

XIII Nordic Family Therapy Congress

Preliminary program

Tuesday, August 27th

15:00 - 18:30 **Registration**

19:00 **Reception party**

Wednesday, August 28th

07:30 - 08:45 **Registration**

09:00 - 09:30 **Opening ceremony**

09:30 - 10:30 Keynote Norway
Can we trust the lighthouse? Anne Øfsti

10:30 - 11:00 Break

11:00 - 11:45 Keynote Finland
The Sámi people, Heidi Eriksen

11:45 - 12:00 Break

12:00 - 12:45 **Workshops and presentations**

12:45 - 14:00 Lunch

14:00 - 14:30 **Workshops and presentations**

14:45 - 15:30 **Subplenaries**

- **The art of therapy.** Carina Håkansson, Sweden
- **How to meet diversity in a dialogical way?** Eija-Lisa Rautiainen
- **Vita - Being and being aware.** Rikke Horsgaard and Rolf Sundet, Denmark and Norway
- **Being parents - Besieged by Experts,** Per Lorentzen, Norway
- **Integrating the unborn child; nurturing attachment,** Soffia Bæringsdóttir, Iceland

15:30 - 16:00 Break - Posters

16:00 - 16:40 **Workshops and presentations**

16:50 - 17:30 **Workshops and presentations**

18:00 - 21:00 **Bluescruise - See social program**

Thursday, August 29th

07:30 - 08:30 **TOY (Trauma oriented Yoga)**

09:00 - 09:20 **Welcome**

09:20 - 10:20 Keynote Norway
Us Poor People, Anna-Sabina Soggiu

10:20 - 10:45 Break

10:45 - 11:45 Keynote Sweden
The World Awakens: The Place of Emotions in Human Life, Fredrik Svenaeus

11:45 - 12:00 Break

12:00 - 13:00 **Workshops**

13:00 - 14:30 Lunch

14:30 - 15:30 **Subplenaries**

- **From symptoms and stuckness to mutual learning and vitality,** Jørn Nielsen, Denmark
- **Adverse Childhood Experiences and Resilience as the Foundation for Collaborative Services: A Dialogue between Practical Work, Development, and Research,** Mika Niemela, Finland
- **Stepfamily, second class or just different? New maps for new terrain.** Bente Barstad, Søren Marcussen, Glenn Ringdal, Norway and Denmark
- **Multisystemic support for families with adolescents showing deviant and criminal behavior,** Nehrin Ganno, Sweden

15:30 - 16:15 Break – Speakers corner

16:15 - 16:55 **Workshops and presentations**

17:05 - 17:45 **Workshops and presentations**

19:00 **Congress dinner**

Friday, August 30th

08:00 - 09:00 **TOY (Trauma oriented yoga)**

09:30 - 10:15 **Workshops and presentations**

10:15 - 11:00 **Workshops and presentations**

11:00 - 11:30 Break

11:30 - 12:30 Keynote Denmark
Concept of “Dialogue Coffee”, Özlem Cekic

12:30 - 13:15 Lunch

13:15 - 13:30 **Entertainment**

13:30 - 14:30 Keynote Norway
Relationships, identity and existence, Per-Einar Binder

14:30 - 14:45 **Closing the Congress**

About TOY (Trauma oriented yoga)

Anette Holmgren leads in a research-based trauma treatment method developed in collaboration between David Emerson, Bessel A. Van der Kolk and the Boston trauma center. The program takes 1 hour and everyone can join- it requires no yoga experience. We will do simple exercises sitting on a chair and standing, sitting or lying on the floor. The method has been developed for people living with PTSD and complex PTSD, and it does not use external touch. Anette has worked with trauma as a narrative therapist for over 25 years, and is excited about the possibilities of this method - especially where language cannot yet describe what the body has experienced.