

7th Meeting of Trainers
“Training and Research: Fostering resilient systems”
Ohrid, The Former Yugoslav Republic of Macedonia
September 21st-23rd, 2012

Book of Abstracts

European Family Therapy Association
Training Institutes Chamber

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European Family Therapy Association Training Institutes Chamber

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7th EFTA-TIC Meeting of Trainers Programme at a Glance

Friday, September 21st 2012

12.00-13.30	Registration / Sign-up for workshops and social programme
13.30-14.30	Welcome –Opening Greetings –Warm-up Exercise
14.30-16.00	Parallel Workshops
16.00-16.30	Coffee Break
16.30-17.15	Inter-Workshop Exchange
17.15-20.00	Sightseeing tour of Ohrid
20.00	Reception by Mayor of Ohrid

Saturday, September 22nd 2012

09.00-10.30	Parallel Presentations/ Workshops
10.30-11.00	Coffee Break
11.00-12.30	Parallel Presentations/ Workshops
12.30-14.00	General Assembly / Lunch
14.00-15.30	Parallel Presentations/ Workshops
15.30-16.00	Coffee Break
16.00-17.30	Parallel Workshops
17.30-18.30	Inter-Workshop Exchange
18.30-19.15	Closing Session
20.00	Dinner

Abstracts

Friday, September 21st 2012

Friday, 14:30-16:00 Parallel Workshops

Institute: Family Psycho-Social Institute, Bulgaria

Title: "Social and Family Systems Interplay as shown by Practice and Research. Resilience and its Differentiation from "Pseudo-Resilience" through taking in view at least three generations."

Presenters: Jenia Georgieva, Roumen Georgiev, Valentina Marinova and Elena Krusteva

Abstract: The research we base on is on family structure parameters in their correlation to resilience to mental disturbances. It was carried out with 2 Bulgarian and 1 Roma groups, living in sharply different contexts: traditional and industrial.

The practice we base on is both training and family therapy, conducted within an intensely transitional social context.

We illustrate with concrete cases, as well as draw theoretical points as to the attention needed in order to differentiate resilience from what can be called "pseudo resilience". This can best be done by considering the cross-generational dynamics of at least three generations. For quite not so rarely, we observe that when the social context poses long lasting overly strong requirements to the family system's resilience, the price for the resilience shown, can be paid by the representatives of the third generation. The authors also discuss the need that family therapists reach out to the broader context, creating and undertaking forms that stimulate within society healthy processing of social traumas on families, instead of dealing only with their consequences on each separate family system, the members of which they meet in their offices. .

Institute: Ergastirion of Systemic Thinking and Training, Greece

Title: "Unpredictable and Imagination in Therapy and Training."

Presenters: Panagiotis Chrysos, Efstratia Karagianni, Athina Kypriotaki, Maria Marousi & Efrosini Papadaki

Abstract: Traditionally people have viewed surprise and unpredictable as unwelcome and generally dysfunctional occurrences, an unfavourable deviation from past experiences. So people construct 'life maps' (family patterns, myths, and dominant narratives) to utilize them in their life trips and avoid the unpredictable.

Not only clients but also the therapist constructs 'therapeutic maps' (theories) to avoid the unpredictable in the therapeutic trip. Those maps offer an epistemological orientation, ways of knowing or thinking about the world. More knowledge, better planning and more control are their dominant elements.

Complex systems research has demonstrated that unpredictability and surprise are fundamental aspects of the world around us. They are part of the natural order of things and cannot be avoided, eliminated or controlled.

This is why sometimes maps that give the illusion that world is predictable, do not work. So these maps become traps.

The workshop is focusing on the unpredictable as an opportunity for evolution, promoting imagination as a useful tool for disengagement.

Institute: Society of Family Counselors and Therapists, Russia

Title: "Fostering (Facilitating) good divorce – research and cultural aspects of the professional training."

Presenter: Grazhina Budinyate

Abstract: Divorce is kind of a "special case" in family therapy practice. It still forms strong association with trauma, depression and bad consequences for the children. But the practical approach demands not as much of "bad 'consequences' investigation but more of base for help and resilient revealing. Presentation is going to discuss the meaning of "good" and "bad divorce" concept. The base for this will be the presentation of our experimental research's results (G.Budinayte, L.Kogan, 2010) where significant difference in children's own family's structure's perception as a result of 'different divorce's' situations was revealed. The discussion also will rise the question of cultural narratives and personal stories" impact in our "divorce" perception and connotation as the topic has strong cultural and even religion context. We are going to discuss this applying to Russian social situation as much as looking for the European participant's impact in this discussion. The excises for therapeutic neutrality towards divorce, 'helpful" concepts accepting and family's resources revealing training will be presented and tested by participants.

