

W O R K I N G W I T H

ANXIETY

F R O M S Y M P T O M T O S E L F

10th Conference

of the World Association for Person Centered and Experiential Psychotherapy and Counseling

July 8 - 12, 2012 - Antwerp, Belgium - WWW.PCE2012.BE

Conference theme

Working with anxiety: From symptom to self

Anxiety is a central phenomenon in human existence. A healthy form of **anxiety** has a positive and stimulating impact on personal growth, while a sickening form of it can have a hindering or blocking impact on psychological development and self-actualization. The blockages may manifest themselves in diverse domains of human functioning: the self (incongruence between self-concept and organismic valuing), the experiencing process and emotional processing, interpersonal relationships and existential issues.

Anxiety is a part of the experiencing of most, if not all, clients in therapy. As therapists we sometimes meet **anxiety** in our clients as a healthy emotion, but most of the time as an obstruction to change in the diverse problems clients are wrestling with. Clients' process-blocking ways of relating to **anxiety** may refer to being overwhelmed by it as well as to avoiding it. The different manifestations of **anxiety** or anxiety-avoidance call for different ways of responding to them, dependent on the specific process difficulties involved.

Call for papers

We invite our clinicians to make a contribution to the conference, inspired by their specific therapeutic practice, whatever their setting is, their socio-cultural context, the type of clients they are working with and their theoretical point of view. We equally invite all researchers, theoreticians, trainers and supervisors to involve themselves in depth in the conference topic and to present at the conference their findings and new insights relating to anxiety. We hope to foster an exciting exchange of ideas. Of course, presentations on other topics are also most welcome.

If you would like to submit a proposal for a paper or a workshop, please find the application form on our website www.pce2012.be.

Abstracts should be sent to the Scientific Committee before 10/01/2012.

Organization:

Local Organizing Committee: Lisbeth Neven (Chair)

Scientific Committee: Germain Lietaer, Greet Vanaerschot, Nele Stinckens, Kurt Renders, Roelf Jan Takens (delegate of WAPCEPC)

Paul Dierick, Pieter Goetvinck, Ellen Gunst, Myriam Jennen, Claude Missiaen, Suzy Vandermeeren, Marijke Vandervoort, Siebrecht Vanhooren, Lieve Van De Wiele, Ellen Van Diest, Nils Verbeeck

Organised by



Vlaamse Vereniging
Cliëntgericht-Experiëntiële
Psychotherapie & Counseling
vzw

In collaboration with



For further inquiries concerning the conference: see the website www.pce2012.be or contact the conference secretariat: pce2012@vvcepc.be.

WORKING WITH

ANXIETY

FROM SYMPTOM TO SELF

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Experiential Psychotherapy and Counseling

July 8 - 12, 2012 - **Antwerp, Belgium**

Program outline:

Keynote speakers:

8th July: **Greet Vanaerschoot.** Working with interpersonal and intrapsychic anxiety through the therapeutic relationship.

9th July: **Robert Elliott.** Working with anxiety in PCE psychotherapies: Theory, research and avenues for practice.

10th July: **Dagmar Hölldampf.** Children with anxiety problems: PCE perspectives.

Marcel Schmeets. Neurobiology and anxiety: Implications for psychotherapy.

11th July: **Jim Iberg.** Working with anxiety: A focusing-oriented approach.

12th July: **Plenary endpanel** (with plenary speakers, discussants and audience). From symptom to self:
Issues for further debate.

Registration starts on Sunday 8th July at 14.00h and the first plenary session is at 20.00h. The conference ends on Thursday 12th July at 12.00h with good-bye drinks and lunch.

The program will include several types of presentations: **panels, papers, workshops, round table discussions** and **Pecha-kucha**. The latter is an innovative and unconventional type of presenting one's ideas: one gives a brief and focused powerpoint presentation using maximum 10 slides, telling the essence of one's story in less than seven minutes.

An open encounter group will take place every day during the course of the conference.

A broad offer of social activities will be organized along the conference: a welcome reception on Sunday evening, optional excursions in the beautiful and culturally rich town of Antwerp on Tuesday afternoon, dinner and dance party on Wednesday night and some special surprise-acts.

Conference Venue

The City Campus of the University of Antwerp (Kleine Kauwenberg, 2000 Antwerpen) is situated in the historical city centre. The different (6) hotels (*** and ****) are located in a few steps away from the meeting venue (5 to 20 min.), all located in the historical centre of the city. The social evening will take place in a beautiful 'Art nouveau' room, named: 'Horta', and is located in the middle of the shopping area.

Conference Fees

Early booking fee (before 31/01/2012) :

WAPCEPC-members	550 €
Full fee	600 €
Trainees (long term course for client-centered and experiential psychotherapy)	275 €

Registration after 31/01/2012:

WAPCEPC-members	600 €
Full fee	650 €
Trainees (long term course for client-centered and experiential psychotherapy)	300 €

Registration fee includes :

- admission to the conference
- all lunches
- All dinners, except on Tuesday (free afternoon with cultural program) and on Wednesday (social evening) (for those activities separate subscription is needed)
- coffee/tea breaks two times a day
- free use of water drinks in the conference room.