



CONFERENCE NEWSLETTER

KONFERENCJA W JĘZYKU ANGIELSKIM
CONFERENCE IS IN ENGLISH

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Invitation



On behalf of FEPTO Council and the Board of Polish Psychodrama Institute we would like to invite You for the Conference, which will take place in BYSTRA, small village located in south part of Poland. Conference — Hotel Magnus Resort****

Conference: May 17th–19th, 2024

FEPTO & PPI CONFERENCE

FROM CHAOS TO HARMONY

May 17th ÷ 19th, 2024

The Conference is organised by FEPTO with Local organizer – Polish Psychodrama Institute, Cracow, Poland.





From Chaos to Harmony

We live in a rainbow of chaos.

Paul Cezanne

In the beginning there was chaos... and we are still searching for harmony, endlessly reintegrating experiences, putting them together in the hope that we will finally find satisfying order and a meaning of existence. Later we lose it again. Our world is chaotic and imperfect, wars and conflicts tear it apart, hurt and strip it of dignity, and yet we still fight for unity, tolerance and security, we still try to communicate. It is a constant challenge, a task that can never be abandoned. Psychodrama is an arena of dynamic chaos, variety of possibilities, options from which shapes are born. It guides us to the new, helps to integrate the pieces and experience catharsis and recovery. It shows how to build bridges between one another and look for peace and understanding.

During the Conference we all will be invited to deepen these experiences on different levels: individual, interpersonal and group by participating in a lecture and workshops.

Local Organising Committee



Ariadna Romejko – Borowiec – certified psychotherapist, psychotherapy teacher, supervisor candidate of Polish Psychiatric Association, psychodrama therapist and trainer of Polish Psychodrama Institute and Psychodrama Association for Europe e.V. For many years has been working individually in her private practice with patients suffering with neurotic or personality disorders. She keeps on working therapeutically with groups for the candidates for therapists. She also worked for ten years at the Psychotherapy Unit at the University Hospital in Cracow and was an editor of the Archives of Psychiatry and Psychotherapy. She regularly leads training for students in psychotherapy for three main psychotherapy courses and postgraduate studies in Cracow. The Chair of Polish Psychodrama Institute.



Anna Bielańska – cilinical psychologist, certified psychotherapist and supervisor of psychotherapy. Psychodrama therapist, trainer and supervisor of Polish Psychodrama Institute and Psychodrama Association for Europe e.V.. For 40 years she worked at University Hospital, Psychiatric Clinic at Day Treatment Centre for psychotic patients in Krakow. Works also in private practice with people with depression, personality disorders, anxiety disorders and others. Author of about 30 scientific articles about course of schizophrenia, healing factors and recovery and book about “healing theatre” and editor of the first Psychodrama book in Polish language. She is one of the founder of Polish Psychodrama Institute which was set up in 1999.

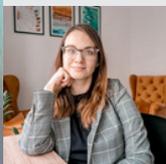


Jacek Syguda – clinical psychologist, certified psychotherapist. Psychodrama therapist, trainer and delegated supervisor of psychodrama of Polish Psychodrama Institute and Psychodrama Association for Europe E.V. The director of the Psychotherapy Centre “OLNiZO Dąbrówka” in Gliwice. For whole life he works with patients with neurosis and personality disorders.



Michał Faron – coach, psychodrama leader and trainer of Polish Psychodrama Institute and Psychodrama Association for Europe e.V. Playback Theatre actor, one of the founder of Playback Theatre “HeyNow”. He works mainly with business groups, NGO’s and others. He is fascinated by group dynamics, leadership and effectiveness. He has 23 years of experience working with groups in Poland and abroad.

Our students, who will be supporting the reception:



Iga Stanek – psychologist, psychotherapist (integrating psychodynamic, systemic and psychodramatic approach), member of the Polish Psychiatric Association, currently studying at the Polish Psychodrama Institute. I work under supervision, with individual clients and groups.



Katarzyna Mendel – is a psychologist, currently participating in a comprehensive 4.5–year psychotherapy course organized by the Association for Psychiatry and Community Care in Krakow, where the main therapeutic orientation is the psychodynamic and systemic approach. The course is accredited by the Polish Psychiatric Association. She gained her experience at the Municipal and Communal Social Welfare Center in Myślenice; at the ARCHON+ Children That You Love Foundation, which supports families in crisis; at the Department of Child and Adolescent Psychiatry – Family Therapy Outpatient Clinic in Krakow; at the Clinical Hospital of J. Babiński in Krakow and in the psychiatric day ward of the hospital. J. Babiński in Myślenice and at the Social Welfare Home in Trzemeśnia, working with mentally ill people.

The office: Magdalena Przybył: sekretariat@psychodrama.pl

Local Organisation

Association Polish Psychodrama Institute

Polish Psychodrama Institute is an association that consists of over 150 active members. Its main base is located in Cracow, South Poland. Members of Polish Psychodrama Institute are from different origin. There are many psychotherapists, psychologists, medical doctors, some pedagogues, actors, artists, philosophers, and others. However what differentiates us strongly from other Institutes around Europe, is the big amount of highly educated clinicians, certified psychotherapy supervisors and psychotherapists who apply psychodrama in their every day work and maintain highly professional and secure environment for all our activities. So far we have educated 22 psychodrama trainers/leaders and a few independent psychodrama supervisors. Polish Psychodrama Institute organises many psychodrama groups with cooperation with psychotherapy courses in whole Poland.

The Board of PPI since September 2022

Ariadna Romejko–Borowiec – The President

Anna Bielańska – Vice President

Igor Hanuszkiewicz – The Treasurer

Jacek Syguda – Board member

Maria Kołodziejczyk – Board member

Roman Ludkiewicz – Board member

Michał Faron – The Secretary

For more information about us we are inviting you to visit:

<https://psychodrama.pl/en/>



LOC Coordinator:

Ariadna Romejko–Borowiec

ariadnaromejko@gmail.com

Contact person:

Magdalena Przybył

sekretariat@psychodrama.pl

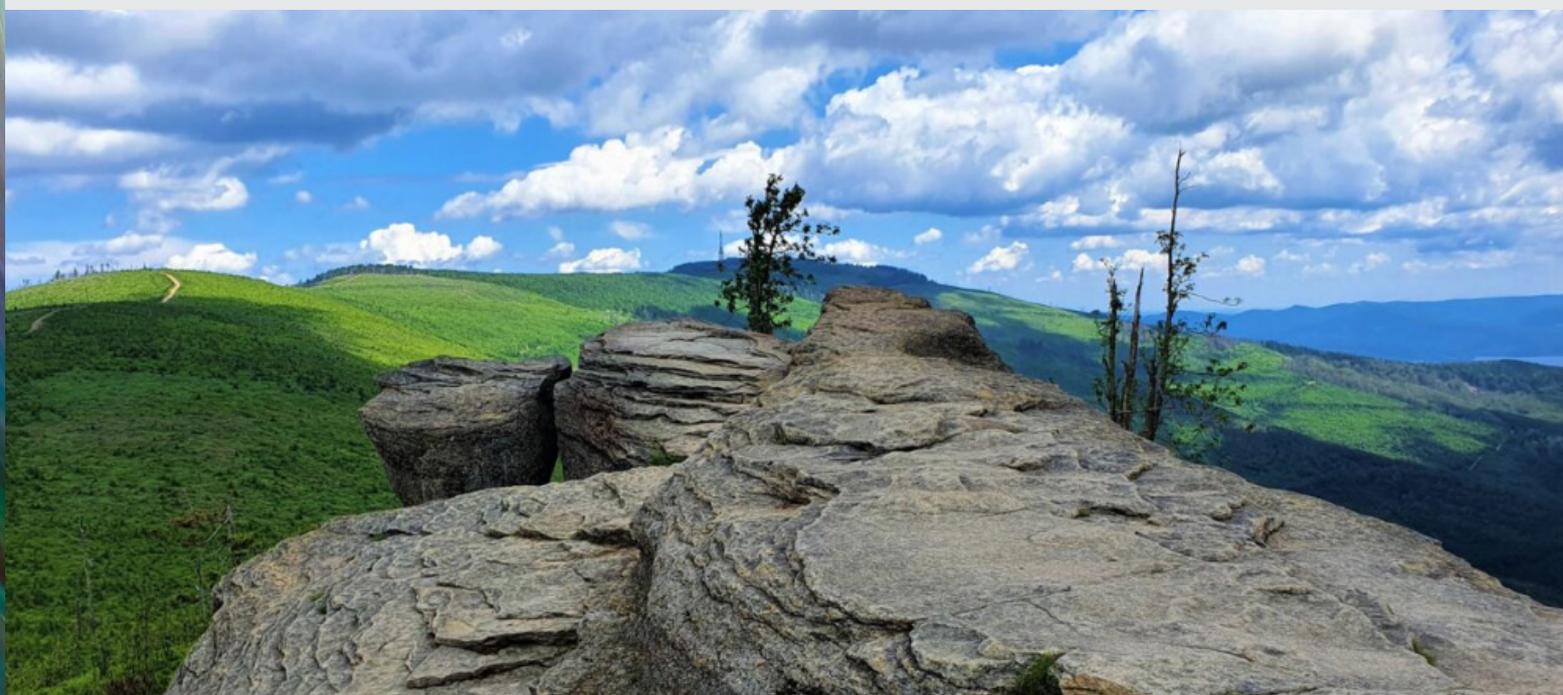
Presentation of the place

This time we are inviting you to the meeting in the South of Poland, close to the city of Bielsko–Biała. The hotel is located in a village called Bystra, a picturesque town situated between the two pearls of the Silesian Beskids and Bielsko–Biała, alongside Bystra stream.

Thanks to its favourable microclimate, mountain air and lush forests, it has gained the status of a health resort. It has very good conditions for recreation and tourism, both in summer and winter.



The name of the village is of topographic origin borrowed from an older name of the Bystra stream. In the second half of the 19th century the village became a spa resort just like the very well know village Szczyrk lying 10 km away famous as a ski region. The nearest tourist attractions in the area are the cable way to Szyndzielnia, thoroughly modernized at the turn of 2016–2017, the third longest cave in Poland in Trzy Kopce and the “Enduro Trails – Bielsko–Biała” complex, a network of one–way bicycle routes loved by mountain bikers ... and many, many more.



Presentation of the Venue and Accommodation

The Hotel Magnus Resort located in the very end of the village and valley surrounded by forests is a modern place which consists of two separate buildings, one with small conference rooms, restaurants and hotel rooms, the other with two big ball/conference rooms. (<https://magnusresort.pl/>). The hotel includes: Wellness Zone with an indoor pool, sauna and gym (free for all guests), SPA & WELLNESS “Rituals” with a wide range of treatments at affordable prices, Magnus Restaurant consisting of a buffet and loft part. With regards to accommodation, the participants can make their reservation of the hotel rooms on the password PSYCHODRAMA. As it is a very high season the sleeping places in the hotel and around are limited, therefore, we ask you to make full use of the beds available in hotel rooms, so that there is enough space for all the guests.

Accommodation fees

Prices of the sleeping places include breakfast.

- » Single room per night – 287 zł – 66€ /+ 8% TAX/
- » Whole double room per night – 333 zł – 77€ /+ 8% TAX/
- » One person in a double or triple room per night – 180 zł – 42€ /+ 8% TAX/

The hotel will offer the rooms at 16.00 p.m.

<https://magnusresort.pl/pl>

Contact to the reception:

repcja@magnusresort.pl

mobile: 0048 798 802 040

Please remember to use the password: PSYCHODRAMA while making your booking.

In case there are not enough rooms for you or you find the options insufficient, we suggest looking for accommodation in a bigger village of Szczyrk (10 km away) from where you can travel by taxi or a minibus to the Bystra village. If there are more people of a need to travel from Szczyrk, we can help and arrange the transfers on Saturday and Sunday morning.