Saturday, September 22nd, 2012

Saturday, 09:00-10:30 Oral Presentation Sessions and Parallel Workshops

Oral Presentations

Institute: Institute of Psychodrama, Individual and Group Psychotherapy
"Bernhard Ahterberg", Bulgaria

Title: "The Importance of the Self-Experience Group in Family Therapy Educational Programs."

Presenter: Daniela Todorova-Papantcheva

Abstract: Self-experience can be considered as a basic element in the training of professionals who undertake supportive and counseling roles. The quality of the support and the professional services provided may be influenced by a number of personal factors. If the professional is not aware of the influence of these factors, they can negatively affect the quality of the "counseling" process. Historically, the requirement for trainees to undergo psychotherapy has a long tradition in psychodynamic and humanistic orientations of psychotherapy. The different schools of family therapy have in common a belief that the origin of the problem is in homeostatic mechanisms and family process which relates directly and particularly also the personality of the family therapist. Thus nowadays the leading idea is that self-application of family therapy techniques is very helpful in effectively learning and self-experiencing groups should be constituted as an obligatory part of a educating program.

Institute: Université de Picardie Jules Verne and Elkaim Formations, France

Title: "Necessary Convergence of Social Child Welfare, Psychotherapeutic Care and Justice Fields as Resilient System. Resilience Factors of a Teenage Girl Facing her Sexual Aggressor in Assize Courts."

Presenters: Samuel Rassinon and *Michel Wawrzyniak*

Abstract: The training group in family therapy from Amiens, in its alliance with the Centre des Buttes Chaumont (Paris), was interested in the mistreating family systems. Chance and luck led us to attend a court trial of Assisi who was the one of the aggressor of

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an adolescent. This adolescent was well known by child psychiatrists of the group and she was also one of our patients whose the clinical situation had strongly occupied myself.

This original layout allows us to juxtapose the clinical elements of the catastrophic situation of this young girl hospitalized in child psychiatry unit to the data observed in a second time during the trial Assize of her sexual aggressor, his father. Then, we will propose to identify the factors that led to the emergence of the truth, that is to say the confessions of the accused, as resiliency factors of the victim to face her abuser at trial but also for its identity re-construction to occur.

We will conclude our discussion by generalizing the hypothesis of the necessary convergence of social (child welfare), therapeutic care and justice fields as resilient system fostering the Subject's resilience against alienating and abusing systems.

Workshops

Institute: FOCUS Institute, Israel

Title: "Training, Trainees and Trainers in Family Therapy Clinical and Qualitative Research."

Presenters: Haviva Ayal and Sara Ivanir

Abstract: Both trainee and Trainer are often challenged by the question of what makes Training effective and how can we evaluate the long-term effects of the training.

This workshop will present a qualitative study exploring the inter-relationship of Family Therapy Training process with Trainees' personal aspects.

The aspects examined are:

Mutual influence of personal development and the process of training

The complexity of trainer - trainee dyadic relationship

The effects of the training's Setting on the training processes

Graduates of Family Therapy Training were asked to respond to 5 questions dealing with these aspects by relating stories of critical events in their personal and professional lives during the training. Their written answers were analyzed using qualitative tools.

Institute: IS CRA - Istituto Modenese di Psicoterapia Sistemica e Relazionale, Italy

Title: "Searching and Developing the Family Resilience: 3D Genogram."

Presenter: Mauro Mariotti

Abstract: The tridimensional genogram is a special version of the classic tool, re-designed to collect information about the couple's system and the inter-action of the partner with the systems in which they are involved.

Compared to classical genogram, the tridimensional genogram shifts the focus from the real family structure to the inner one: the representations, the binding or breaking points in the family network of affections, disaffections and attachments. The tridimensional genogram allows the couple to concentrate upon how their network changes through time and the life-cycle. The 3D genogram enables the partner to speak about both the emotional and practical implications of this net on the daily life and on the couple's children.

The tool's structure promotes the improving of the metaphorical meanings and their connection and generational permeability with the family structure before and after the marriage and before and after the children's birth.

