



European Association for Psychotherapy
Mariahilfer Straße 1d/13, 1060 Wien
office@eap-hope.at



EAP 30th Anniversary
Congress – Vienna

Live streamed from
Sigmund Freud University
March 12th – 13th 2022

CONGRESS PROGRAMME

“THE HOPE OF PSYCHOTHERAPY FOR OUR ENDANGERED WORLD”

The web of life is sustained in all its forms by connection and communication. In its 30 year history the European Association for Psychotherapy has achieved unity between the different modalities in the profession of Psychotherapy and unity of professional standards across EAP's 42 member countries, through connection and effective communication. This gives us an important culture as an organisation and a profession, and contributes to making high quality Psychotherapy available to those who need it in 42 European countries. EAP aims to connect Psychotherapy more effectively with the wider world, and this continuing challenge is ever more vital as humanity faces the world's greatest threats.

How can we as Psychotherapists offer hope to our endangered planet, and to humanity? Our planet endangered by the climate catastrophe; by pollution; and by pandemics. We are not politicians, policy makers, engineers or technologists. Our expertise lies in weaving connections, meaning making, and facilitating communication processes to support and revitalise individuals, couples, families, children and groups when they face personal crises and threats. But Psychotherapy is all too often limited to personal realms, and the field has yet to find its

voice in response to the challenges that humanity, and our endangered planet, are facing. There is a need raise our voice to the public, politicians and policy makers about the psychical consequences that the threats facing humanity have on people.

How can we offer a therapeutic response to humanity in the face of the threats to us and to our endangered planet?

This is the existential question that we wish to address in our 30th Anniversary Congress. We are inviting some of the world's most insightful and wise Psychotherapists to speak. We do not know the answer to this question at the moment, but let us do what we do best as Psychotherapists: allow ourselves to sit with the greatest problems facing humankind; to listen to each other; to speak; to discern; to allow ourselves to be in the place of unknowing in order that insight, discernment, and hope can emerge.

Patricia Hunt

President of EAP, Chair of Congress

On behalf of the EAP

30th Anniversary Organising Committee

www.eap-hope.at



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CONGRESS PROGRAMME

Saturday March 12th: Day 1

PROGRAMME		CENTRAL EUROPEAN TIME
Welcome to the 30th Anniversary Congress of EAP Welcome from the President of Austria: Alexander van der Bellen (tbc)	President Patricia Hunt (United Kingdom) Chair of Congress	09.30 – 9.45
“The Founding and History of EAP” Professor Alfred Pritz (Austria)		09.45 – 10.15
“The Hope of Psychotherapy for our Endangered World” President Patricia Hunt		10.15 – 10.45
Coffee		10.45 – 11.00
<u>Round Table of Past Presidents of EAP</u> “Past, Present and Future of EAP: The Hope of Psychotherapy for our Endangered World.” Prof Janos Harmatta 1991 – 92 (Hungary) Prof Willy Szafran 1994 – 95 (Belgium) Prof Victor Makarov 2000 – 01 (Russia) Prof Cornelia Krause-Girth 2001 – 03 (Germany) Paul Boyesen 2003 – 05 (France) Prof Alexander Filts 2005 – 07 (Ukraine) Adrian Rhodes 2011 – 13 (United Kingdom) Prof Eugenijus Laurinaitis 2013 – 15 (Lithuania) Celia Scanlan 2015 – 17 (Scotland) Charles Cassar 2019 – 21 (Malta)	President Patricia Hunt and Professor Eugenijus Laurinaitis General Secretary of EAP Joint Convenors	11.00 – 12.30 Alternative Online Programme: 11.00 – 11.45 Barbara Fitzgerald A Time and a Place: Training Psychotherapists in a Changing World. 11.45 – 12.30 Tom Warnecke Changing Times – What are the Implications for Psychotherapy Practice?
Lunch		12.30 – 13.30
Keynote Speaker: Professor Emmy van Deurzen (United Kingdom) “Rising from our Existential Crisis: Widening the Human Horizon.”		13.30 – 14.30
Reflective Discussion Groups: We meet in online groups of up to 12 people so that we can all participate in discussion about the hope that Psychotherapy can offer to our endangered world.		14.30 – 15.30



