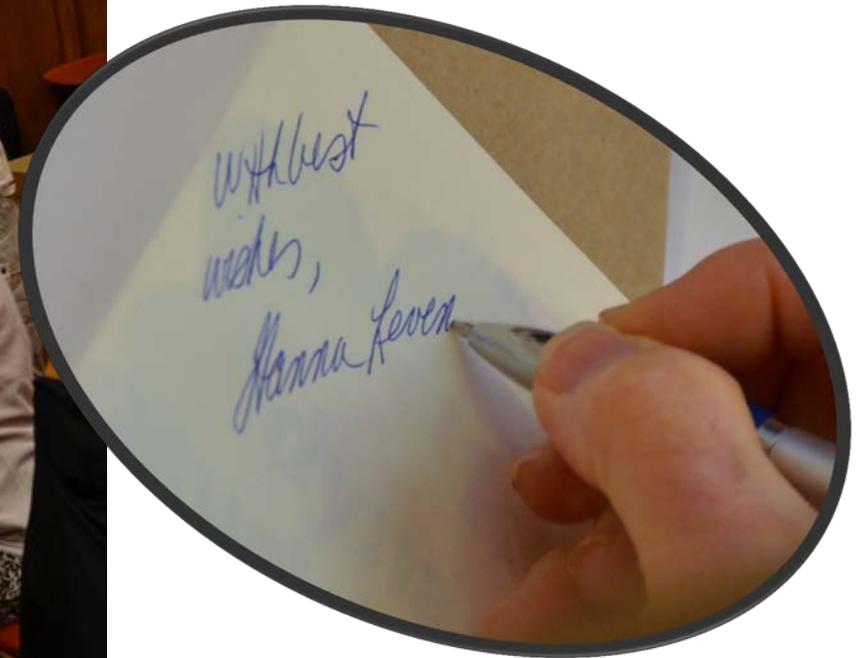
Dr. Kubánek spoke about his original approach of work with circles.



The conference offered an evening meeting of the communities of Skala Institute (the 13th community is nowadays going on), where graduates informed each other about their further personal and professional development.



During this conference, the participants were able to buy much cheaper books on psychotherapy in bookstalls and Dr. Hanna Levenson signed her book about Time-limited Dynamic Therapy, which has just been published in the Czech Republic.



Responses from the audience:



" I had a very positive impression from the conference. Primarily that the invitation of Hanna Levenson was a success, which shows that the 2nd international conference has potential. Another example that I would emphasize is the fact that the conference was accredited and therefore it was even more valuable for professional public. Finally, I appreciate the opportunity to learn how individual representatives of integrative psychotherapy work with information and how they perceive integrative psychotherapy. "D.B.

"Professional conference was inspiring for me. The most appealing was Hanna Levenson with her presentation for me. I was captivated by her theory, according to which, in some situations the therapist can change the client's memory by appropriate intervention. I appreciated the information presented by Dr. Frouzová and Dr. Fialová about SEPI international conference in Dublin in 2016 and I found interesting a description of playback theatre and dramatic games referred by Dr. Veronika Nýdrlová." M.Š.

"This year's conference was unique because Hanna Levenson gave a lecture. Her contribution was comprehensible, but at the same time it was exceptional in its content. I consider understanding of maladaptive patterns of clients as a crucial part for the further work in psychotherapy. I regard contributions of Dr. Zuzana Krausová on integrative approaches in psychosomatics and psychotherapy in Germany as another excellent lecture. I very much enjoyed the lecture of Dr. Karel Nešpor who inspires me by his concept of addiction treatment and his sense of humor. "L. K.