



Sponsored by HARMONY Institute for Psychotherapy and Counseling

CONFERENCE COORDINATORS	Yulia Bukanova, Sofya Badkhen, Angela Redvanskaya, Natalia Minibaeva, Dina Valeeva, Pavel Avetikov
ORGANIZATION AL STUFF	Elena Zayzeva, Yana Vasilieva, Varvara Zakharenko, Elena Krivchikova
VOLUNTEERS	Sofia Barkova, Vadim Bubnov, Veronica Aksenova
SUPPORTERS	Concord Institute, USA Meta-senter, Norway Uniterra Foundation, USA NRU Higher School of Economics, Russia

Friday, April 29	15:00 - 19:00	Registraion
	18:00	Dinner
	19:00	Opening Ceremony
	21:00	Watching and discussing a movie by Lidia Sheinin "Mom"
Saturday, April 30	08:00 - 08:45	Morning stretching with Mariya Kaliyzhnaya
	8:00 - 10:00	Registraion
	9:00 - 10:00	Breakfast
	10:00 - 11:15	Morning lecture by Svetlana Adonyeva
	11:15 - 11:30	Presenting workshops of the day
	11:30 - 12:00	Coffee-break
	12:00 - 14:00	Early afternoon sessions
	14:00	Lunch
	15:30 - 18:00	Late afternoon sessions
	18:15 - 19:15	Dialogue groups
	19:30	Dinner
	20:30 - 22:00	Evening lecture by Aleksander Sokolov
22:00	Open space	
Sunday, May 1	08:00 - 08:45	Morning stretching with Mariya Kaliyzhnaya
	9:00 - 10:00	Breakfast. Reistration
	10:00 - 11:15	Morning lecture by Anastasiya Ryazanova
	11:15 - 11:30	Presenting workshops of the day
	11:30 - 12:00	Coffe-break
	12:00 - 14:00	Early afternoon sessions
	14:00	Lunch
	15:30 - 18:00	Late afternoon sessions
	18:15 - 19:15	Dialogue groups
	19:30	Dinner
	20:30 - 22:00	Play-back theatre "Let's have a look"
20.30 - 23.00	Watching and discussing a movie by Agnes B. "My name is Hmm..."	
Monday, May 2	08:00 - 08:45	Morning stretching with Mariya Kaliyzhnaya
	9:00 - 10:00	Breakfast. Reistration
	10:00 - 11:15	Morning lecture by Vyacheslav Moskvichev
	11:15 - 11:30	Presenting workshops of the day
	11:30 - 12:00	Coffee-break
	12:00 - 14:00	Early afternoon sessions
	14:00	Lunch
	15:30 - 18:00	Late afternoon sessions
	18:15 - 19:15	Dialogue groups
	19:30	Dinner
	20:30 - 22:00	Concert
22:00	Disco and Open space	
Tuesday, May 3	08:00 - 08:45	Morning stretching with Mariya Kaliyzhnaya
	9:00 - 10:00	Breakfast. Reistration
	10:00 - 11:15	Morning lecture by Mariya Osorina
	11:15 - 11:30	Presenting workshops of the day
	11:30 - 12:00	Coffee-break
	12:10 - 14:00	Early afternoon sessions
	14:00	Lunch
	15:30	Closing Ceremony

Dear Participants!

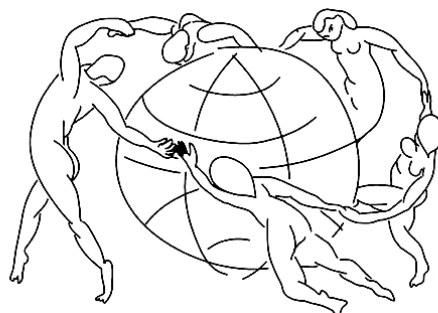
Harmony Institute and all conference organizers welcome you at our International Conference "Self and Other: Space for Dialogue". This time we decided to take a risk and explore the idea of Diversity, Difference, and Otherness which we all deal with professionally and in our everyday life. With your help we would like to touch upon the complexity of relations between different cultures, traditions, and ethnicities, between people of different religions and opportunities. That is why it is so important for us to have participants from different countries and republics.