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Saturday March 12th: Day 1

PROGRAMME		CENTRAL EUROPEAN TIME
Coffee/Tea		15.30 – 15.50
Keynote Speaker: Professor Irvin Yalom (United States of America) In interview with Eugenijus Laurinaitis “Matters of Death and Life”		15.50 – 16.50
Plenary for Day 1	President Patricia Hunt	16.50 – 17.00

Sunday March 13th: Day 2

PROGRAMME		CENTRAL EUROPEAN TIME
Keynote Speaker: Professor Kyriaki Polychroni (Greece) “There is a crack, a crack in everything ... that is how the light gets in.” Hope through Fostering Emotional Vulnerability in Therapy today.	Professor Nevena Calovska (Serbia) Convenor	09.30 – 10.30
Break		10.30 – 10.40
Keynote Speaker: Sue Daniel (Australia) “All Hands on Deck!” At this crucial moment in time we need to seriously consider our place in this Social World. We are all in the same boat, and share the same planet.”	Ivana Slavkovic Convenor	10.40 – 11.40
Coffee/Tea		11.40 – 12.00
Reflective Discussion Groups: We meet in online groups of up to 12 people so that we are all able to participate in discussion about the hope that Psychotherapy can offer to our endangered world.		12.00 – 13.00
Lunch		13.00 – 13.45



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Sunday March 13th: Day 2

PROGRAMME	SPEAKERS	CENTRAL EUROPEAN TIME
Keynote Speaker: Professor Renos Papadopoulos (United Kingdom) “Therapeutic Applications in Humanitarian Contexts.”	Professor Nevena Calovska Convenor	13.45 – 14.45
Coffee/Tea		14.45 – 15.00
Keynote Speaker: Jessica Benjamin (United States of America) “Only One Can Live: Transforming The Reactivity of Survivalism.”	Tom Warnecke (United Kingdom) Convenor	15.00 – 16.00
Final Congress Session The Hope of Psychotherapy – Video of words and music created from what has been said by keynote speakers and in reflective discussion groups.	President Patricia Hunt Convenor	16.00 – 16.30
End of Congress		16.30

CPD Hours:

DAY 1 7.5 HOURS

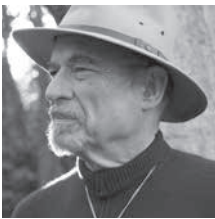
DAY 2 7 HOURS

WHOLE CONGRESS 14.5 HOURS

CPD Certificates will be sent to all delegates after the Congress has finished.



DETAILS OF SPEAKERS



PROFESSOR IRVIN YALOM

I entered upon medical training already having decided to go into psychiatry. Psychiatry proved (and proves to this day) endlessly intriguing, and I have approached all of my patients with a sense of wonderment at the story that will unfold. I believe that a different therapy must be constructed for each patient because each has a unique story. As the years pass, this attitude moves me farther and farther from the centre of professional psychiatry, which is now so fiercely driven by economic forces. My first writings were scientific contributions to professional journals. My first book, *The Theory and Practice of Group Psychotherapy* has been widely used (seven hundred thousand copies) as a text for training therapists. Other texts followed – *Existential Psychotherapy* (a textbook for a course that did not exist at the time), *Inpatient Group Psychotherapy* (a guide to leading groups in the inpatient psychiatric ward), *Encounter Groups: First Facts*, a research monograph that is out of print. Then, in an effort to teach aspects of Existential Therapy I turned to a literary conveyance and in the past several years have written a book of therapy tales (*Love's Executioner, Momma and the Meaning of Life* – a collection of true and fictionalized tales of therapy) and three teaching novels (*When Nietzsche Wept, Lying on the Couch, and The Schopenhauer Cure*).



PROFESSOR EMMY VAN DEURZEN

Emmy is a philosopher, counselling psychologist, existential therapist and international author and speaker, who has worked with people on transformative life events for nearly fifty years. She has just published her eighteenth book, entitled *Rising from Existential Crisis: Life Beyond Calamity* with PCCS books. Her books *Paradox and Passion* (Wiley, 2nd edition, 2015) and *Psychotherapy and the Quest for Happiness* (Sage, 2009) are also relevant to this talk.

