



Psychotherapy – Challenges and Horizons

Integrative Therapy as disorder-specific and health-oriented work for the future



The European Association for Integrative Therapy and Supervision EAIT is happy to invite you to the

EAIT Conference 2024

03 – 05 may 2024, St. Arbogast, Götzis (A)

As therapists, we see every day how individual-specific mental disorders can manifest themselves and have an impact. But we also see how certain phenomena, symptoms, disease and health patterns change with social, political and ecological change.

Some diagnoses are suddenly "assigned" more frequently, others are "abolished", some reappear or show different manifestations. New diagnostic and treatment concepts – e.g., disorder-specific ones – are developed and applied.

To what extent are they fit for the future? To what extent do they take into account the changed prospects for the future – threatening, but also full of opportunities? Psychotherapy always aims at the personal future, but does it also look far enough at our collective developments?

It is likely that it will become even more important to work with bundles of measures that raise awareness of non-specific stresses and offer help against such stresses (e.g., to promote resilience through meditation practice).

The aim of this conference is to shed light on current phenomena and challenges in working with mental health and illness, also with regard to disorder specificity and manifestations of changing social worlds and social narratives.

Presentations provide the background for discussions. In the workshops, problem- and disorder-specific treatment approaches are presented with their possibilities of practical transfer and considered for their "future viability" in the 21st century.

Silvia Grøndahl, President EAIT

Lotti Müller, SEAG, SGIT Switzerland

Program

Friday, May 3, 2023

15:00 – 15:15 **Welcome and opening Introduction**

Silvia Grøndahl, president EAIT
Lotti Müller, Swiss Organisation

15:15 – 16:00 **Prof. Dr. mult. Hilarion G. Petzold**

Mental Illness and Health – Processes of a Spectrum in front of Zeitgeist-Conditions and Future Horizons

16:15 – 17:00 **Martin Waibel, MSc**

Times are changing. Chronic Pain Syndromes from a modern integrative-therapeutic point of view

17:15 – 18:00 **Discussion** in groups on the preceding presentations

18:00 – 19:00 **Evening buffet**

19:00 – 21:00 **Workshops 1 – 3 (parallel)**

Workshop 1 Prof. Dr. Brigitte Schigl

Doing gender in Co-respondence – How gender is shaping the psychotherapeutic process

Workshop 2 Annatina Escher Koromzay

Integrative Leib- and Movementtherapy in work with phenomena of multiple alienation and disorientation

Workshop 3 Prof. Dr. mult. Hilarion G. Petzold

Integrative therapy with children and adolescents “in the life span” – future-oriented identity work



Saturday, May 4

7:00 – 9:00 **Breakfast**

8:30 – 9:00 **For early risers: Morning activity**
Morning-Singing with Silvia Grøndahl / Yoga with Elisabeth Fehrmann / Moving into the day with Annatina Escher Koromzay

9:15 – 10:00 **Dr. Mia Scheffers**
Body Experience in Trauma related disorders

10:15 – 11:00 **Dr. med. Ralf Hömberg**
Fear, Anxiety and Anxiety Disorders – a World at Risk and Chance!?

11:15 – 12:15 **Discussion** in groups on the preceding presentations

12:15 – 13:15 **Lunch and Break** until 14:00

14:00 – 16:00 **Workshops 4 - 6 (parallel)**

Workshop 4 Dr. Mia Scheffers

Body experience in People with trauma related disorders

Workshop 5 Frank Siegele, MSc and Susanna Rebholz, MSc

Hitting reinforces the neural structure of hitting – The aggression concept of Integrative (Budō) Therapy

Workshop 6 Elisabeth Nybø,

Who am I now? About the Identity perspective in rehabilitation after cancer treatment

16:00 – 16:30 **Coffee and Cake Break**

16:30 – 17:30 **Panel discussion** Is Psychotherapy fit for future?
Prof. Dr. B. Schigl, Prof. Dr. mult. H.G. Petzold, Prof. R. Masten, Moderation Mag. P.D. Reinelt, MSc

18:00 – 19:00 **Evening buffet**

19:15 – 20:30 **Celebration for Hilarion G. Petzolds 80th birthday**

Ceremonial addresses by Dr. R. Stefan and Prof. G. Schiepek
musical accompaniment, drinks, snacks

Sunday, May 5

7:00 – 9:30 Breakfast, individual departure

Early Bird Fees (until Jan 20, 2024. After that add € 20)

Students Integrative Therapy	€ 160
Members EAIT Organisations	€ 190
Others	€ 200

Accommodation

The conference place offers room +43 5523 62501-0, willkommen@arbogast.at

Please make your reservation on your own. The EAIT has reserved about 20 available rooms, ask for them. Single and double rooms available.

Register now! Scanning the QR code or clicking on the link below brings you directly to the registration form

<https://form.jotform.com/233048606686362>



Stiftung Europäische Akademie
für biosychosoziale Gesundheit
und Integrative Therapie



Schweizerische Gesellschaft für
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