Frankfurt, March 13th and 14th, 2020

Schema therapy Special

with Prof. Paul Kasyanik & Prof. Elena Romanowa

Couples Self-Experiencing Group

Two-Day-Workshop (Instructions in English)
For Therapists and their partners*

This workshop has a dual focus:
- Getting familiar with using experiential techniques in couples’ therapy
- Deepening/improving your own relationship

Location: PTZ, Alt Niederursel 53, Frankfurt
Cost: € 300 per person (incl. lunch and beverages).

This course can accommodate 10 couples, with one partner has to be an approved psychologist or doctors or colleagues at an advanced stage of training. There may also be therapists "couples" who are not couples in "real life" but want to join the course for themselves or for training reasons.

*You only practice with your designed partner. Two therapists can form a couple for this workshop to learn the techniques.

Paul and Elena (coming from St. Petersburg in Russia)
developed a very interesting approach how to use experiential techniques in couples therapy to allow the partners to encounter each other in a playful way. This creates joyful moments in therapy and gives the couple a chance to see the partner from a new stance by breaking up frozen interaction patterns. Other exercises bypass detached protector modes in an empathic way by bringing the couple in physical contact again and get in touch with the hidden child modes.

We offered this workshop in 2019 for the first time and it was a striking experience for all participants. Thus, we want to offer it again. Note: If you cannot come with your partner, two therapists knowing each other can form a couple to learn the techniques.

Information and application: