



Skala Institute:
Integrative Psychotherapy Training
in the Czech Republic

Marketa Fialova, M.D.

My Career History

October 2012 - Present
Skala Institute: Integrative Psychotherapy Training
in the Czech Republic
2012 - 2013
2014 - 2015
2016 - 2017

**Skala Institute:
Integrative Psychotherapy Training
in the Czech Republic**

Marketa Fialova, M.D.

Thank you for your attention!
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Skala Institute: Integrative Psychotherapy Training in the Czech Republic

Marketa Fialova, M.D.



My 5-year journey

- September 2012 - June 2016
- more than 500 hours of self-experiential group training
- 160 hours of theory
- 60 hours of group supervision
- 40 hours of individual psychotherapy





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training

, Statue
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To Be on Board

- 10 pages of own detailed and intimate CV
- interview face-to-face with heads of the training
- demanding self-experiential part of the training



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- 3 trainees out of 8 haven't finished it
- 29% was thinking about quitting
- How do we recognize suitable trainee for integrative approach?
- What about research in identifying specific personality traits by trainees in different kinds of trainings?



Group leading



- 3rd and 4th grade
- one of trainees leads the group of other attendees for 45 minutes
- for another 45 minutes - feedback from others and trainers
- video feedback



Self-experiential group training

- 500 hours
- using different techniques - River of Life, Statue making, role playing, working with dreams
- 3 groups in one grade - community dimension



- 500 hours of self-experiential training for health
 - 200000 people participated through self-experiential



- Aren't 500 hours of self-experiential training too much?
- Do we gain competences through self-experience?



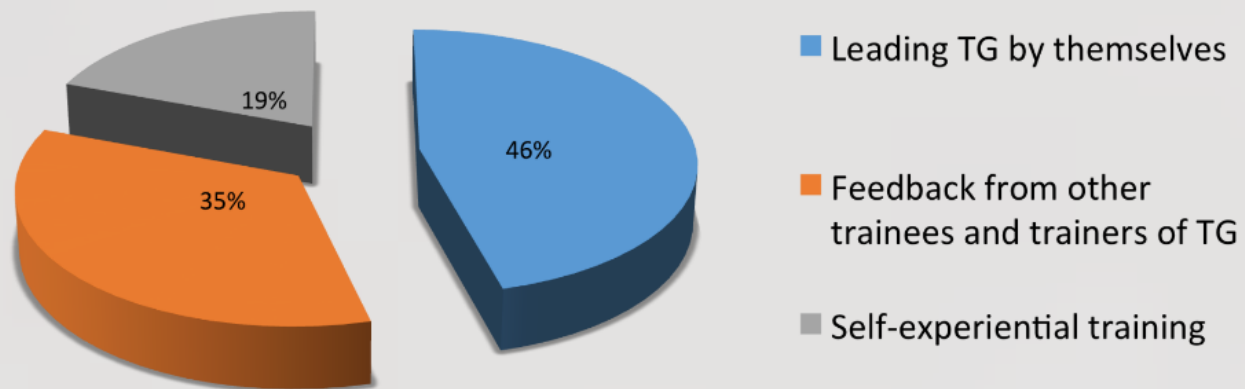
Group leading



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- one of trainees leads the group of other attendees for 45 minutes
- for another 45 minutes - feedback from others and trainers
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The most crucial parts of the training programme



- biosynthesis
- contemporary integrative psychotherapy
- symbolism of fairy tales...
- translation of scientific psychotherapeutic papers
- final theoretical essay



Learning Techniques

- within group sessions
- special blocks focused on one technique (led by trainers, later by trainees)
- additional weekend training focused on one topic (individual therapy, group therapy, motivation, communication, family therapy)
- group weekend with Magda - super nutritious training - real group, which is afterwards taken to pieces

Self-evaluation in five capabilities after the five-year training programme

Checking the confidence and self-responsibility	1.39
Helping clients to understand the influence of their family	1.46
Providing clients with further understanding of their psychological development	2.06
Leading clients to their important thinking and behaviour	1.14
Transferring experience from the practice to the clients' world	2.37

See also the report 'Self-evaluation of the five-year training programme' and 'Self-evaluation of the five-year training programme'.

