

Systemic family psychotherapy Summer school - 2020

16 – 18 July 2020

At the end of each academic year, family psychotherapy summer school is an opportunity to reconnect the therapists in training, both with each other and with themselves. This year, as if more than ever, the need to stop and reflect on what is happening to us both, as professionals and as people, becomes even more pressing. The last months lived in physical distance and haunted by a lot of anxiety, insecurity and unpredictability, determined us to face our own limits in a way we have never done before. Trying to be there for our clients in the difficulties they face, we have often ignored our own needs and those of our families, working to exhaustion. The purpose of this event is to create a secure environment in which to allow ourselves to be present and connected with our inner self, to develop skills that will help us to balance the care for others with the care for ourselves, to develop resilience in difficult times and even to grow in hope, confidence and emotional connection.

In this journey will join us:

Julia Beaty, TBRI trainer, Karyn Purvis Institute of Child Development, US

Elena Cazacu, family therapist

Ileana Rogobete, psychotherapist, trainer and supervisor

Day 1 - Thursday, July 16, hours: 3 – 7 p.m

"Journey through Pandemic: About the burnout experience" - Elena Cazacu

- the image of the professional therapist
- the difference between being empathetic and being immersed in emotions
- identification of signs of vicarious fatigue and trauma
- the journey of fatigue from the professional to the person in the background
- the burden of caring for the other
- the needs of the person and the professional
- drawing "oases" for breathing and healing in the office

Day 2 - Friday, July 17, hours: 3 – 7 p.m.

"As we walk through the wilderness, our hearts awaken: A Guide to Finding a Path" - Julia Beates

Julia aims to define a supportive framework for specialists focused on relationships based on trust, compassion, attachment and resilience. This context defined like this, addresses the needs of the therapist's self, especially those of us who may have been lost in the wilderness in the context of the global crisis.

Day 3 - Saturday, July 18, hours: 10 a.m. – 2 p.m.

"Closer to me: The therapist's self, resilience and growth" - Ileana Rogobete

- connecting with oneself and with the other
- therapeutic community: supervision, interviewing, therapy therapist
- trauma and attachment, safety and trust
- developing resilience
- post-traumatic growth

Registrations: <https://forms.gle/RLa97fWxorV3wPij6>

Cost: 400 lei

- 300 lei for the graduates of our institute
- free for the therapists on training at our institute

You're welcome!