Some of you have been to Harmony conferences before, others are here for the first time - we are happy to see you all. During these days we will work together to build a community of colleagues and friends. We will share our experience and knowledge of how to value differences and celebrate diversity. We hope that our formal program and a lot of informal meetings will give you a chance to establish new personal and professional relations and get invaluable experience of friendship and cooperation.

The very existence of our Conference, the improvement of its quality and the development of its professional influence depend on your participation and commitment. One should not forget that all presenters use their own money and time to come here – we would like to express our deep gratitude to them for their devotion and contribution.

Let's use this opportunity to create more harmony in our relations with ourselves, with the others and with the planet. We hope that you will share our belief that each person has strength and potential to bring about the culture of peace and positive changes in our lives and in our world

**Sincerely,
Conference coordinators**



Conference Eco-page

This year we're inviting everyone to participate in saving and supporting ecology in our city and on our planet.

Since there is no recycling on the state level in Russia yet, we are going to organize it ourselves.

Special recycling boxes will be put in every classroom, in the information room and during the tea-break to collect paper and plastic.

There will be trash bins for other kind of waste as well.

You are welcome to join us and to bring paper, metal and plastic that is marked like this:



... to the information room any time. Please rinse it from the inside and remove all labels and stickers.

If you have any questions, please ask the coordinators. We're willing to share our enthusiasm and experience.

Conference coordinators

Friday, April 29

15.00 – 19.00 REGISTRATION

18.00 DINNER

19.00 OPENING CEREMONY

21.00

**Watching and discussing the film
by Lidia Sheinin "Mom"**

Lidia Sheinin was born in St Petersburg, Russia. After completing her first degree in Psychology she moved to US, where she worked as an engineer. That discrepancy was confusing to her. To solve it, she graduated from Marina Razbezhkina School of documentary film and theater, and has been making docs ever since.

Saturday, April 30

Time		Room
08:00 – 08:45	Morning stretching Mariya Kalyuzhnaya	White Hall
10:00 – 11:15	Morning Lecture Russian Fairytales: Subjects, Characters, Plots..... Svetlana Adonyeva	White Hall
11:15 – 11:30	Presentation of workshops	
11:30 – 12:00	Coffe-Break	
12:00 – 14:00	Early Afternoon Sessions	
	Multidimensional Communication in Holoscendence: Meditation in Interpersonal Interaction. Part 1 Yegeny Pustoshkin	
	Emotional Divorce as an unavoidable stage of marriage. Before and After. Ekaterina Ugoleva	
	Emotional Intelligence. Marina Riedi	
	The map of transformation: the alchemist respond Sergey Tyulyenyev	
	Un-invented stories or real help with fairytale methods Mariya Lenstaya, Marina Krasnikova	
	«Dance» in therapy Yelena Kotelenko	
14:00	Lunch	
15:30 – 18:00	Late afternoon sessions	
	Multidimensional Communication in Holoscendence: Meditation in Interpersonal Interaction. Part 2 Yegeny Pustoshkin	
	Feminist therapy: working with women Maria Sabunayeva, Vasilina Rachinskaya	
	Counselor and organization: evolution of the relations Aleksander Khvatov	
	The intuitive style workshop Yuliya Alferova	
	Where the inspiration lives: crisis overcoming practice. Anastasiya Kostromina	
	«Sensitive mother» - program of developing parental sensitivity and emotional communication with the child Yulia Rusanova	
18:15 – 19:15	Dialogue groups	
19:30	Dinner	
20:30 – 22:00	Evening Lecture The new myths of the human evolution Aleksander Sokolov	White Hall
22:00	Open Space	White Hall

Saturday, April 30

08.00 – 08.45

Mariya Kalyuzhnaya *St.Petersburg, Russia*

Morning stretching - every day, before breakfast.

Stretching with some yoga elements. Simple exercises that will help you to wake up.

Mariya Kalyuzhnaya – yoga teacher and instructor since 2008.

10.00 – 11.15

MORNING LECTURE

Svetlana Adonyeva *St.Petersburg, Russia*

Russian Fairytales: Subjects, Characters, Plots.....

11.30-12.00

COFFE-BREAK

12.00 – 14.00

EARLY AFTERNOON SESSIONS

Yegeny Pustoshkin *St.Petersburg, Russia*

Multidimensional Communication in Holoscendence: Meditation in Interpersonal Interaction. Part 1

Workshop

The participants of this workshop will learn about Holoscendence, an integral meta-approach, and will get some basic skills of multidimensional communication. The workshop will include a brief theoretical introduction, a demonstration session, group and pair meditations, dialogue

4,5 hours with a lunch break

Yegeny Pustoshkin, clinical psychologist. Editor-in-chief of the EROS AND COSMOS magazine (eroskosmos.org). Translator of Ken Wilber.

Ekaterina Ugolyeva *St.Petersburg, Russia*

Emotional Divorce as an unavoidable stage of marriage. Before and After.

Workshop

Ekaterina Ugolyeva, family therapist, head of the Family Counseling Program of the center *Praktik*, head of the family system therapy chair (Institute of Practical Psychology *Imaton*.)

Marina Riedi *Einsiedeln, Switzerland*

Emotional Intelligence.

Workshop

You will be able to learn about Emotional Intelligence and with the emotional competence described by Reuven Bar-On.

Marina Riedi, coach, trainer in the EQ field since 2012.

Sergey Tyulyenyev *St.Petersburg, Russia*

The map of transformation: the alchemist respond

Workshop

Anything that happens to anyone can be described on the symbolic language. Those Symbols can be very simple like a drawing or much more complex – like the alchemist images.

Sergey Tyulyenyev, coach, psychotherapist, consultant, member of the International Coach Federation, trainer, teaches coaching and organizational development at the Coaching Institute

Mariya Lenstaya, Marina Krasnikova *St.Petersburg, Russia*
Un-invented stories or real help with fairytale methods

Workshop

Mariya Lenstaya, psychologist, fairytale therapist
Marina Krasnikova, psychologist, Harmony graduate

Yelena Kotelenko *Moscow, Russia*
«Dance» in therapy

Workshop

Yelena Kotyelenko, psychotherapist, dance therapist, teacher, dancer, performer. Member of the Association for Dance and Movement Therapy (ADMT). Coordinator of the Regional Educational program for trainings in Dance Therapy

14.00

LUNCH

15.30 – 18.00

LATE AFTERNOON SESSIONS

Yegeny Pustoshkin *St.Petersburg, Russia*

Multidimensional Communication in Holoscendence: Meditation in Interpersonal Interaction. Part 2
Continuing

Maria Sabunayeva, Vasilina Rachinskaya *St.Petersburg, Russia*
Feminist therapy: working with women

Workshop

Maria Sabunayeva, Ph.D, assistant professor, member of the Laboratory of Gender Psychology; counselor and trainer; head of the psychological service in Russian Gay-Lesbian-Bisexual-Transgender Network.

Vasilina Rachinskaya, since 2005 a volunteer of gay-lesbian-bisexual-transgender movement, human rights activist.

Aleksander Khvatov *St.Petersburg, Russia*

Counselor and organization: evolution of the relations

Workshop

Aleksander Khvatov, business trainer, OD specialist, director of the PRAKTIK-CENTER (St. Petersburg), chair Organizational Psychology at “Imaton”, head of the training program Organizational Psychology. Trainer since 1994, consultant since 1996.

Yuliya Alferova *St.Petersburg, Russia*

The intuitive style workshop

Workshop

Having an intuitive style - means staying connected to myself through the choice of how I look.

Yuliya Alferova, psychologist, trainer, Harmony graduate. Works in the beauty industry.

Anastasiya Kostromina *St.Petersburg, Russia*

Where the inspiration lives: crisis overcoming practice

Workshop

The workshop will become an investigation that might help us to look at the crisis from another perspective. And revile the mystery of the lost inspiration.

Anastasiya Kostromina, clinical psychologist, works with groups of teenagers and adults. Has a 15 years long experience.

Yulia Rusanova *St.Petersburg, Russia*

«Sensitive mother» - program of developing parental sensitivity and emotional communication with the child

Workshop

The program was developed and has been applied for 4 years by the Early Intervention Institute (St.Petersburg).

Yulia Rusanova, children's psychologist, early intervention specialist. Works with children with multiple disorders for 8 years in the Children's Hospice and in the Early Intervention Institute (St.Petersburg).