Emmy is the founder director of the New School of Psychotherapy and Counselling and the Existential Academy in London, where she also runs her private practice, Dilemma Consultancy.

www.emmyvandeurzen.com

www.nspc.org.uk

www.existentialacademy.com

www.dilemmaconsultancy.com

Abstract:

Rising from our existential crisis: widening the human horizon

An existential crisis is a situation in which our entire existence and everything we used to take for granted is in the balance, so that we feel insecure

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and under threat. This affects all dimensions of life, the physical, social, personal, and spiritual. It means that our bodies are challenged, our relationships are changed, our sense of our self is altered, and our beliefs and values are shaken up. For most people this is a very difficult experience to encompass as it leads to a revolution of our established patterns, routines, and habits. It always involves a lot of loss and therefore leads to feelings of bereavement and sorrow as well as to experiences of confusion, fear, anger, doubt and panic.

As the world is plunged into an existential crisis, not just because of the pandemic, but also in facing potential ecological disaster, a global climate crisis and increasing pressure on international migration, it is vital to understand how our psychotherapy profession can ensure that we tackle the situation in a holistic and considerate manner. In this presentation we shall consider how existential philosophers and therapists are able to make sense of such situations, be they caused by politics, society, personal choice or natural catastrophes. We shall explore the impact of the shattering of our most reliable connections to the world and the loss of meaning that ensues. Then we shall see how we can rise to such limit situations, to shift upwards and find ways to thrive instead of being destroyed by the radical change and global transformation that has become inexorable.



PRESIDENT PATRICIA HUNT

Patricia Hunt is President of the European Association for Psychotherapy, and Chair of the EAP 30th Anniversary Congress. She is a Psychotherapist, Consultant and Advisor with more than 30 years clinical experience in the public, national health and higher education sectors. She trained following her work at the Hillsborough Disaster UK in 1989 https://youtu.be/kp_c-egqQj8. She was Director of a large psychotherapy and counselling service at the University of Nottingham, serving staff and students across their national and international campuses. She founded and established a new psychotherapy and counselling service at the University's international campus in Ningbo, China. She is playing an important role in the networking and development of EAP, and in the work of making high quality Psychotherapy available to those who need it in 42 European countries.

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PROFESSOR KYRIAKI POLYCHRONI

Kyriaki Polychroni is a Systemic Group and Family Psychotherapist with specialization in Emotionally Focused Couple Therapy (EFT). She is a long-standing clinician, faculty and Advisory Scientific Council member at the Athenian Institute of Anthropos in Greece. Kyriaki is Past President of the European Family Therapy Association – EFTA – and a member of the Association since its early founding. She has played a major role in the networking and mutual learning of Family Therapy Trainers in Europe, and in 2016 was given an Award for her Outstanding Contribution to Family Therapists in Europe and was appointed Honorary Chair of the EFTA Chamber of Training Institutes (EFTA-TIC). She was recently selected as a member of the Board of Directors of the International Center for Excellence in Emotionally Focused Therapy (ICEEFT). Former Vice-President of the national branch of the European Association of Psychotherapists (EAP). Founding Member of the Hellenic Association of Systemic Therapy (ELESYTH). She is also a Founding Member of the American National Registry of Certified Group Psychotherapists (CGP) and a Clinical Member of the American Group Psychotherapy Association (AGPA).



SUE DANIEL

Sue Daniel is an individual and group psychotherapist who is well known for her specialisation in psychodrama, role theory, sociometry and sociodrama. Sue regularly conducts workshops and seminars in various countries and in many settings. She is the founder of the Psychodrama Institute of Melbourne, the Moreno Psychodrama Society, and the Board of the Australian and Aotearoa (NZ) Board of Psychodrama, and a major contributor to international psychotherapy and psychodrama committees and boards since the 1980's. She is also a prolific writer on the application of Role Theory and Psychodrama.

