

The Conference of Experiential Psychotherapy and Unifying Personal Development
 „Challenges, experiences, news, psycho-body connections
 and interdisciplinary openings”



-national conference with international participation-

The 7th edition, April 2-3, 2016, Bucharest
 Faculty of Psychology and Educational Sciences, 90 Panduri

CONFERENCE PROGRAMME

Saturday, April 2

08:30-09:00	RECEPTION AND REGISTRATION OF PARTICIPANTS
09:00-10:00	<p>THE OFFICIAL CONFERENCE OPENING CEREMONY (Motru Amphitheatre)</p> <ul style="list-style-type: none"> • Prof. Romiță Iucu, Phd, Prorector of The University of Bucharest • Prof. Lucian Ciolan, Phd, Dean of Faculty of Psychology and Educational Sciences, University of Bucharest • Prof. Univ. Dr. Mihai Aniței, University of Bucharest, President of the Romanian College of Psychologists • Prof. Cătălin Nedelcea, Phd, Deputy dean of Faculty of Psychology and Educational Sciences, University of Bucharest • Prof. Eugen Avram, PhD, chief of Psychology Department, Faculty of Psychology and Educational Sciences, University of Bucharest • Prof. Iolanda Mitrofan, Phd, University of Bucharest, President of The Romanian Society of Experiential Psychotherapy (SPER Institute) • Prof. Jill BUNCE, PhD, University of Derby, UK • Prof. Amara Renate ECKERT, PhD, Darmstadt University, Germany • Prof. Gerd Fichtner, IBP Institute, Winterthur/CH, Germany • Prof. Victoria Gonta, PhD, Deputy dean of The American University of Moldova • Prof. Laurențiu Mitrofan, PhD, University of Bucharest, Vicepresident of the Romanian Society of Experiential Psychotherapy (SPER Institute)
10:00-10:15	<p>SPER Publishing house and Institute AWARDING EVENT (Motru Amphitheatre)</p>
10:15-10:45	<p>Book release - SPER Publishing house (Motru Amphitheatre)</p> <ul style="list-style-type: none"> • <i>The journey of the hero. A psychological perspective of maturation, human evolution and personal development</i>, Florin Vancea • <i>Dictionary of psychogenealogy</i>, Denisa Cristina Godeanu, Alin Sebastian Godeanu • <i>A letter to yourself. Therapeutic correspondences</i>, Vasile Constantin • <i>Shadows and lights. Personal development from A to ZEN</i>, Sorina Daniela Dumitrache • <i>ArtTE – Journal of creative-expressive therapies and unifying personal development</i>, no. 4 <p>PRESENTATION: AUDIO BOOKSHOP, Alexandru Vesa</p>
10:45-11:00	COFFEE BREAK

The Conference of Experiential Psychotherapy and Unifying Personal Development, 7th edition, April 2-3, 2016, Bucharest

