



Hungarian Association of Relaxation and Symboltherapy, VII National Conference

30th September 2017

„Inclusive Attention in Relaxation and Symboltherapies”

General information:

Location: **Budavári Művelődési Ház**, 1011 Budapest, Bem rakpart 6.

Time: **10.00-18.00**

Accredited to 16 points. Activity points for MRSzE students 10 points.

Program:

PLENARY TALKS

10.00-11.30

MD Prof. Luis DE RIVERA: Therapeutic attention

Dr Magda SZŐNYI: Finding the way back to our life energy through inclusive attention - the GPS thinking vs drawing a world map

Dr Marietta NÉMETH, Erika STIBLÁR: Introduction of the new MRSzE Publication: Bionomic concept and future orientation in relaxation and symboltherapies

11.30-12.00 *Coffee break*

12.00-13.25

Piroska NÉMETH: Focusing on focus

Andrea MAJOROS: The archetypical maternal attention in reflection to the developmental theory of Erich Neumann

Ágnes GUBUCZ: The message of the collection of personal symbols of work- and learning for our self- and peer knowledge - Student relax program

13.25-14:30 Lunch break

SECTION PRESENTATIONS

14.30-15.45

(A)

Dr Terézia ZSOMBÓK, Katalin PATAKI: Experiences with a supplemented version of Schultzian AT with headache patients

Péter VESSZŐS: Links between inclusive attention and health psychology

Dr Mária ANGSTER, Györgyi GÓGL: Suggestions from the past - a symbolization of family constellations

(B)

István HARTUNG, Dr József VARGA: Short imagination practices in counselling students of medicine

Csilla PERÉNYI: Feldenkreis method ® “Good ripens slowly, it becomes full hands and legs only is you grab it by the head..”

András KERN: The role of Student relax in the development of learning skills in a school social work setting

(C)

Dr Gabriella FEHÉR: The neurotherapy of attention disorders

Dr Anna SZŐKE-KISS, Dr Kornélia NYITRAY: Questions emerging about MCBT and the Mindfulness methods

Erzsébet MARTÉNYI: AT experiences from prison psychologists

WORKSHOPS

16.00-17.30

(a) Andrea MAJOROS, Erika PAP, Zsuzsanna VALACHINÉ GERÉB: Bodily symbols in the developmental theory of Erich Neumann through case vignettes

(b) Csilla PERÉNYI: Feldenkreis method ® “Good ripens slowly, it becomes full hands and legs only is you grab it by the head..”

(c) Dr Márta ANGSTER, Dr Györgyi GÓGL: Inclusive attention in family constellations

(d) Dr Anna SZŐKE-KISS, Dr Kornélia NYITRAY: Relaxation and/or mindfulness meditation? The effects, similarities and differences of attention management, based on therapeutic experiences

Our section of Budapest organizes the program of the 7th National Conference with the focus on concrete theoretical issues, and we connect it with the overall view of methodology started at the International Congress of 2015. At that time, we dealt with the autogenic formulas that consider the characteristic features of the different languages, and demonstrate the technical differences, but that above all, create a common paradigm. At this time, we are focused on the topic of attention.

We propose the following thoughts for the amplification of the subject:

1. MRSzE proposes to discuss the expression "inclusive attention" instead of "passive concentration".
2. We can have the general starting point that we are full of information and often lack adequate processing and filtration. The demand is huge for the treatment of attention disorders, the union of old and new solutions is very current.
3. There are several types of concentration. We work with a concentration during the autogenic training and with others in the different meditations. It is no coincidence that we have to practice these techniques many times.
4. We have to think about the importance of the therapist's welcoming attention to relaxation and symbols: in that way of working as we are present with all therapeutic experience, professional knowledge, subconscious guidance, without prejudices with which we can detect new connections.