



9th World Congress for Psychotherapy

June 26 – 29th, 2020, Moscow



01

The World Congress of 2020 will be held in the Russian Federation according to the decision of the World Council for Psychotherapy, which kindly entrusted the organization of the largest professional event in the world to the Professional Psychotherapeutic League of Russia and its partners.

02

The Congress is organized as **a festival of psychotherapy – PSYFEST.**

03

The Congress will be filled with various interactive events: during the Congress not only lectures and presentations at keynote and panel sessions will be given, but also large therapeutic and supervision groups, trainings of personality development and professional effectiveness, workshops, discussions and round tables will be held. We are going to have a meeting with the true leaders of our profession who come from the majority of countries of the world.

04

Within the framework of the IX World Congress, a **Precongress, Congress and a Postcongress** will be held: their platforms will unfold the **TRAINING BALINT MARAPHON.**

The **BALINT MARAPHON** opens with:

International Balint Conference in Moscow (Precongress – June 24-25th, 2020).

The information about the Balint conference: [*see the website of the IX World Congress*](#)

Presentation of the Balint group work “Balint group as a form of working through interpersonal relationships” (Congress, Moscow, June 27th 2020, 10:00-12:30)

Master-class on Balint group work (Congress, Moscow, June 27th 2020, 13:00-15:30)

The **BALINT MARAPHON** closes with:

The International Balint Symposium at Lake Baikal (Postcongress June 29th – July 5th, 2020) – **3 working days and 3 sightseeing days.** The information about the Balint Symposium

“Implementation of Balint work in the medical and psychotherapeutic practice” is presented below.

Information about all the events of the IX World Congress –

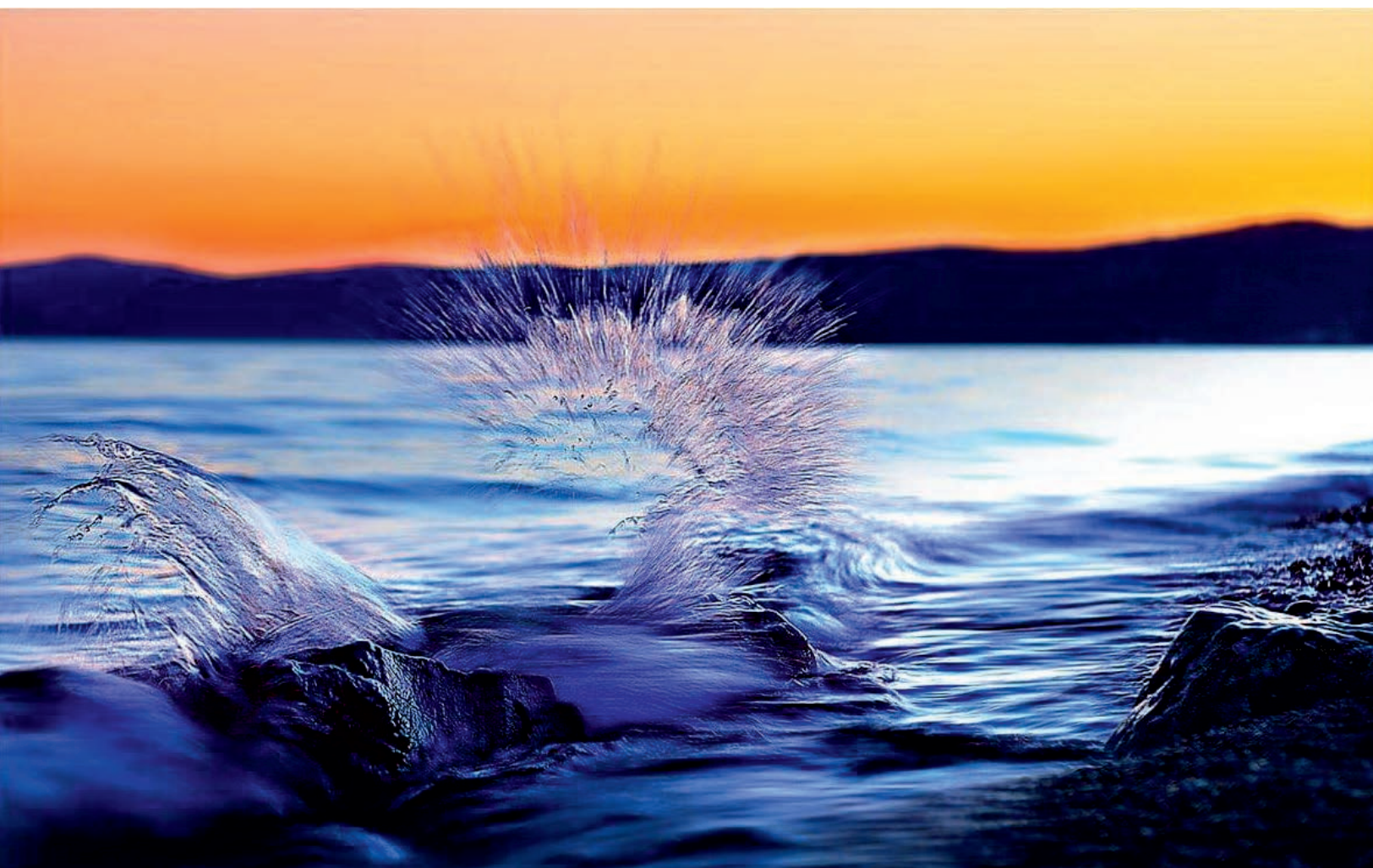
<https://en.planetofpsychotherapy.com/>



THE INTERNATIONAL BALINT SYMPOSIUM

June 29th – July 5th 2020

«IMPLEMENTATION OF BALINT WORK IN THE MEDICAL AND PSYCHOTHERAPEUTIC PRACTICE»



is held at the shore
of Lake Baikal,
in the Baikal National Park



PROGRAMME OF THE INTERNATIONAL BALINT SYMPOSIUM

«Implementation of Balint work in the medical and psychotherapeutic practice»

The working languages of the symposium: English, Russian, German

Wednesday, July 1st

- 9.00 – 9.30 Opening of the Symposium. Greeting.
- 9.30 – 10.00 Plenary session. Keynote Address.
- 10.00 – 10.15 Break
- 10.15 – 11.45 Large Group-Demonstration/Fishbowl Group I
- 11.45 – 12.15 Coffee
- 12.15 – 13.45 Balint Groups I
- 13.45 – 15.15 Lunch
- 15.15 – 16.45 Balint Groups II
- 16.45 – 17.00 Break
- 17.00 – 18.30 Balint Groups III
- 19.00 – 20.00 Concert of Folk Dance Ensemble.
- 20.00 Dinner at the restaurant. Balint's Ball.

Thursday, July 2nd

- 9.00 – 10.15 Plenary session: (9.00–9.30–Report, 9.30–10.00–Report, 10.00–10.15 – Discussion)
- 10.30 – 12.00 Balint Groups IV
- 12.00 – 12.30 Coffee
- 12.30 – 14.00 Balint Groups V
- 14.00 – 15.30 Lunch
- 15.30 – 17.00 Large Group-Demonstration/Fishbowl Group II (with imagination)
- 17.00 – 17.30 Coffee
- 17.30 – 19.00 Round table "The effectiveness of Balint work in medical and psychotherapeutic practice"

Moderators:

- 20.00 Dinner with a glass of wine. Bonfire song evening

Friday, July 3rd

- 9.00 – 10.30 Balint Groups VI
- 10.45 – 12.15 Large Group-Demonstration III/ Fishbowl Group III
- 12.15 – 12.30 Break
- 12.30 – 13.30 Round table "Personal and Supervision Aspects of the Balint Group"

Moderators:

- 13.30 – 14.00 Plenary Session – End of Symposium

Sightseeing program

“THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL”

will take place on **June, 29-30th** and **July, 3-4th** 2020.

Sunday, July 5th

- 7.00 – Breakfast. Departure to Irkutsk.
- 13.00 – Flight Irkutsk – Moscow
- 14.15 (Moscow time) - arriving in Moscow at Sheremetyevo Airport.
- Next - fly home.



THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL

The honoured Chairman of the Symposium



Victor MAKAROV – President of the IX World Congress MD, doctor of medical sciences is the President of the All-Russian Professional Psychotherapeutic League and the National Self-Regulating Organization «Union of Psychotherapists and Psychologists», President elect of the Asian Federation of Psychotherapy, Vice-President of the World Council for Psychotherapy and Head of the Department of Psychotherapy and Sexology of the Russian Medical Academy of Continuous Professional Education (Russia, Moscow).

Co-Chairmen of the Symposium



Nikolay KLEPIKOV – PhD in Biological Sciences, Assoc.Prof. of the Moscow Institute of Psychoanalysis, Head of the Committee of the Balint movement of the All-Russian Professional Psychotherapeutic League, President of the Russian Balint Society (Russia, Moscow).



Bohdan WASILEWSKI – MD, doctor of medical sciences, professor, founder and pastpresident of the Polish Balint Society, member of the International Balint Federation, medical director of the Warsaw Institute for Psychosomatics (Poland, Warsaw).



Guido FLATTEN – Priv-Doz. Dr. med. Dr. phil., Chairman of the German Balint Society, Head of the Euregio Institute for Psychosomatics and Psychotraumatology (Germany, Aachen).



