

Welcome to Birštonas, Lithuania
The 8th Nordic - Baltic Conference
28.-30. September 2016



Uncovering hidden resources
How can we enable children and families to work on their own recovery?

LECTURERS

Jim Wilson - England

Ph.d., systemic psychotherapist, family therapist

Opening Lecture: **What is the point in believing in something if you can't challenge it?**

Seminar: **Hidden resources are right in front of us**

Rolf Sundet - Norway

Ph.d., clinical psychologist at the Family Unit

Common lecture: **Recovery through collaboration - Working with therapeutic togetherness**

Aušra Kurienė - Lithuania

Psychologist, child and adolescence psychotherapist, group analyst, teacher Vilnius University
Opening lecture: **There were parents in the beginning: Understanding parents' resistance and creating meaningful collaboration in child psychotherapy**

Rasa Pietarienė - Lithuania

Clinical psychologist, psychodrama therapist, lecturer

Seminar: **How therapist can help client in process of growing awareness and integration of different self-dimensions?**

Lykke Klockmann Malmberg - Denmark

Cand. psych. aut., clinical psychologist, cognitive therapist and Theraplay practitioner

Common lecture: **It runs in the family, developmental trauma. Reconnecting and recovery.**

Lars R. Lund - Norway

International Master in family therapy

Common lecture: **All you need is love... The hopeless youths?...**



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PROGRAM

Wednesday 28th

- 11.00 - 13.00 Registration
13.00 - 14.00 Lunch
14.00 - 15.00 Opening ceremony
15.00 Coffee break
15.30 - 16.30 Opening lecture. Jim Wilson: *What is the point in believing in something if you can't challenge it?*
16.30 - 17.30 Opening lecture. Aušra Kurienė: *There were parents in the beginning: Understanding parents' resistance and creating meaningful collaboration in child psychotherapy*
19.00 Dinner
20.30 Evening program

Thursday 29th

- 09.00 - 10.30 Common lecture. Rolf Sundet. *Client Directed, Outcome Informed Practice.*
10.30 Coffee break
11.00 - 12.30 Common lecture. Jim Wilson. *What is the point in believing in something if you can't challenge it?*
12.30 - 13.30 Lunch
13.30 - 15.00 Common lecture. Lars R. Lund. *"All you need is love" – the hopeless youths?*
15.00 Coffee break
15.30 - 17.30 Mini seminar on topic
1. Rolf Sundet. *CDOI*
2. Jim Wilson. *Hidden resources are right in front of us.*
3. Rasa Pietarienė. *How therapist can help client in process of growing awareness and integration of different self-dimensions?*
19.00 Dinner
20.30 Evening program

Friday 30th

- 09.00 - 10.30 Common lecture. Lykke Malmberg. *It Runs in the Family - Developmental trauma and healing.*
10.30 Coffee break
11.00 - 12.00 Common lecture. *Recovery thinking - and enabling people?* (Lars, Rolf, Jim & others)
12.00 - 12.30 Project presentation. Ieva Šidlauskaitė-Stripeikienė. *Expansion of services to risk families provided by NGO leveraging Norwegian experience.*
12.30 Closing ceremony, thanks, songs & certificates
13.00 Lunch and good bye

LECTURES AND LECTURERS

Lecture: **WHAT IS THE POINT IN BELIEVING IN SOMETHING IF YOU CAN'T CHALLENGE IT?**

Jim Wilson

Challenges to the status quo can be activated by posing the question, " Why is this so?" (after Nawal El Saadawi, political activist and feminist writer). In our search for resources in working therapeutically we try to create the conditions within which all participants may begin to find new perspectives and fresh experiences in dealing with difficulties in Life. To challenge beliefs that have become fixed and apparently unalterable requires a degree of wise fear. This is a form of courage in our search for untested resources within a family and the practitioner who is trying to assist. In this lecture Jim will illustrate some ideas that can help in the search for resourceful engagement with children and their families that both challenges the status quo and supports the exploration of creative possibilities in practice.

Seminar: **HIDDEN RESOURCES ARE RIGHT IN FRONT OF US**

Jim Wilson

In this seminar Jim will invite participants to expand their repertoire of resourceful connections with children and their families. The metaphor of practice as a "Playground of Possibilities" will be used to illustrate the range of resources within the reach of practitioners willing to take a creative risk for the benefit of their clients. Jim will use illustrations from his practice to help make our "hidden" resources more visible to us.

Jim Wilson (UK) is a registered systemic psychotherapist, works independently as a family therapist within the UK National Health Service, and provides training consultation and super-vision to Mental Health Services in the UK and Europe. He is co-director of Partners for Collaborative Solutions, an international training and consultation organization and past Chairperson of the Centre for Child Studies at the Institute of Family Therapy London. www.partners4change.net

Lecture: **RECOVERY THROUGH COLLABORATION - WORKING WITH THERAPEUTIC TOGETHERNESS**

Rolf Sundet

We are a social species and we are a species that have the capacity to recover. Recover from the troublesome and from terrible circumstances, from the hardships of life and from mental suffering. Such recovery does not happen in a vacuum, it happens together with our fellow humans. It is in the togetherness with others that our sense of our self and the meaning we ascribe to the events that we have experienced arise. In our modern times such togetherness is often found in those activities that we name as psychotherapy. The presentation will reflect upon this perspective on psychotherapy and link it especially to one particular form of togetherness; collaboration.

Rolf Sundet (Norway), Professor of clinical mental health work and specialist in clinical psychology University College of Southeast Norway, Drammen, Norway

Lecture: **THERE WERE PARENTS IN THE BEGINNING: UNDERSTANDING PARENTS' RESISTANCE AND CREATING MEANINGFUL COLLABORATION IN CHILD PSYCHOTHERAPY**

Aušra Kurienė

Psychotherapy helps children understand, manage and overcome many different personal challenges. Parents' role in children life is essential and such is in the process of healing. From the first meeting, collecting information, managing anxieties and resistances, through new discoveries and growth to building new understanding and relationships. We will present our thoughts based on daily practice working with children and finding different ways and solutions to work with parents to ensure fruitful collaboration so the work we do during counseling is supported and reinforced at home.

Aušra Kurienė (Lithuania) is a psychologist, child and adolescence psychotherapist, group analyst, founder and director of the NGO children Support Centre, teacher at Vilnius University in postgraduate psychotherapy programs. More than 20 years Children Support centre provides psychological help for

children with emotional behavioral difficulties, abused children, children in crises, and educates parents and professionals. In 2013 Aušra Kurienė got a Human Rights Champion award for taking care of children who experienced physical, psychological and sexual abuse.

Workshop: HOW THERAPIST CAN HELP CLIENT IN PROCESS OF GROWING AWARENESS AND INTEGRATION OF DIFFERENT SELF-DIMENSIONS?

Rasa Pietarienė

The "Magic shop" technique as a tool in work with children and families. By using imagination and seriousness in secure playful context the therapist can stimulate client's self-actualization. In the Magic shop participants focus on Self-images and Self-reflections, not on resolution.

Rasa Pietarienė (Lithuania) is a clinical psychologist, psychodrama therapist, lecturer, currently is working in Institute of Family Relations (Kaunas). She has over 25 years experience of working with children, adults and families.

Lecture: IT RUNS IN THE FAMILY, DEVELOPMENTAL TRAUMA. RECONNECTING AND RECOVERY.

Lykke Klockmann Malmberg

In our practice we meet families, children and adolescents, some traumatized, others suffering from developmental trauma, each of them with individual patterns. They give us the opportunity to meet and address the unmet needs of both parents and children and so help the family members reconnect to themselves and encourage them to dare look at their sore spots, hurt and neglected feelings in a safe and secure place, offering them new experiences and over time the courage to reach out and reconnect. Based on attachment theory and the neuroaffective approach we use and integrate various kinds of therapeutic methods. Among others we use Theraplay®, a pre-verbal and very "early" therapy and a way to help children and families build healthier and so healing relationships, it is a playful hands-on intervention which enables the parent and child to discover or rediscover their attachment potential they seemed to have lost, along with their ability to develop in relationships. Clinical hypnosis is also a method which offers the individual family member the possibility to gain access to their own healing. These two and many other methods are drawn on in our work.

Lykke Klockmann Malmberg (Denmark) - cand. psych. aut., Clinical psychologist, cognitive therapist and Theraplay practitioner. Presently working at the Children and Family Center in Vejle. Have worked with children, adolescents and families in various settings for the last 12 years.

Lecture: ALL YOU NEED IS LOVE... THE HOPELESS YOUTHS?...

Lars R. Lund

We often talk about youth in our context as complex and difficult to work with. Is this just another way of telling that we as therapists, milieu therapists and in other positions feel a little helpless from time to time? The barriers might be in our mind, and our meeting can be influenced by our own pre judgement of the youth. It has always been conflicts between generations. We belong to the grown up generation and can easily be looked upon as parents, and by definition hopeless and old fashioned and out dated – or at least we think and feel so. In this lecture I will try to look at some important issues in the meeting between an old man like me and young people in need of some kind of support or help. Is it possible to build bridges in the gap between us? I am hopeful!