18.15 – 19.15

DIALOGUE GROUPS

19.30

DINNER

20.30 – 22.00

EVENING EVENTS

Aleksander Sokolov *St.Petersburg, Russia*

The new myths of the human evolution

Lecture

Aleksander Sokolov, anthropologist, scientific journalist, writer. Author of the web-site Antropogenez.Ru - popular platform dedicated to human evolution. Teaches in different Universities, organizes exhibitions and conferences on the evolution issues.

22.00

OPEN SPACE

Sunday, May 1

Time		Room
08:00 – 08:45	Morning stretching Mariya Kalyuzhnaya	White Hall
10:00 – 11:15	Morning Lecture The “Good” question in the therapeutical practice: from the social constructionist’s point of view Anastasiya Ryazanova	White Hall
11:15 – 11:30	Presentation of workshops	
11:30 – 12:00	Coffe-Break	
12:00 – 14:00	Early Afternoon Sessions	
	In Contact With Oneself, In Contact With the World. Part 1 Aglaya Detashidze	
	Facilitating Therapy Groups. Part 1 Yelena Larionova, Sergey Valyukhov	
	Sex in a Big City: Reevaluation of Love and Misconduct Alex Yentin	
	Sandman’s biography. From antique myths to American comics. (Lecture in Scheherazade-style) Stanislava Smagina	
	Communicating with the client in alternative spaces. Round table Zakhar Krivonogov	
	«Dancing Venuses» Igor Ilyukevich	
14:00	Lunch	
15:30 – 18:00	Late Afternoon Sessions	
	In Contact With Oneself, In Contact With the World. Part 2 Aglaya Detashidze	
	Facilitating Therapy Groups. Part 2 Yelena Larionova, Sergey Valyukhov	
	Me and my boundaries Tatyana Puida	
	Betrayal, the Price for? Alexandra Yakovlyeva	
	Fear. Future. Choice. Helping the teenagers in their professional self-determination. Yekaterina Saulina, Yulia Tambovceva	
	Connecting lives: describing personal identity in narrative practice through the “club of life” metaphor Vyacheslav Moskvichev	
18:15 – 19:15	Dialogue groups	
19:30	Dinner	
20:30 – 22:00	PLAYBACK-THEATRE “Let’s have a Look!”	
20:30 – 23:00	Watching and discussing a movie by Agnes B. “My name is Hmm...”	
22:00	OPEN SPACE	White Hall

Sunday, May 1

08.00 – 08.45

Mariya Kalyuzhnaya *St. Petersburg, Russia*

Morning stretching - every day, before breakfast.

Stretching with some yoga elements. Simple exercises that will help you to wake up.

Mariya Kalyuzhnaya – yoga teacher and instructor since 2008.

10.00 – 11.15

MORNING LECTURE

Anastasiya Ryazanova *Moscow, Russia*

The “Good” question in the therapeutical practice: from the social constructionist’s point of view

Lecture

Anastasiya Ryazanova, systemic therapist, specializes on working with trauma. Trainer, education programs leader, author. Works with families and children with multiple development disorders since 1996.

11.30-12.00

COFFEE-BREAK

12.00 – 14.00

EARLY AFTERNOON SESSIONS

Aglaya Detashidze *St. Petersburg, Russia*

In Contact With Oneself, In Contact With the World. Part 1

Workshop

We will move, feel, listen to ourselves and get more embodied and more of ourselves. This will help us to become more alive and open to the world around.

4,5 hours with a lunch break

Aglaya Detashidze is a therapist and dance and movement therapist

Yelena Larionova, Sergey Valyukhov *St. Petersburg, Russia*

Facilitating Therapy Groups. Part 1

Workshop

This workshop is part of our program on leading therapy groups. It is meant for those who want to develop their understanding and skills in the area of group therapy. During this workshop we will:

1. Have a phenomenological group for the participants to have a hands-on experience of such groups and to gain better understanding of themselves in the relationships with the others.
2. Have time for comments, questions, and discussion.

We will work in a fish-bowl fashion with 8 -10 people working in the experiential group and other participants observing.

This workshop will last for 4,5 hours with one break.

4,5 hours workshop with a lunch-break

Yelena Larionova, psychologist, counselor, trainer, supervisor, therapy group leader with more than 25 years experience. Works in Harmony Institute.

Sergey Valyukhov, psychologist, therapist, trainer, therapy group leader.

