



**MEETING ROOM 3
7 OCTOBER (SUNDAY)
10.00-13.00**

MASTER-CLASS
**“OVERCOMING DISTORTED FORMS OF THE INDIVIDUAL’S SELF-
REALIZATION: FROM FEAR TO STRIVING”**
(Meeting room 3)



Trainer: Dr. Igor A. Kocharyan, PhD (Psychology), Deputy Director of the All-Ukrainian Institute of Client-Centered and Experiential Psychotherapy; an international class teacher and an accredited PPL supervisor; psychotherapist of the unified register of professional psychotherapists in Europe (EAP), Kharkov (Ukraine)

Introduction

A person faces an ever-growing stream of temptations, which are distracting and misleading on the path to self-realization and self-development (alcohol, drugs, classical and neosexual practices, real and virtual relationships, entertainment, information technologies of lies and manipulation, etc.). As a result, the system of the individual's self-regulation loses its essential focus and generates its distorted forms (addictive behavior, victimization, achievement of false goals, etc.). The master-class will present diagnostics and strategies for correcting various links in the system of psychic self-regulation, author's strategies for correcting self-regulation based on the adjustment of the mental tone in various areas of a person's self-realization.