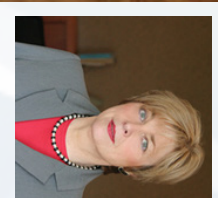


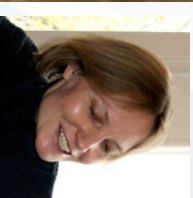
The last decades is a time of great research into the psychotherapy process. The research that allowed - apart from other discoveries - to understand the importance of emotions and their regulation in the context of both mental health and psychopathology.

We know today how the difficulty of regulating emotions is related to early and deep traumas, relationship disorders, posttraumatic stress disorder, personality disorders, etc. We also know that the basis for deep and lasting therapeutic change is a corrective emotional experience in a patient's relationship with a psychotherapist. That is why we want to devote our next international conference to issues related to the regulation of emotion. We have invited eminent representatives of contemporary psychotherapy who have dedicated most of their clinical and scientific work to issues of emotional experience, emotion regulation, and dynamics of change in psychotherapy.

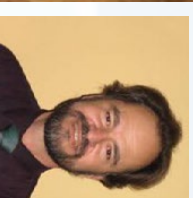
For three days we will talk about what is conducive to changing and healing the patient.



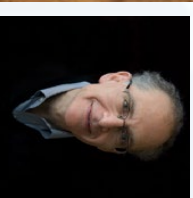
**Karen Maroda** is a psychologist, psychotherapist, psychotherapy supervisor, one of the most interesting representatives of relational psychoanalysis. The author of many scholarly texts and recognized books on emotion in therapeutic relations, one of them was published in Poland - „Psychodynamic Techniques: Working with Emotion in the Therapeutic Relationship”. She is a member of many scientific societies. The main focus of her clinical interest is the therapeutic relationship and the importance and nuances of a living emotional experience within the therapy. Karen Maroda was one of the first clinicians to write about the inevitability of the so called enactments in the therapeutic process, seeing in this phenomenon one of the main driving forces of the treatment and recovery process of the patient.



**Mary Targett** is a psychologist, psychotherapist, teacher and supervisor of psychotherapy, professor of psychoanalysis at UCL in London and Yale University, one of the most prominent researchers in contemporary attachment theory, an eminent representative of MBT psychotherapy. For years, she has been associated with Anna Freud Center in London, for the years 2003 to 2013 she was the director of this facility. Author and co-author of many scientific articles and books. She has held high positions in the British Psychoanalytical Society, where she was responsible for research projects and training programs for psychotherapists. She specializes in treating personality disorders, working with adults and families.



**Jon Frederickson** is a psychologist, psychotherapist, teacher and supervisor of psychotherapy. One of the most prominent representatives of ISTDP (short-term dynamic psychotherapy). Author of scientific articles and of the recognized psychotherapy textbook honoured by the prestigious awards. In Poland, his book „Co-Creating Change: Effective Dynamic Therapy Techniques” was published, which was recognized by the British Medical Association as the most important psychiatric book of the year 2014. He is one of the heads of the ISTDP training programs in the world and lectures among others in the United States, Australia, Scandinavia and Poland.



**Jeffrey D. Roth, MD** is an addiction psychiatrist and group psychotherapist. He graduated from Yale University Medical School and did his residency in psychiatry at the University of Chicago. He is certified in addiction medicine by the American Society of Addiction Medicine (ASAM). He is the past-president of the Chicago Center for the Study of Groups and Organizations, a Fellow of ASAM, of the American Group Psychotherapy Association and of the A. K. Rice Institute and a distinguished fellow of the American Psychiatric Association.

He is the author of the book Group Psychotherapy and Recovery from Addiction: Carrying the Message and the editor of the Journal of Groups in Addiction and Recovery.

Conference fees and information about discounts available at [www.psychoterapiaszkolenia.pl](http://www.psychoterapiaszkolenia.pl)

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# Emotion regulation

## a vehicle of change in psychotherapy.

April 13-15 2018 / Warsaw

PGE Narodowy / Conference room Rzym

The Third International Scientific and Training Conference