11:00-13:00	<p style="text-align: center;">PAPER PRESENTATION - First session (Motru Amphitheatre)</p> <p>Moderators:</p> <ul style="list-style-type: none"> ▪ Prof. Victoria Gonța, PhD, The American University of Moldova ▪ Univ. Lecturer Lucian Alecu, PhD, University of Bucharest, SPER Institute ▪ Univ. Lecturer Victor Badea, PhD, University of Bucharest, SPER Institute <p><i>„Filia alchimic dance” – an experiential and transpersonal program centered on restructuring, healing and activation of amplified states of consciousness</i>, Florin Vancea, Faculty of Psychology, „Spiru Haret” University, Brașov</p> <p><i>Movement of life – 5 rhythms</i>, Jo Hardy, UK, Conscious Dance Space</p> <p><i>The family as source of psychological trauma</i>, Victoria Gonța, The American University of Moldova, Equilibrium Psychological Center, Moldova</p> <p><i>Schema-based cognitive therapy</i>, Ruxandra Rășcanu*, Virginia Corduneanu**, Lidia Stanca***, *,**,*** Faculty of Psychology and Educational Sciences, University of Bucharest</p> <p><i>The traumatic situation in collective trauma</i>, Victor Badea, Faculty of Socio-Human Sciences, Pitești University</p> <p><i>Psychological counseling and developing resilience for young people with psychological trauma in childhood or adolescence</i>, Rodica Enache, „Ovidius” University, Constanța</p> <p><i>Therapeutic complementarities between acupuncture and psychotherapy</i>, Ștefan Costescu, Romanian Society of Traditional Chinese Medicine</p> <p><i>The experiential approach of children through the triaxial system (U. T.) – an innovative instrument</i>, Marina Badea, Faculty of Psychology and Educational Sciences, University of Bucharest</p> <p><i>Self-knowledge and personal development in the initial training of general medicine nurses</i>, Sandrina Mindu, Department of Teaching Staff Training, „Dunărea de Jos” University of Galați, Romania</p>				
13:00-14:00	<p style="text-align: center;">LUNCH BREAK</p> <p style="text-align: center;">Exhibitions</p> <ul style="list-style-type: none"> • <i>Sense and redefining</i>. Exhibition of personal work - Associate Professor Roxana Maier, PhD, Faculty of Journalism, Psychology and Educational Sciences, „Hyperion” University, Bucharest. • <i>Stories painted in oil. An exercise of writing the human soul in colors</i>. Exhibition of personal work - Psychologist Angelica Hirju, Faculty of Psychology and Educational Sciences, University of Bucharest • <i>What cannot be seen through the window. Paintings created within the art therapy workshops by children hospitalized at the Pediatric Oncology ward of The Oncology Institute</i>, Bucharest. Univ. Lecturer, Mihaela Șchiopu, PhD, University of Architecture and Urbanism „Ion Mincu”, Bucharest, SPER Institute • <i>Stories about Cristina. Journal of an art therapist</i>. Exhibition of work. Univ. Lecturer, Mihaela Șchiopu, PhD, University of Architecture and Urbanism „Ion Mincu”, Bucharest, SPER Institute • <i>Among hearts and butterflies. Butterflies as symbols of transformation</i>. Exhibition of ornaments created within the support groups with the beneficiaries of Anais Association. Representative - psychologist Adela Szentes. 				
14:00-16:00	RT 1	W 1	W 2	W 3	W 4
RT 1 - ROUND TABLE: The #colectiv experience. Psychologist, trainer Claudia TĂNASE					

	<p>Guests: Prof. Laurențiu MITROFAN, PhD, Associate Professor Victor BADEA, PhD, Univ. Lecturer Sorina DUMITRACHE, PhD, Teaching Assistant Iuliana MOLNAR, PhD (Motru Amphitheatre)</p>				
	<p>W 1 - Love flaps by a P.A.I. ... - Univ. Lecturer Ligiana Mihaela PETRE (BĂNCILĂ), PhD (room 2)</p>				
	<p>W 2 - Working with dysfunctional beliefs in the therapeutic process - Univ. Lecturer Ioana STANCU, PhD (room 5)</p>				
	<p>W 3 - An experiential psychotherapeutic approach to children in a mourning process - Associate Professor Elena Otilia VLADISLAV, PhD (room 3)</p>				
	<p>W 4 - The ancestors - descendants psychodynamic: roles, transactions and inherited trans-generational scenarios - Univ. Lecturer Alin-Sebastian GODEANU, PhD, Mircea RADU, psychologist (room 7)</p>				
16:00-16:15	<i>COFFEE BREAK</i>				
	L 1	RT2	W 5	W 6	W 7
16:15-18:15	<p>L 1 - LECTURE: Working with trauma in body psychotherapy - Prof. Amara Renate ECKERT, PhD, Darmstadt University, Germany (Motru Amphitheatre) (16:30-18:00)</p>				
	<p>RT 2 - The Dodo bird verdict. Myths and reality about efficacy in psychotherapy - Univ. Lecturer Cristina Denisa Godeanu, PhD (room 5)</p>				
	<p>W 5 - The light in your heart - a unifying body experience with music, dance and meditation - Univ. Lecturer Florin VANCEA, PhD, Psychotherapist Valeria SFĂROIU (room 3)</p>				
	<p>W 6 - Creative supervision. The use of expressive creative methods in supervision and self-analysis - Psychologist Gabriela Marc, PhD (room 7)</p>				
	<p>W 7 - Reboot your mind, body and inner self - Psychotherapist Luiza Udrea Luiza UDREA, PhDs (room 2)</p>				
18:15-18:30	<i>COFFEE BREAK</i>				
18:30-20:30	RT 3	W 8	W 9	W 10	W 11
	<p>RT 3 - Entrepreneurship in psychological services - creativity and realism - Prof. Iolanda MITROFAN, PhD (Motru Amphitheatre)</p>				
	<p>W 8 - „The Hero's Journey” by J. Campbell - a psychological and spiritual transformation model - Univ. Lecturer Lucia Neagoe, PhD (room 5)</p>				
	<p>W 9 - The significance of the body in dance movement psychotherapy - Prof. Jill BUNCE, PhD, University of Derby, UK (room 3)</p>				
	<p>W 10 - Processing difficult experiences in NLP coaching - Daniel BICHIȘ, NLP trainer (room 7)</p>				