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PROFESSOR RENOS PAPADOPOULOS

Renos K. Papadopoulos, Ph.D. is Professor of Analytical Psychology in the Department of Psychosocial and Psychoanalytic Studies, Director of the 'Centre for Trauma, Asylum and Refugees' and of the post-graduate programmes in 'Refugee Care', a member of the 'Human Rights Centre', of the 'Transitional Justice Network' and of the 'Armed Conflict and Crisis Hub' all at the University of Essex, as well as Honorary Clinical Psychologist and Systemic Family Psychotherapist at the Tavistock Clinic. He is a practising Clinical Psychologist, Family Therapist and Jungian Psychoanalyst who spent most of his professional life training and supervising specialists in these three spheres. As consultant to numerous organisations, he has been working with refugees, tortured persons, trafficked people, and other survivors of political violence and disasters in many countries. His writings have appeared in sixteen languages. Recently, he has been given Awards by the European Family Therapy Association for Lifetime 'Outstanding contribution to the field of Family Therapy and Systemic Practice', by the University of Essex for the best 'International Research Impact', and by two Mexican Foundations for his 'exceptional work with vulnerable children and families in Mexico'.



JESSICA BENJAMIN

Jessica Benjamin is a psychoanalyst known for her contributions to psychoanalysis and social thought. She is currently a practicing psychoanalyst in New York City where she is on the faculty of the New York University Postdoctoral Psychology Program in Psychoanalysis and Psychotherapy, and the Stephen Mitchell Center for Relational Studies. Jessica Benjamin is one of the original contributors to the fields of relational psychoanalysis, theories of intersubjectivity, and gender studies and feminism as it relates to psychoanalysis and society. She is known for her ideas about recognition in both human development and the sociopolitical arena.

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PROFESSOR ALFRED PRITZ

Alfred Pritz is the founding father and principal of the Sigmund Freud PrivatUniversität, which was accredited in 2005 and keeps expanding and growing (further SFU locations so far: Paris, Linz, Berlin, Milano, Ljubljana).

He is a founding member and president of the World Council for Psychotherapy, as well as a founding member and general secretary of the European Association for Psychotherapy. The first three World Congresses of Psychotherapy in Vienna were organized by him and he was also a co-organizer for the World Congresses in Buenos Aires, Beijing, Sydney and Durban.

He is an active editor and author of various books, book series and professional articles in journals and textbooks.



TOM WARNECKE

Tom Warnecke (PgDip, ECP) trained in Gestalt Therapy and with David Boadella and maintains a psychotherapy and supervision practice in London. He worked in statutory mental health services, as an educator for various psychotherapy and supervision diploma courses, and developed a relational-somatic approach to borderline trauma. His work is grounded in psychophysiological and psychodynamic perspectives and his publications include book chapters, journal articles and the book 'The Psyche in the Modern World – Psychotherapy and Society' (Karnac 2015). He is a former Vice Chair for the UK Council for Psychotherapy (UKCP), has held various roles in EAP and is currently Deputy General Secretary of EAP.

Abstract:

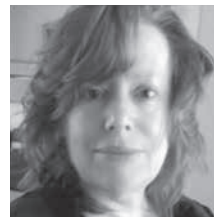
Changing Times – what are the Implications for Psychotherapy Practice?

The Corona pandemic greatly accelerated changes to psychotherapy practice such as “online therapy” for example. Global heating will likely also impact the ways in which we work. In parallel, we are seeing a 21st century resurgence of polarisation dynamics, for example about refugees, “Brexit”, or vaccination,

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in the societies we work in, which all too often polarise and fracture family, friendship or community connections. But should we resign ourselves to doom and gloom about such developments or is there hope, and perhaps even opportunities, for our field and the work we care about?



BARBARA FITZGERALD

Barbara Fitzgerald, is a registered Psychoanalyst, Psychotherapist, Systemic Therapist, Trainer and Supervisor with a private practice in Dublin. Having worked in hospital, clinical and private institutions over a period of forty years, she has brought her clinical insights into her teaching in universities and educational Institutions in Ireland and in Europe and has presented at many conferences internationally. She has been involved with the design, delivery and recognition of many training courses for Psychoanalysts and Psychotherapists and has worked as a training consultant to organizations and companies both in the private and public sectors in Ireland. She is a founder member of European Confederation of Psychoanalytic Psychotherapists (ECP) and its former President (2012-2016) and currently a Board member. She is an International expert for Psychoanalysis on the (TAC) Training Standards Committee of the European Association for Psychotherapy (EAP). She is past Chairperson of the Irish Council for Psychotherapy (ICP) and is recent past Chairperson of the Psychoanalytic section of the ICP.