Saturday, 11:00-12:30 Oral Presentation Sessions and Parallel Workshops

Oral Presentations

Institutes: Groupe d'Étude des Systèmes Humains (GESH) and Université du Québec à Trois-Rivières, Canada

Title: "Quels enjeux de formation dans le contexte de la "Maladie Grave".
Tenir le lien dans la rencontre avec la limite." / "Training issues in the context of serious illness. Keeping link in the encounter with the limit."

Presenters: Linda Roy and *Jean-Pierre Gagnier*

Abstract: La maladie grave menace, confronte, défie et amplifie ce qui au fil du temps avait pris valeur de familial. Dans l'exigeant passage de la crise, l'assemblage maladie-patient-proches-soignants se révèle à chaque fois singulier. Après avoir rappelé quelques enjeux relationnels délicats surgissant dans ce moment de crise, nous proposerons notre compréhension de la formation des intervenants psychosociaux à l'intervention auprès des patients et leurs proches et à la consultation auprès de collègues dans le contexte d'une collaboration interdisciplinaire. Comment soutenir la résilience familiale tout en se souciant de la rencontre avec le réseau des soignants.

[English] A serious illness threatens, confronts, defies and amplifies what is safe and trusted. While going through this crisis the system illness-patient-loved ones-caregivers always turns out to be unique.

After we've pointed out some delicate relational challenges occurring during such an illness, we present our understanding of the training of psychosocial interveners in the assistance of the patients and their loved ones, and in the consultation of colleagues within the context of an interdisciplinary collaboration. How to sustain the resilience of the family while keeping in touch with the caregivers?

Title: "Crise sociale et formation: un défi pour le formateur?" /
"Social crisis and training: a challenge for the trainer? "

Presenter: Elena Karkazi, Greece

Abstract: La présentation a comme objectif de démontrer comment l'espace de formation peut devenir un lieu privilégié à l'épanouissement des forces résilientes des membres du système au sein d'une crise socio-économique aigue.

La crise sociale en Grèce a des répercussions sur la sphère publique et privée de 'la cité'. Concernant le domaine professionnel, les professionnels de la santé mentale et du travail social subissent des pressions très importantes : réduction des salaires, retard de paiement, diminution du personnel, suppression des postes et/ou enfermement des services, récession qui touche l'espace professionnel privé... Corollaire de la crise, les sentiments de peur, de colère, d'insécurité et d'impuissance qui rendent l'investissement des projets professionnels très fragile.

Il incombe ainsi au formateur de s'utiliser lui-même dans ce système 'en mouvement', surtout quand des demandes financières apparaissent . Comment agir sans se limiter à une réponse qui fait appel à LA Réalité, aux vrais besoins et au sens commun?

Malgré la complexité accrue, le système de formation, grâce à un travail sur les émotions et les résonances qui y émergent, peut gagner en flexibilité et permettre aux personnes de tisser des nouvelles co-constructions.

Le groupe de formation peut être investi comme une unité groupale, un lieu qui garantit la viabilité des projets professionnels individuels en dépit des aléas du devenir des lieux de travail.

Un nouvel espace de liberté se crée face aux adversités socio-économiques menaçantes et LA Réalité imposante cède sa place à l'éthique de choix personnels.

[English] This presentation aims to demonstrate how the space of training can become a privileged place for the fulfillment of resilient forces of system's members in the midst of an acute socio-economic crisis.

The social crisis in Greece has repercussion for the public and private sphere of 'the city'. Concerning the professional domain, the professionals of mental health and social work are under very important pressures : salary reduction, delay of payment, decrease in staff, posts abolition and/or services lock up, recession which touches the private professional space ... Feelings of fear, anger, insecurity and helplessness which make the investment of professional projects very fragile are another corollary of the crisis.

It's the trainer's responsibility therefore to use himself into this system 'in mouvance', especially when financial demands appear. How could one act without limiting oneself to an answer which appeals to 'THE Reality, to real needs and to common sense ?

In spite of the increased complexity, the system training, thanks to work based on emotions and resonances which emerge, can gain in flexibility and allow people to weave new co-constructions. The group training can be invested as a group unit, a place which guarantees the viability of individual professional projects in spite of becoming a hazard to workplaces. A new space of liberty is created in the face of threatening socio-economic adversities and 'THE' imposing Reality gives its place to the ethics of personal choices.

Workshops

Institute: Athenian Institute of Anthropos, Greece

Title: "A Multi-voice Approach to Couple Therapy and Training: Integrating Attachment into the Systems Framework."

Presenter: Kyriaki Polychroni

Abstract In this workshop I aim at sharing aspects of my personal learning experience as a senior trainer of Systemic Family Therapy who has, over the past 3 years now, been trained in a relatively new model. I will refer to how my conceptualization of couple distress and couple therapy was differentiated so as to integrate the attachment paradigm within the systemic approach. Also, the incorporation of the powerful techniques of Emotionally Focused Therapy (EFT) and its "laser-beam" focus on emotions will be elaborated.

Relative experiential exercises will be utilized along with a small demonstration. I hope to then facilitate a conversation through which both the participants and myself may evolve our ideas.

Institute: Institut d'Etudes de la Famille et des Systèmes Humains (IEFSH), Belgium

Title: "What is the place offered by the family to the therapist and how to use it."

Presenter: Edith Goldbeter Merinfeld

Abstract: When a Family is asking for a consultation, beyond the request for help in relation with a specific problem, the family opens its private emotional domain to a foreigner - us.

How come that the family is able to create so a new place for us?

I propose to work with the hypothesis that the expectation to see the therapist occupying a specific place (function/role), beyond the request of him being “the expert”, could be one of the motivation of the family to seek a therapist. What is then the meaning of such a place and do we have to enter in that game?

The workshop will present this therapeutic model of what I called the “Weighty Third” (Tiers pesant). It includes the uses of resonance and the work on mourning.

Saturday, 14:00-15:30 Oral Presentation Sessions and Parallel Workshops

Oral Presentations

Institute: Bulgarian Institute of Human Relations, Bulgaria

Title: “Enhancing resilience and autonomy through a context-appropriate Family Therapy training program in Bulgaria.”

Presenter: Zlatka Mihova

Abstract: The presentation offers the experience of developing a context-appropriate Family Therapy training program in the New Bulgarian University in Sofia. The program has developed from a joint venture with the IFT – London (1994 – 2001) to a self-sustained training. During this development we faced specific issues of the Bulgarian context, connected to the rapid transition from one economic and social system to another. One of those was the marked discrepancy between cognitive and professional development on one hand and the ability to mentalize, and to keep the balance between emotional connectedness and autonomy on the other. We faced both clients and trainees who have made good use of expanded opportunities to study abroad, to get many trainings, but never had the chance to enter a self-development context. This discrepancy affected emotional wellbeing, career development, and family relations. The candidates for training demonstrated bright minds and high academic achievements but insufficient self-reflexivity and tendency towards emotional dependency. We address this discrepancy on a structural and content level, e.g. self-experience groups, a combination of direct and indirect

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supervision, training in collaboration with psychodynamically-oriented teachers, teaching relevant theories such as Bowen family theory, mentalization, etc. The promotion of resilience through the development of human relations in Bulgaria is a mission that family therapy trainers share with the other teachers of the Bulgarian Institute for Human Relations – the department of NBU which hosts our training program. The presentation discusses the advantage of being part of this larger unit.

Institute: Institute of Systemic Thinking and Psychotherapy, Greece

Title: “Video art as part of theoretical seminars procedure: A short monologue on Gregory Bateson’s Metalogues.”

Presenter: Fany Triantafillou

Abstract: We are still inspired by Gregory Bateson’s philosophy. We feel that any Family Therapy training (either systemic or post-systemic, or even a psychoanalytically orientated one) could be considerably enriched by Bateson’s ideas and approach. Over and over again, we have been struggling with the question: How could one teach, or co-construct knowledge on, Bateson’s ideas? Considering that Bateson’s Metalogues are of crucial importance, and form a very beautiful wholon in both form and content, another question emerges: How could a trainer invite creativity and enhance interest in, and excitement for, these notions in trainees? For years now, I have been experimenting by creating special, “thematic” video art pieces presented in educative contexts. In this EFTA-TIC Meeting of Trainers, I would like to present a short video, created some years ago, which has been used in introductory theoretical seminars, usually at the 1st year of a systemic family therapy training programme. Usually the seminar starts off with watching the video, followed by discussion or/and painting, role-playing or sculpture activities, depending on the punctuations, impressions and inspiration of trainees and trainer.

Workshops

Institute: Slovenian Institute of Psychotherapy, Slovenia

Title: “Trainees’ diaries from the synergetic perspective: Influence of trainees’ personal life to the psychotherapy training.”

Presenter: Miran Mozina

Abstract: According to the recent empirical evidence psychotherapeutic techniques and technique-specific factors of efficacy explain only a small portion of the outcome variance. Estimations performed on the basis of meta-analyses lie between 15 % and 1 % of the explained variation for the therapy outcome (e.g. Beutler et al., 2004; Wampold, 2001; Lambert & Ogles, 2004). These findings call for radical change in the emphasis of psychotherapy education curricula: to diminish the accent on teaching of methods and techniques and to potentiate the learning on common factors, therapist and client variables.