Lars R. Lund (Norway) is the current leader of NBO and have worked with people in need for more than 36 years. He has worked with young people for 12 years and with drug addicted for some years. The last 13 years he has worked as a family therapist. He has been giving a lot of lectures in the Baltic countries over the last 15 years. He is educated as a social worker from -79, and has also been educated in Narrative Therapy and has an international Master in Family work from Oslo University College.

PRACTICAL INFORMATION

Location

The conference will be held at The Royal Spa Residence, Pakalnes str. 3 in Birštonas, Lithuania.
<http://www.royal-spa.lt/>

Transportation

Due to consequences of new flight booking rules the participants themselves must book their own travel. We will of course assist when needed. See separate page for detailed information on transport possibilities from Vilnius and Kaunas Airport.

Accommodation

Those participants who want to stay in Kaunas or Vilnius for the weekend, must themselves take responsibility for bookings, we will of course assist if desired with recommendations.

NB! Before you book travel and accommodation, await clearance for the conference from the NBO.

Cost

Conference cost in Birštonas 28. - 30 September.
(including conference fee, hotel and all meals)

Double room <i>Nordic</i> countries €350	Single room <i>Nordic</i> countries €450
Double room <i>Baltic</i> Countries €120	Single room <i>Baltic</i> Countries €160

Cost for participants who wish to participate without accommodation (including lunch) €70
Participants who wish to come the day before must themselves make arrangements with the hotel.

Application

To apply go online to [this website](#) or via www.nordicbaltic.org

NOTICE! Registration deadline for participants is 10. June, 2016.
An additional 50 euro will be added to the cost for applications after June 10.

Payment for the conference must be paid no later than 10. July.
Remember additional transfer cost during payment.

Payment goes to the following address:
8th NBO Conference, c/o Ole Chr.Hansen, Silkeborgvej 765 B, DK- 8220 Brabrand, Denmark.
IBAN: DK0593320004184416
BIC: KRONDK22XXX

Important! Costs of transferring payment costs about € 2.5.

Remember to write names on payment!

Contact persons

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VILNIUS – BIRSTONAS (created 2015-12-15)

From Vilnius airport to Vilnius city

- **By train** to Vilnius city (journey takes about 8 minutes, ticket costs 0,67 euro – you can buy tickets on the train). Schedules: <https://www.traukiniobilietas.lt/portal/routes-schedules>
- **By bus**: Go by bus number 1 or 2; travel takes about 15-17 minutes, ticket costs about 0,65 euro, you can buy tickets on the bus.

Bus No. 1 timetable: <http://stops.lt/vilnius/#bus/1/b-a/2613/en>

Bus No. 2 timetable: <http://stops.lt/vilnius/#bus/2/b-a/2613/2/en>

- **By minibus**: Travel is about 10-12 minutes, price – 1 euro.
Timetables: https://www.vno.lt/s/docs/atvykimas/TOKS_VAS_ltu.pdf

From Vilnius city to Birstonas bus station

- By bus the journey takes about 1 h 50 min, if the route is direct. You can buy tickets in the bus station (recommended) or on the bus. Timetables: http://www.autobusubilietai.lt/index.php?lang=0&cl=select&fnc=searchByStopId&travel_from=2412-1&travel_to=1872-1

Directly from Vilnius airport to the hotel

- By taxi – you can order it in advance: <http://www.etaksi.lt/en/book-taxi-online>.

Vilnius Airport address: Rodunios kelias 2, Vilnius.

The hotel: **Royal Spa Residence**, Pakalnes str. 3, Birstonas.

The cost could be about 50-70 euro.

KAUNAS – BIRSTONAS (created 2015-12-15)

From Kaunas airport to Kaunas city

- **By bus**: Bus number 29 (and 29E at night); travel takes about 15 minutes, tickets costs about 1 euro, you can buy tickets on the bus.

Bus No. 29 timetable: <http://www.stops.lt/kaunas/#bus/29/a-b/734/en>

From Kaunas city to Birstonas bus station

- **By bus**: The journey takes about 55 min. You can buy tickets in bus station (recommended) or on the bus. Timetables: http://www.autobusubilietai.lt/index.php?lang=0&cl=select&fnc=searchByStopId&travel_from=2408-1&travel_to=1872-1

Directly from Kaunas airport to the hotel

- **By taxi**: You can order it in advance: <http://www.etaksi.lt/en/book-taxi-online>.

Kaunas Airport address: Oro uosto str. 4, Karmelava, Kaunas district.

The hotel: **Royal Spa Residence**, Pakalnes str. 3, Birstonas.

The cost could be about 40-60 eur.

The distance from Birstonas bus station to the hotel is about 3 km. So, if you come by bus to the station, you have to take a taxi the last part to the hotel. You would have to call and ask directly to taxi drivers: http://www.visitbirstonas.lt/taksi_paslaugos