	W 11 - Drawing, painting and sculpting about yourself. A time to celebrate - Univ. Lecturer Mihaela ȘCHIOPU, PhD (room 2)
20:30	<i>CELEBRATORY DINNER</i>
	<p>Free workshops for students exclusively:</p> <p>W1: Secret resources – an experiential exercise of self-knowledge. Psychologist Denisa Mihaela Iliescu, Master’s student, Psychologist Anamaria Laura Trica, Master’s student, Psychologist Alice Andreea Vărzaru, Master’s student. Saturday, April 2, 14:00-16:00, room 510.</p> <p>W2: „Feast with surprises” - Dramatherapeutic creation workshop. Psychologist George Manea, Master’s student, Psychologist Prală Răzvan, Master’s student, Psychologist Alina Puscașu, Master’s student. Saturday, April 2, 16:00-18:00, room 510.</p>

Sunday, April 3					
08:30-09:00	<i>COFFEE BREAK</i>				
09:00-11:00	W 12	W 13	W 14	W 15	W 16
	<p>W 12 - Listening to the language of the body - Prof. Amara Renate ECKERT, PhD, Darmstadt University, Germany, Prof. Gerd FICHTNER, Germany (room 3)</p> <p>W 13 - Psychotherapeutic interventions for emotional disorders: the confluence between traditional and modern directions - Prof. Irina HOLDEVICI, PhD, Univ. Lecturer Barbara CRĂCIUN, PhD (Motru Amphitheatre)</p> <p>W 14 - Childhood obesity - Psychologist Anamaria IULIAN, PhDs, Psychologist Alexandra MARIȘ (room 7)</p> <p>W 15 - Adolescents: diagnosis and experiential intervention using therapeutic stories (creative improvisation through literature) - Psychotherapist Vasile CONSTANTIN, PhDs (room 2)</p> <p>W 16 - Support groups and individual therapy for cancer patients: How do we help them when shedding tears is not enough? - Psychotherapist Claudiu PAPASTERI, PhDs (room 5)</p>				
11:00-11:15	<i>COFFEE BREAK</i>				
11:15-13:15	L 2	W 17	W 18	W 19	W 20
	<p>Lecture 2 - The relevance of dance and movement to psychotherapy - Prof. Jill BUNCE, PhD, University of Derby, UK (Amfiteatrul Motru) (11:30-13:00)</p> <p>W 17 - Moving mandalas or dancing your inner world - unifying personal development workshop through dance and movement - psychotherapist Flavia Dorelia CARDAS, PhDs (room 3)</p> <p>W 18 - Experiential alternative challenges in exploring grief and loss: reading, film and collage - Psychotherapist Livia CĂCIULOIU, Psychotherapist Alex CĂCIULOIU (room 5)</p>				

The Conference of Experiential Psychotherapy and Unifying Personal Development, 7th edition, April 2-3, 2016, Bucharest