Alex Yentin *New-York, NY, USA*

Sex in a Big City: Reevaluation of Love and Misconduct

What is Love? What is Romantic Love? And why do the happily married cheat on each other? Does a love affair always mean the end of the relationships?

Alex Yentin, clinical psychotherapist and group psychotherapist

Stanislava Smagina *St. Petersburg, Russia*

Sandman's biography. From antique myths to American comics. (Lecture in Scheherazade-style)

Lecture

The art of interpreting in the sand-therapy usually tells us WHAT is happening on the sand. But WHO is next to the sand?

Stanislava Smagina, historian, psychologist, trainer, director of the TRIKSTER museum, writer

Zakhar Krivonogov *St. Petersburg, Russia*

Communicating with the client in alternative spaces. Round table

Round table

Let's share our experience and discuss these issues:

- What happens when the therapist meets the client outside the room: at a conference, at a party, in the social network.
- What are the rules then?
- Where is the border of the private relations?
- What are the possibilities and disadvantages of working by Skype?

Zakhar Krivonogov, psychologist. Works with groups.

Igor Ilyukevich *Minsk, Belorussia*

«Dancing Venuses»

Workshop

We will use methods of art-therapy to discuss Venus archetype and its 4 types.

Igor Ilyukevich, psychologist, art-therapist, teacher of body and movement therapy, chairman of the British Psychological Club.

14.00

LUNCH

15.30 – 18.00

LATE AFTERNOON SESSIONS

Aglaya Detashidze *St. Petersburg, Russia*

In Contact With Oneself, In Contact With the World. Part 2

Continuing

Yelena Larionova, Sergey Valyukhov *St. Petersburg, Russia*

Facilitating Therapy Groups. Part 2

Continuing

Tatyana Puida *Moscow, Russia*

Me and my boundaries

Workshop

We will talk about how the personal boundaries are developed in the childhood; what should the adult do; how do the infractions reveal.

Tatyana Puida, psychologist. Works since 2007. Teaches how to work with children

Alexandra Yakovlyeva *St. Petersburg, Russia*

Betrayal, the Price for?

Workshop

Alexandra Yakovlyeva, psychologist, Gestalt and Existential therapist, trainer

Yekaterina Saulina, Yulia Tambovceva *Moscow, St. Petersburg, Russia*

Fear. Future. Choice. Helping the teenagers in their professional self-determination

Workshop

Yekaterina Saulina, clinical psychologist. invents and leads groups for teenagers since 2003.

Yulia Tambovceva, children's psychologist. Works in the field of professional self-determination since 2011.

Vyacheslav Moskvichev *Moscow, Russia*

Connecting lives: describing personal identity in narrative practice through the "club of life" metaphor

Workshop

Narrative approach views identity as a story or stories. Stories that are told by the person him\herself or told by the others. Every new person is a new story. The more valuable the relations are – the richer the story becomes.

Vyacheslav Moskvichev, family therapist, narrative therapist.

18.15 – 19.15

DIALOGUE GROUPS

19.30

DINNER

20.30 – 23.00

EVENING EVENTS

PLAYBACK-THEATRE "Let's have a Look!" *St. Petersburg, Russia*

Playback-theatre performance

Actors of the Playback-theatre "Let's have a Look!": Tatyana Kubanova, Marina Gershevich, Mariya Soloveychik, Lana Yakusheva, Alexander Kolesnik, Irina Ovchinnikova, Irina Grodnik, Borozdina Tatyana, Svetlana Nikitina

Watching and discussing a movie by Agnes B. "My name is Hmm..."

