



**BAIKAL HALL
7 OCTOBER (SUNDAY)
10.00-13.00**

**WORKSHOP
“INTRODUCTORY COURSE ON PERSONAL THERAPY
FOR MENTAL HEALTH SPECIALISTS”
(Baikal Hall)**



Trainer:

Ekaterina Makarova, psychoanalyst, Head of the Central Council Committee for Personal Therapy of the All-Russia Professional Psychotherapeutic League (PPL), certified personal therapist - advisor of PPL, accredited supervisor of PPL, lecturer of international level of PPL, Chairman of the International Section of PPL, Chairman of the WCP Youth Section, Ph.D. candidate at the Sigmund Freud University (Vienna, Austria), MSc., Moscow, Russia.

Introduction

Personal therapy (also known as training therapy, learning therapy, self-cognition for psychotherapists, personal therapy) is a kind of complex psychotherapeutic process aimed at the knowledge and elaboration of the personality of the helping profession representative. Personal therapy is an integral part of psychotherapeutic education, it contributes to the increase of professional effectiveness and the prevention of the emotional burnout syndrome in representatives of helping professions.

The course is recommended to experienced professionals and beginners in the field of psychiatry, psychology and psychotherapy for improving the quality of work with patients and clients, developing skills of effectiveness in clinical and advisory work and understanding the boundaries and resources of one's personality.