Trainees are required to change not only their thinking and to develop new skills, but also to adapt aspects of their personality to meet the needs of their clients. Training is therefore potentially disturbing personal journey that requires a deconstruction of self in order to make space for the new therapist-self to emerge (Folkes-Skinner et al., 2010)

With the help of the theory non-linear systems dynamics (for example synergetics) trainees can learn about their own chaotic process of personal and professional growth in the context of education. With the help of trainees' diaries it is possible to see more clearly the influence of trainees' personal life to the psychotherapy training and to improve the research of their personal and professional growth. The results of pilot research will be presented.

Institutes: Association of Systemic Therapists, Serbia and Institute for Marriage, Family and Systemic Practice – Alternativa, Skopje, FYROM

Title: “Labyrinth of Vulnerabilities and Strengths – Mapping and Exploring.”

Presenters: Nevena Calovska Hertzog and Slavica Gajdadzis Knezevic

Abstract: Authors will demonstrate via experiential workshop, using the metaphor of mapped labyrinth through which an ad hoc imagined family will travel through time. This role-played family’s passage through four seasons will be followed by participants assigned to recognize system’s specific vulnerabilities and strengths.

Participants role-playing the family’s scenario will be invited to express their passage in any analogical form they choose. “Observing” groups’ feedbacks will be further used as a platform for constructing possible interventions.

Panel discussion should follow after reflective comments from all participants have been taken in.

Saturday, 16:00-17:30 Parallel Workshops

Institute: Center for Family, Belgrade, Serbia

Title: “Relational responsibility, reflectivity and multilevel positioning in supervision.”

Presenter: Jasminka Veselinović

Abstract: I would like to present a way of supervision using part of the video material of trainees as supervisors in context of the education process in which we have a part when an experienced therapist demonstrates his systemic practice with live supervision.

Live supervision as creative collaborative approach to supervision as Hoffman wrote “shared vision” becomes a interesting challenge for the supervisor, supervisee and team.

The interactive workshop consists of three parts:

1. Explanation about the main principles and theoretical stance “reflection in action” and “reflection on action” in our both teaching and learning supervisory experiences conversation context.

2. Short presentation about main contexts, context of supervision, place and time where it took place, context of clients, context of supervisee and context of training reflecting group behind screen who observed both process, reflect as reflecting team or reflect their own learning process. As T. Andersen wrote we practice dialogue about dialogue and reflecting team as technique and method not only in family therapy session but and in some process of training and supervision too.

3. CD tape of some part of live supervision. Group of colleagues will be invited to reflect on seeing live supervisory experience. It could be interesting process of new reflective learning for me as some sort of “shared vision” especially on positioning of supervision, therapist use of self of therapist, relational reflectivity, isomorphism in the process, co-construction of meaning from different multi-perspective context and level through reflective conversation

Institute: Institute of Family and Systemic Psychotherapy, Slovenia

Title: “Dialogical Communication in Training.”

Presenters: Jana Borstnar, Mojca Močnik Bučar, Mojca Brečelj Kobe & Dubravka Trampuž

Abstract: Every training programme incorporates feedback as a continual interactive process among all participant members of the training system.

The workshop will invite participants to investigate the attributes of dialogical communication in the training context that may enhance or hinder the process of learning and teaching. Particular interest will be given to the impact of the dominant cultural discourses and personal attributes that may affect the meaning ascribed to feedback.

Institute: CIAF – Portuguese Association of Family and Community Therapy, Portugal

Title: “Why do we need research conducted by family therapists?

The Mozambican experience.”

“The Individualized Patient-Progress System (IPPS): A tool to assist therapists to take family accounts on board.”

Presenter: Célia M. D. Sales

Abstract: The starting of a training program on family therapy in Mozambique has risen a stimulating questioning about the adequacy of family therapy theory and practice to the African context.

In this presentation we describe variables of family and society rules and structure that the students and their supervisors identified as relevant to diagnose and intervention in the Mozambican family. It is intended to promote discussion with the colleagues in the audience.

In this paper we describe how the idea of IPPS resulted from collaboration between therapists and researchers, in the routine of family therapy services and in training contexts.

The major features of the systems will be presented and preliminary results of its pilot use in Portugal.