	<p>5)</p> <p>W 19 - Family puppet interview - a creative-experiential technique in working with families - Psychologist Armand VELEANOVICI, PhD, Psychologist Gabriela DUMITRIU, PhDs (room 7)</p> <p>W 20 - Impact techniques for increasing the couple's connection - Associated Univ. Lecturer Corina ACRIS (POP), PhD (room 2)</p>				
13:15-14:15	<i>LUNCH BREAK</i>				
14:15-16:15	<p>PAPER PRESENTATION - Second session (Motru Amphitheatre)</p> <p>Moderators:</p> <ul style="list-style-type: none"> ▪ Univ. Lecturer Ligiana Petre, PhD, University of Bucharest, SPER Institute ▪ Univ. Lecturer Sebastian Godeanu, PhD, University of Bucharest, SPER Institute ▪ Teaching Assistant Iuliana Molnar, Phd, University of Bucharest, SPER Institute <p><i>What do the cards tell me – A melo-therapeutic experience focused on developing emotional intelligence</i>, Laura E. Năstasă, Faculty of Psychology and Educational Sciences, Transilvania University, Braşov</p> <p><i>The experiential orientation, a good practice model in the assessment and profesional training of foster parents in Romania</i>, Marinela-Carmen Grigore, Faculty of Psychology and Educational Sciences, „Ovidius” University, Constanţa</p> <p><i>Psychotraumatic aspects in the personal and transgenerational history of foster parents, in relation to profession choice</i>, Marinela-Carmen Grigore, Faculty of Psychology and Educational Sciences, „Ovidius” University, Constanţa</p> <p><i>Using the Nottingham Health Profile (NHP) with cancer patients: Factorial validity and psychometric properties of the Romanian adapted version</i>, Claudiu C. Papasteri*, Ioana M. Neagoe**, *, ** Faculty of Psychology and Educational Sciences, University of Bucharest</p> <p><i>The snoezelen therapy</i>, Mihaela Şchiopu, University „Ion Mincu”, Bucharest.</p> <p><i>The Fractal Technique – a way to acces the unconscious and to reduce stress</i>, Raluca Maria Simion, Faculty of Psychology and Educational Sciences, University of Bucharest</p> <p><i>Gender identity: Exchangeable roles and parental attachment</i>, Angelica Hîrju, Faculty of Psychology and Educational Sciences, University of Bucharest</p> <p><i>The sound of intelligence</i>, Daniela Panait*, Monica-Iuliana Popescu**, Livica Frăţiman***, *, **, *** Faculty of Psychology and Educational Sciences, University of Bucharest</p> <p><i>Anxiety and identity, Liliana Irofte</i>, „Ion Creangă” Pedagogical State University, Chişinău</p> <p><i>Therapeutic intervention through expressive-creative techniques in children with autistic spectrum disorders. A case study</i>, Andreea Ştefiuc, University of Bucharest</p> <p><i>The coherent narration in the construction of a movie - specific case – feature movie “Illegitimate”</i>, Roxana Maier, Faculty of Journalism, Psychology and Educational Sciences, Hyperion University Bucharest.</p>				
16:15-16:30	<i>COFFEE BREAK</i>				
16:30-18:30	W 21	W 22	W 23	W 24	W 25

	<p>W 21 - 'Psychotherapy beyond Taboos'. The power of thought forms between reality and fiction. Relaxation, meditation and hypnosis. Action, limits and potential risks. Practical elements of mental self-control - Prof. Teodor VASILE, PhD (Motru Amphitheatre)</p> <p>W 22 - Aggressivity dynamics in relation to self and others - Associated Univ. Lecturer Ramona ANGHEL, PhD (room 7)</p> <p>W 23 - The therapeutic approach of children with ADHD through game and dramatherapy - Univ. Lecturer Ruxandra FOLOȘȚINĂ, PhD (room 5)</p> <p>W 24 - The psychotherapist - a solid(t)ary professionalist. A fractal approach on ethics and therapeutic relationship - Psychologist Mădălina VOICU, PhDs, Psychologist Roxana-Alina OLARU (room 3)</p> <p>W 25 - The book of life - Psychologist Andra-Nicoleta PĂTULEA (room 2)</p>
	<p>Free workshops for students exclusively:</p> <p>W3: Experiential exercise of self-exploration with creative support. Psychologist Iulia Burcescu, Master's Student, Psychologist Ștefan Moiceanu, Master's Student. Sunday, April 3, 9.30-11.30, room 510.</p> <p>W4: Communication, contact and awareness. Psychologist Simona Caranda, Master's Student, Psychologist Iosif Văduva, Master's Student. Sunday, April 3, 11.30-13.30, room 510</p> <p>W5: The mandalas – gates to self-knowledge. Art Therapeutic workshop oriented toward creative design. Psychologist Diana Inaiche, Master's Student, Psychologist Ioana Olărașu, Master's Student. Sunday, April 3, 13:30-15:30, room 510.</p>