

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**

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. 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]

Organization:

Vlaamse Vereniging voor Cliëntgericht-Experiëntiële Psychotherapie en Counseling (VVCEPC) and the Postmaster Psychotherapy Program of the Collaborative Antwerp Psychiatric Research Institute (CAPRI), University of Antwerp. In collaboration with: World Association of Person-Centered and Experiential Psychotherapy and Counseling (WAPCEPC), and supported by the Postmaster Psychotherapy Program in Client-Centered Psychotherapy of the Catholic University of Leuven and the Psychotherapy Training Program of the Faculteit voor Mens en Samenleving (Turnhout).

Local Organizing Committee:

Lisbeth Neven (Chair)

Germain Lietaer, Greet Vanaerscot, Nele Stinckens, Kurt Renders (Scientific Committee)

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

Program outline:

Keynote speakers:

Greet Vanaerscot. Working with interpersonal and intrapsychic **anxiety** through the therapeutic relationship.

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

Dagmar Hölldampf. Children with **anxiety** problems: PCE perspectives.

Marcel Schmeets. Neurobiology and **anxiety**: Implications for psychotherapy.

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

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.

A plenary endpanel will be held on Thursday, with plenary speakers, discussants and audience exchanging ideas about the conference theme: 'From symptom to self: Issues for further debate'.

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.

Further information:

The 2nd announcement, including the call for papers and registration forms, will be sent out in September 2011.

PCE2012 Vzw, maatschappelijke zetel: Rubensstraat 7 te 2640 Mortsel
V.U: Greet Vanaerscot



Conference venue:

Antwerp is the economic heart of Belgium, it has a port of major importance.

Antwerp is also known as a city of painters, whose great names include 17th century icons as Rubens, Jordaens, Van Dyck and contemporary artists such as Luc Tuymans, Jan Fabre and Panamarenko. Antwerp is a city of fashion designers and so a real shopper's paradise (Dries van Noten, Walter Van Beirendonck, Ann Demeulemeester).

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



Vlaamse Vereniging
Cliëntgericht-Experiëntiële
Psychotherapie & Counseling
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Universiteit
Antwerpen



For further inquiries concerning the conference:

see the website www.pce-world.org or contact the conference secretariat: pce2012@vvcepc.be.