Please contact us if you know, you will need it: michal.faron@arronpartners.com – Michał Faron

The price of the transfer between Szczyrk and Bystra shall cost: 3€–16€ (depending on the amount people participating)

Around the area there are Private Rooms to book from: 25€ up to 60€

www.booking.com

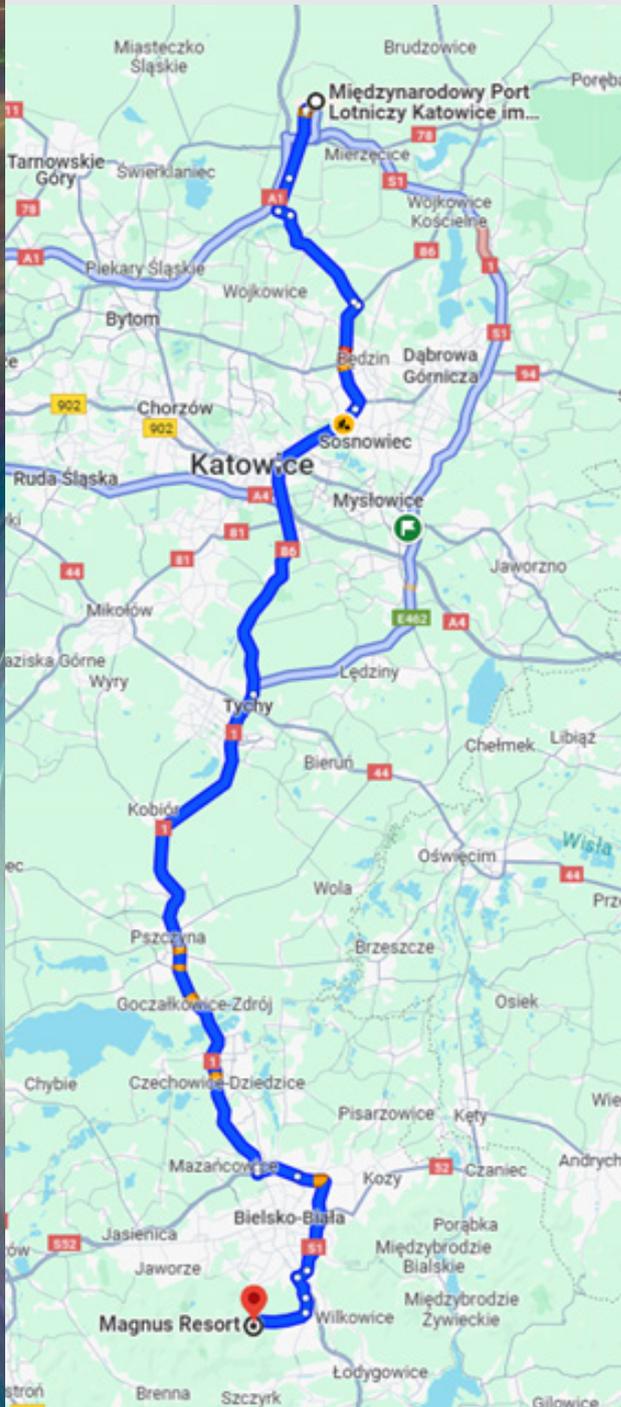
<https://www.airbnb.pl/>



How to get there?

It is best to get there by plane landing in Katowice from where there is 1,5h drive to the place. The possibilities of transport from the airports to the hotel are varied. One can travel by taxi, that may cost 80 Euro per car, if you use cheap options like FreeNow or Uber or Bold. You can also reach the Katowice Railway Station by bus or a taxi and take a train/public bus to Bielsko–Biała, from where it is best to take a taxi (10 km). We are also able to arrange one bus that could transfer participants from the airport to the place, that shall cost around 20÷25€ per person one way. Those interested in this option should contact us: michal.faron@arronpartners.com

It is also possible to use the same ways of transport from Cracow airport, but it might be a little more expensive.