23.00

OPEN SPACE

Monday, May2

Time		Room
08:00 – 08:45	Morning stretching Mariya Kalyuzhnaya	White Hall
10:00 – 11:15	Morning Lecture Life as a story about us, told by us Vyacheslav Moskvichev	White Hall
11:15 – 11:30	Presentation of workshops	
11:30 – 12:00	Coffe-Break	
12:00 – 14:00	Early Afternoon Sessions	
	Following the Inspiration. Practical Use of Inspiration in Professional Growth. Part 1 Olga Sorina	
	Self-conception. Part 1 Sergey Larionov	
	About sex with love. Sexologist's ways of work Katya Katsman	
	Unalterable as a fact Vladislav Andryushin	
	Map of the inner senses Yekaterina Novisova	
	Stories from an old box Mariya Berkovich, Valyentina Gusyeva	
14:00	Lunch	
15:30 – 18:00	Late afternoon sessions	
	Following the Inspiration. Practical Use of Inspiration in Professional Growth. Part 2 Olga Sorina	
	Self-conception. Part 2 Sergey Larionov	
	How to face a conflict and not to lose one's self Mark Fisher, Marina Ryvkina	
	Family with the adopted child visiting at the psychologist Tatyana Kubanova	
	A lullaby for the sole Valeriya Kulbery	
	Betrayal and forgiveness Aleksander Posazhennikov	
18:15 – 19:15	Dialogue groups	
19:30	Dinner	
20:30 – 22:00	Concert	White Hall
22:00	Dancing	White Hall
	OPEN SPACE	

Monday, May 2

08.00 – 08.45

Mariya Kalyuzhnaya *St.Petersburg, Russia*

Morning stretching - every day, before breakfast.

Stretching with some yoga elements. Simple exercises that will help you to wake up.

Mariya Kalyuzhnaya – yoga teacher and instructor since 2008.

10.00 – 11.15

MORNING LECTURE

Vyacheslav Moskvichev *Moscow, Russia*

Life as a story about us, told by us

Lecture

A story is not just a way to describe the reality. It is also a way to build it. By choosing a story as the main metaphor for therapy, narrative approach discovered new opportunities of helping individuals and groups.

Vyacheslav Moskvichev, family therapist, narrative therapist.

11.30-12.00

COFFEE-BREAK

12.00 – 14.00

EARLY AFTERNOON SESSIONS

Olga Sorina *St.Petersburg, Russia*

Following the Inspiration. Practical Use of Inspiration in Professional Growth. Part 1

Workshop

4,5 hours with a lunch break

Olga Sorina, psychologist. Works since 2005 (lectures, trainings, workshops, individual and family therapy). Author of the project of the inspiration development “Breath-in” that works since July 2015

Sergey Larionov *St.Petersburg, Russia*

Self-conception. Part 1

Workshop

I invite those who want to explore their attitude to themselves.

4,5 hours with a lunch break

Sergey Larionov, practical psychologist, supervisor; has been practicing psychological counseling since 1989, trainer since 1990; designer and leader of training programs at Harmony Institute

Katya Katsman *Petah-Tikva, Israel*

About sex with love. Sexologist’s ways of work

Seminar

Katya Katsman, clinical social worker, family psychotherapist, sexologist.

Vladislav Andryushin *St.Petersburg, Russia*

Unalterable as a fact

A small discussion and workshop on investigating the main phenomena of our impossible profession.

Vladislav Andryushin, psychologist, the main editor of the web-site hpsy.ru, the head of the “Pro Bono” Helping Practices Alliance

Yekaterina Novisova *St.Petersburg, Russia*

Map of the inner senses

Workshop

Yekaterina Novisova, psychologist, Harmony graduate.

Mariya Berkovich, Valyentina Gusyeva *St.Petersburg, Russia*
Stories from an old box

Workshop

Mariya Berkovich, correctional educator. Works in a social school Caritas (St.Petersburg). Leads trainings for specialists who work with children with multiple disorders.

Valyentina Gusyeva **Валентина Гусева**, psychologist, works in the narrative approach.

14.00

LUNCH

15.30 – 18.00

LATE AFTERNOON SESSIONS

Olga Sorina *St.Petersburg, Russia*

Following the Inspiration. Practical Use of Inspiration in Professional Growth. Part 2

Continuing

Sergey Larionov *St.Petersburg, Russia*

Self-conception. Part 2

Continuing

Mark Fisher, Marina Ryvkina *St.Petersburg, Russia*

How to face a conflict and not to lose one's self

Workshop

Mark Fisher, PR specialist, business trainer, psychologist. Harmony graduate/

Marina Ryvkina, psychologist, Harmony graduate.

Tatyana Kubanova *St.Petersburg, Russia*

Family with the adopted child visiting at the psychologist

Workshop

Tatyana Kubanova, psychologist, trainer, Harmony graduate. Works with families who are going to or already have adopted children.

Valeriya Kulbery *Moscow, Russia*

A lullaby for a sole

Workshop

We will discover the place for the practice of comforting in client-centred and in Gestalt therapy.

