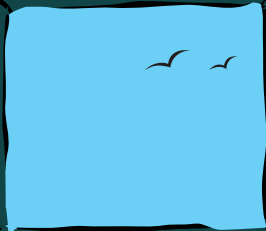


W O R K I N G W I T H

ANXIETY

F R O M S Y M P T O M T O S E L F



10th Conference

of the World Association for Person Centered
and Experiential Psychotherapy and Counseling

July 8 - 12, 2012

Antwerp, Belgium

WORKING WITH

ANXIETY

FROM SYMPTOM TO SELF

Local Organizing Committee:

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Anxiety is a central phenomenon in human existence. A healthy form of anxiety has a positive and stimulating impact on personal growth, while a sickening form of it can have a hindering or blocking impact on psychological development and self-actualization. The blockages may manifest themselves in diverse domains of human functioning: the self (incongruence between self-concept and organismic valuing), the experiencing process and emotional processing, interpersonal relationships and existential issues.

Anxiety is part of the experiencing of most, if not all, clients in therapy. As therapists we sometimes meet **anxiety** in our clients as a healthy emotion, but most of the time as an obstruction to change in the diverse problems clients are wrestling with. Clients' process-blocking ways of relating to anxiety may refer to being overwhelmed by it as well as to avoiding it.

The different manifestations of anxiety or anxiety-avoidance call for different ways of responding to them, dependent on the specific process difficulties involved.

We invite our clinicians to make a contribution to the conference, inspired by their specific therapeutic practice, whatever their setting is, their socio-cultural context, the type of clients they are working with and their theoretical point of view.

We equally invite all researchers, theoreticians, trainers and supervisors to involve themselves in depth in the conference topic and to present at the conference their findings and new insights relating to **anxiety**.

We hope to foster an exciting exchange of ideas.

[for a more extended description of the conference theme, see the WAPCEPC website (www.pce-world.org)

info: PCE2012@vvcepc.be

of course, contributions not related to the conference theme, are equally welcome!

In collaboration with

Vlaamse Vereniging voor Cliëntgericht-Experiëntiële Psychotherapie en Counseling,

Universiteit Antwerpen, Katholieke Universiteit Leuven, Faculteit voor Mens en Samenleving