Train timetables are available here

<https://www.polishtrains.eu/>

Katowice Pyrzowice Airport – transfer info

<https://www.katowice-airport.com/en/for-passengers/directions>

You could get Uber or Bolt from both directions – price approx. 80€ by a car, when you travel with others you could share expenses

- » We can offer you a shuttle bus (8 people) with the cost: min. 25€ per person (if 8 people go together at a certain time)
- » Another option is a train to Dworzec PKP (Railway station) in Katowice and then you grab a bus from Katowice Dworzec PKS (Bus station) to Bystra (the least convenient way)

Travelling to Poland & VISAs

No visa is required for EU countries in the Poland. Travellers will need a Visa to Poland if they are a citizen of a non-Schengen country without a visa-free travel agreement with the area.

Citizens from the U.K., the U.S.A., Australia or Canada do not require an entry visa for Poland for short stays (for up to 90 days in any 180-day period in the whole Schengen Area) for tourist or business purposes.

Russian citizens cannot enter Poland.

If you are a citizen of a third country (without the right to enter the territory of the Republic of Poland/Schengen countries), you can obtain a temporary residence permit issued by the Border Guard Commander (for 15 days), provided that you prove that your arrival to Poland results from the armed conflict in Ukraine. It should be emphasised, that the issuing of this consent is optional, i.e. the Commander of the relevant Post may refuse entry if he/she considers that the person does not meet the requirements of the special regulations.

You may want to check following links:

<https://www.gov.pl/web/georgia/visas---general-informatio>

<https://www.axa-schengen.com/en/schengen-visa/poland>

Security

Poland is a safe country.

Currency

Polish currency is Zł (Złoty)

€ 1 = 4,35 zł

Online currency converter to update the rate: https://pl.coinmill.com/EUR_PLN.html

Please note, that the rates are very dynamic right now, due to the political changes in the country, therefore the prices given here in € may change according to that.

Registration & Call for Workshops

Accommodation is not included in the fee, please contact the hotel to arrange it. The prices of sleeping places come with breakfasts.

Registration steps:

1. Fill out the online Registration Form found at the bottom of the registration page. Straight after submitting, you will receive a copy of the registration information in your email.

2. In 2–3 weeks, you will receive a mail from the LOC with an invoice of your registration fee with all needed information for payments to be made by bank transfer (including e.g. amount in EUR, due date, reference and bank information). Please, use only that information for payments! All payment must be made in EUR.

Bank: ARGENTA

IBAN: BE06 9796 2214 0322

Holder: FEPTO

BIC: ARSPBE22

Address: Belgiëlei 49-53, 2018 Antwerpen, Belgium

3. Your registration will be valid only after the LOC has received your payment.

4. If you wish to make a 3h (Saturday) or 1,5h (Sunday) workshop in English during the conference, you have to fill in the appropriate part of the Registration Form, and wait for us to contact you within few weeks time. If you do not know it yet, you can also contact us later:

Anna Bielańska: abielanska@interia.pl

The last moment to apply for a workshop is the March 15th, 2024.

CONFERENCE

[CONFERENCE
REGISTRATION
CLICK HERE](#)



FEES

Conference FEES

- » Early bird (till February 29th) - **175€**
- » Middle bird (till April 10st) - **195€**
- » Last bird (till May 5th) - **220€**

The Conference Fees cover: full participation in lecture and workshops, coffee breaks, lunches and dinners according to the program, and the banquet with music on Saturday.

No lunches on the 17th or the 19th of May are included in the fee.

In 2–3 weeks you will receive a mail from the LOC with an invoice of your registration fee with all the needed information for payments to be made by bank transfers (including e.g. amount in EUR, due date, reference and bank information). Please, only use that information for payments! All payments must be made in EUR. Your registration will be valid only after the LOC has received your payment.