Valeriya Kulbery, gestalt therapist, supervisor, trainer.

Aleksander Posazhennikov *St.Petersburg, Russia*

Betrayal and forgiveness

Workshop

Aleksander Posazhennikov, psychologist, business-trainer, works at Harmony Institute.

18.15 – 19.15

DIALOGUE GROUPS

19.30

DINNER

20.30 – 22.00

CONCERT

22.00

DANCING and OPEN SPACE

Tuesday, May 3

Time		Room
08:00 – 08:45	Morning stretching Mariya Kalyuzhnaya	White Hall
10:00 – 11:15	Morning lecture Understanding cartoons or why is it so important to learn to examine pictures from the childhood Mariya Osorina	White Hall
11:15 – 11:30	Presentation of workshops	
11:30 – 12:00	Coffe-Break	
12:00 – 14:00	Early Afternoon Sessions	
	A Dog is Not Only a Friend, But a Therapist As Well. Psychological Aspects of Canis-therapy Victoria Galiguzova, Maria Tikhonova	
	To LIVE as to BREATHE Anastasiya Saevich	
	Naming the future Yeugeny Stepanov	
	“Enswathing” violence as a reason for developing co-addicted relations Inna Ilyina, Vitaliy Osipchuk	
	"Helping not saving": features of psychological help provided to the children with cancer and their families Anastasia Petrova	
	The way in the field of the helping profession: how far have I gone, where should I go next? Yeugeniya Marieva	
14:00	Lunch	
15.30	Closing ceremony	

Tuesday, May 3

08.00 – 08.45

Mariya Kalyuzhnaya *St.Petersburg, Russia*

Morning stretching - every day, before breakfast.

Stretching with some yoga elements. Simple exercises that will help you to wake up.

Mariya Kalyuzhnaya – yoga teacher and instructor since 2008.

10.00 – 11.15

MORNING LECTURE

Mariya Osorina *St.Petersburg, Russia*

Understanding cartoons or why is it so important to learn to examine pictures from the childhood

Mariya Osorina, psychologist, PhD

11.30-12.00

COFFEE-BREAK

Victoria Galiguzova, Maria Tikhonova *St.Petersburg, Russia*

A Dog is Not Only a Friend, But a Therapist As Well. Psychological Aspects of Canis-therapy

Workshop

Canis-therapy is one of the rehabilitation methods using specially trained dogs under professional supervision.

We will tell the participants about canis-therapy, its potential and its directions, and our fluffy therapists will offer you their therapeutic services.

Victoria Galiguzova, psychologist, counselor

Maria Tikhonova, cynologist

Anastasiya Saevich *St.Petersburg, Russia*

To LIVE as to BREATHE

Body-movement workshop

Anastasiya Saevich, somatic therapist, dancer, investigator.

Yeugeny Stepanov *St.Petersburg, Russia*

Naming the future

Workshop

How do we describe our desirable future and in what words? How do these words influence our aspirations?

Yeugeny Stepanov, coach, psychologist, business-trainer, Harmony graduate.

Inna Ilyina, Vitaliy Osipchuk *St.Petersburg, Russia*

“Enswathing” violence as a reason for developing co-addicted relations

Workshop

Inna Ilyina, psychologist, trainer, coach

Vitaliy Osipchuk, M.D, psychologist, psychiatrist. Leads a medical program at the rehabilitation centre for treating chemical addictions. Does individual, and group therapy, supervisor.

Anastasia Petrova *St.Petersburg, Russia*

"Helping not saving": features of psychological help provided to the children with cancer and their families

Workshop

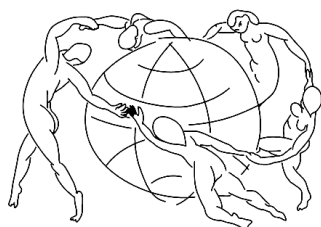
Anastasia Petrova, psychologist, works at a children department of an Oncology Hospital.

Yeugeniya Marieva *St.Petersburg, Russia*

The way in the field of the helping profession: how far have I gone, where should I go next?

Workshop

Yeugeniya Marieva, Coaching Institute graduate, psychologist, business trainer.



14.00
LUNCH

15.30
CLOSING CEREMONY