Self-evaluation in five capabilities after the five-year training programme

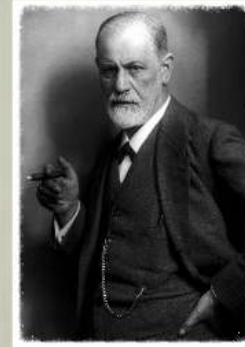
Creating the confident and safe therapeutic alliance	1.58
Helping clients to understand the influence of their family	1.96
Providing clients with better understanding of their expectations in relationships	2.05
Leading clients to more appropriate thinking and behaviour	2.14
Transferring experience from therapeutic alliance into clients reality	2.37

Should we learn techniques from different approaches or how to work with common factors?

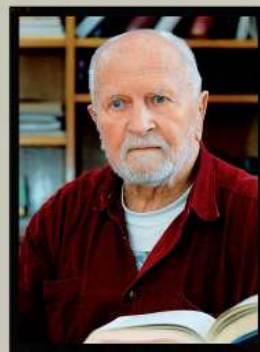
Is "looking behind the scene" the way how to teach integrative perspective?

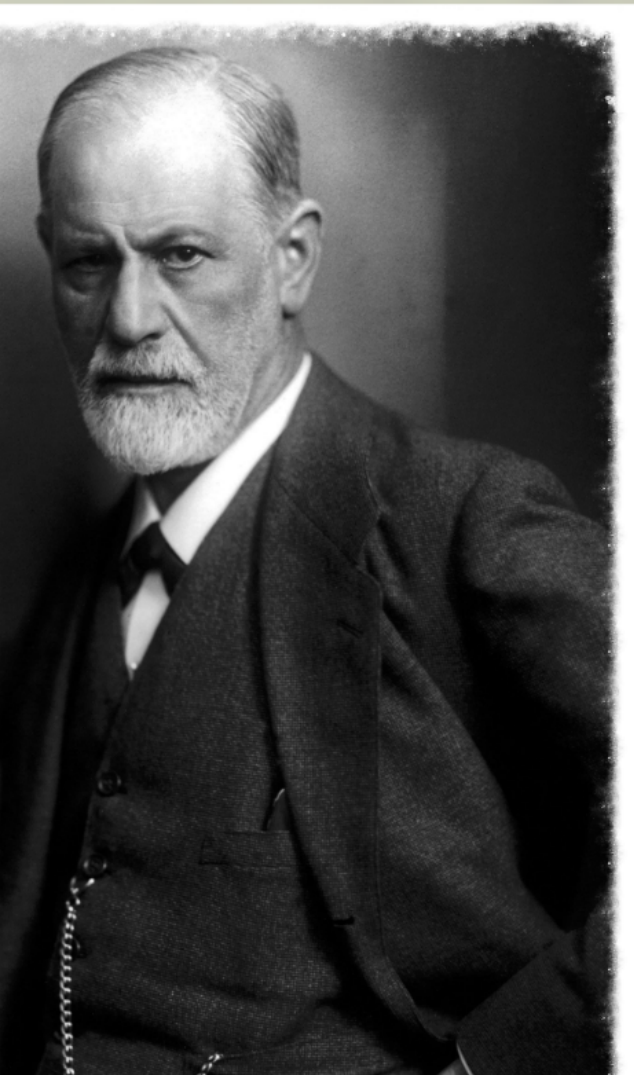
Theory

- 160 hours of theory
- different topics:
 - therapy of personality disorders
 - smile in psychotherapy
 - biosynthesis
 - contemporary integrative psychotherapy
 - symbolism of fairy tales...
- translation of scientific psychotherapeutic papers
- final theoretical essay