Contact information

- » Local Project Manager
Ariadna Romejko–Borowiec (lang: Polish/English) / +48 692 763 228 / ariadnaromejko@gmail.com
- » Local Logistics
Michał Faron (lang: Polish/English) / +48 601 626 444 / michal.faron@arronpartners.com

Scholarship

As you know, each year FEPTO provides scholarships for the FEPTO Conference (FC). Some people may wonder what the procedure is. We have kept it simple and are presenting it here.

Who can apply

All institutes (members of FEPTO) from countries such as Bulgaria, Croatia*, Estonia*, North Macedonia, Greece*, Hungary, Latvia*, Lithuania*, Poland, Portugal*, Romania, Russia, Serbia and Turkey may apply (i.e. scholarships are only granted to institutes, not to individuals, nor founding members.)

Since only one scholarship is granted per institute, if a second representative from the same institute is also interested, both applicants will need to discuss the matter and reach an agreement together.

For the FEPTO Conference, one scholarship per person is available

For participants coming from countries such as Bulgaria, Croatia*, Estonia*, North Macedonia, Greece*, Hungary, Latvia*, Lithuania*, Poland, Portugal*, Romania, Russia, Serbia and Turkey. Regardless of which FEPTO institute they are coming from, or how many people are coming from the same institute.

How much is a scholarship?

FEPTO policy is to offer scholarships, based on the early bird fees, not exceeding 10% of the total amount of participants (fees) registered. This is based on the FEPTO Treasurer report or the Local Organizing Committee (LOC). 10% of the registration fee for the FEPTO Conference will be delegated to scholarships.

If the applicant does not register within the early bird deadline, FEPTO still provides the scholarship based on the early bird fee; but what remains from the regular fee must be paid by the participant.

A full scholarship represents 2/3 of the early bird registration fee. This amount is covered by FEPTO. The applicant needs to pay the remaining third.

Participants (for FEPTO Conference) coming from countries identified with an*, get half a scholarship, which means that 1/3 of the early bird registration fee is paid by FEPTO and 2/3 by the applicant

How to apply?

The responsibility for granting the scholarships lies with the FEPTO Council. It is a simple procedure, based on the following rule: first come, first served.

- » The applicant – whether (s)he is representing an individual (for FEPTO Conference) has to check the corresponding box on the online registration form.
- » The applicant has to pay the total amount of the registration fee, as the final capacity for scholarship granting is not known before the end of the registration process and depends on the final number of participants.
- » The amount which corresponds to scholarships is refunded to the beneficiaries during the Conference.

The responsibility for granting the scholarships lies with the Chair of the Development and Network Committee and the FEPTO Council. It is a simple procedure, based on the following rule: first come, first served.

We hope this clarifies the scholarship granting process to each and every one of you. If you have any question or need further clarification do not hesitate to contact the Local Organizing Committee.

Written By Fred Dorn (Chair of Development and Network Committee, January 2017)

Updated by Nikos Takis (President of FEPTO, January 2020)

Program

PRELIMINARY PROGRAM OF THE CONFERENCE

FRIDAY

- 14⁰⁰ – 15⁰⁰ Foyer – Registration
- 15⁰⁰ – 17⁰⁰ Opening – workshop presentation and a warm-up in a big group
- 17⁰⁰ – 17³⁰ Coffee break
- 17³⁰ – 18⁴⁵ Lecture of Christoph Hutter
- 19⁰⁰ – ... Common dinner



SATURDAY

- 9⁰⁰ – 9³⁰ Warm-up
- 9³⁰ – 13⁰⁰ Workshops I with 30 min coffee break in the middle
- 13⁰⁰ – 14³⁰ Lunch
- 14³⁰ – 18⁰⁰ Workshops II with 30 min coffee break in the middle
- 20⁰⁰ Banquet (with a band playing) till 2.00 in the morning

SUNDAY

- 9³⁰ – 10⁰⁰ Warm-up
- 10⁰⁰ – 11³⁰ Workshops III
- 11³⁰ – 12⁰⁰ Coffee break
- 12⁰⁰ – 13³⁰ Integration and feedback after workshops
- 13³⁰ – 14³⁰ Closure