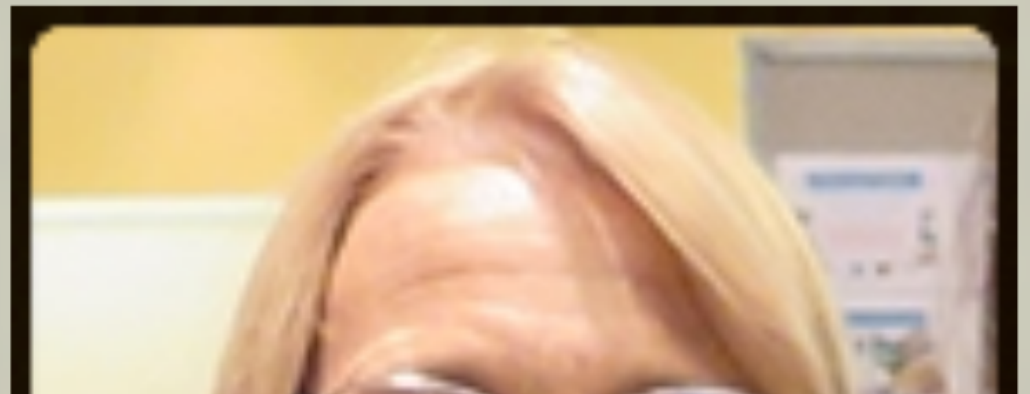


How should the theory be structured?
Less or more theory?





How should the theory be structured?
Less or more theory?





- diary



- evening programmes (competitions, theatre, book clubs, discussions, science club)



- change of trainers within groups



- be part of the trainers' supervision



- help with organization of the international conference



- closing ceremony

Group Supervision



- 5th grade
- 60 hours
- possibility to be in the coaching branch instead
- 3 different supervisors - 3 different styles
- 3 own case studies



Is it valuable to see 3 different styles of supervision?

- 3 different supervisors - 3 different
- 3 own case studies



Is it valuable to see 3 different styles of supervision?

And more...



- diary



- evening programmes (competitions, theatre, book clubs, discussions, science club)



- change of trainers within groups



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- help with organization of the international conference

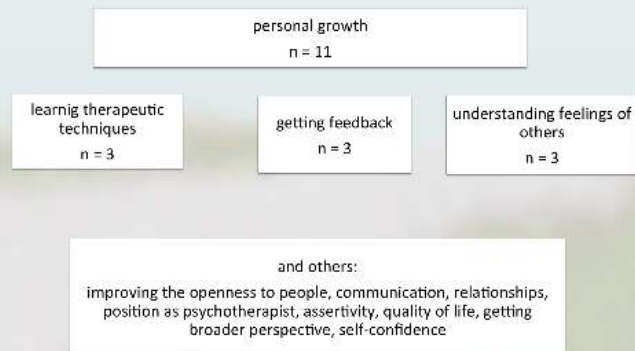


- closing ceremony

Results of our research on psychotherapy training

All respondents considered the training as beneficial. 9.5 % of them rated it as slightly beneficial, 52 % as very useful and 38.1 % of trainees evaluate the training as extraordinary.
No one found only negative impact of the psychotherapy training.

The training programme was assessed positively by the trainees especially due to the opportunities for:





- And more...**
- diary
 - evening programmes (competitions, theatre, book clubs, discussions, science club)
 - change of trainers within groups
 - be part of the trainers' supervision
 - help with organization of the international conference
 - closing ceremony

Results of our research on psychotherapy training

Our research has been funded by the British Psychological Society (BPS) and the Department of Health (DoH). The research was conducted by the British Psychological Society (BPS) and the Department of Health (DoH). The research was conducted by the British Psychological Society (BPS) and the Department of Health (DoH).



**FINALLY,
INTEGRATED
PERSONALITY!**



To Be on Board

12 stages of each selected individual's life
- intensive supervision with hours of the training
- developing a 7-month part of the training



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