ORGANISATIONAL COMMITTEE OF THE INTERNATIONAL BALINT SYMPOSIUM



Chairman of the Symposium organizational committee
Head of the East-Siberian branch of the All-Russian Professional Psychotherapeutic League
Irina VIZANTIYSKAYA
(Russia, Irkutsk)



Regional representative of the Balint Movement Committee of the All-Russian Professional Psychotherapeutic League in the Far East
Victoria BAZAROVA
(Russia, Vladivostok)



Head of the Balint Movement Committee of the All-Russian Professional Psychotherapeutic League
Candidate of biological sciences, senior lecturer
Nikolay KLEPIKOV
(Russia, Moscow)



Regional representative of the Balint Movement Committee of the All-Russian Professional Psychotherapeutic League in the South of Russia
Nikolay ESHTOKIN
(Russia, Rostov-on-Don)



Past-President and founder of the Polish Balint Society
Doctor of medical sciences, Professor
Bohdan WASILEWSKI
(Poland, Warsaw)



Secretary of the Balint Movement Committee of the All-Russian Professional Psychotherapeutic League
Elena IVANOVA
(Russia, Moscow)



Vice-President of the Balint Association (Russia)
Candidate of medical sciences
Natalia ANDRUSHCHENKO
(Russia, St.Petersburg)



Vice-president of the Russian Balint Society
Tatiana TISHKOVA
(Russia, Moscow)



THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL SIGHTSEEING PROGRAMME OF THE SYMPOSIUM



In total, 336 rivers flow into Lake Baikal, and only one streams out of it — the Angara river. Flora and fauna of the lake are very diverse and unique — Baikal is home to thousands of species of plants and animals, many of which exist nowhere else in the world. Thanks to rich oxygen concentration in its waters, Lake Baikal hosts more than 2600 species of living organisms, most of which are endemic. More than 58 species of fish live in its waters, such as omul, Baikal black grayling, whitefish, taimen, Baikal sturgeon, lenok, Baikal oilfish live in the Lake Baikal basin. Baikal coast is home to more than 2000 species of plants, and about 2000 species of birds. It is a habitat of a unique marine mammal — the Baikal seal, or nerpa. In the mountainous part of the Baikal region the smallest deer in the world can be found — Siberian musk deer, or kabarga.

Lake Baikal is one of the most beautiful and picturesque places on the planet. It is the most ancient lake on our planet, aged between 25 and 35 millions of years! Baikal is the world's largest reservoir of fresh water, containing 22% of all fresh and clean water of our planet. Also, Baikal is the deepest lake in the world. The lake was declared a UNESCO World Heritage Site in 1996.





The Lake Baikal is unique: it is a genuine treasure given to us by nature. Surely, its major preciousness is the Baikal water. Since ancient times it has been known for its ability to cure diseases. The lake water is slightly mineralized and its transparency in spring reaches almost 40 meters!

Baikal is not just a lake; it is a unique source of the purest and healthy water! It is second to none in the world!

The participants of The International Balint Symposium will get acquainted with traditions and rituals of indigenous Baikal people — tea ceremonies at open fire, native rites, and visits to places of power. The Balint Symposium is held in a tremendously beautiful place of the region — at the Small Sea of Baikal in the recreational compound «Fregat»:

- Comfortable cottages and a modern hotel, built of Angarsk pine, with Baikal lake view from any room, 50 meters from the lakeshore!
- Stunning location: picturesque bay on the slope of the Baikal mountains, surrounded by relict larches of Pribaikal national park, and beach of Kurkutny Bay, the warmest bay of Baikal!

Breathe the healing air of Lake Baikal with us, feel the power, the strength and the energy of this place!

The legendary Baikal is a must-see local for every inhabitant of our huge planet!





THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL

The sightseeing programme of the Symposium starts with:

June 28th

We fly from **Moscow to Baikal** by Aeroflot flight from Sheremetievo airport. Departure from Moscow at 21:25, arrival to Irkutsk at 08:10 (the next morning, on June 29). Flight duration – 6 hours.

June 29th

Transfer to “Mayak” hotel (4*) at the shore of Lake Baikal in the Listvyanka village. **Listvyanka is the landmark of Baikal** as namely from there begins the journey into the amazing nature world of the Baikal





THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL



On the way to the hotel we will make an excursion to **the Architectural-ethnographic museum “Taltsy”** – a unique collection of monuments of the history, architecture and ethnography of the XVII-XX centuries – where we will get to know the material and spiritual culture of the indigenous people of the Baikal Region – Buryat, Evenki, Tof and Russian people. We will visit the working shops of folk craft.

We'll taste the authentic Siberian cuisine. The duration of excursion – 3 hours. By the lunchtime we arrive to the hotel, have some rest and get to know Listvyanka.

June 30th

After breakfast **departure to the symposium location – recreational compound “Fregat”** – on a comfortable bus.. Check-in at the cottages, lunch. Small rest. Meal service is provided by the restaurant “Fregat” of the recreational compound, offering set meals (lunch and dinner) as well as a variety of fish courses, traditional Buryat buuz and other authentic dishes and local delicacies. If you seek for money-saving options, you can choose the recreational compound “Olympus”, which is located 900 meters from “Fregat”.

July 1st

Working day of The INTERNATIONAL BALINT SYMPOSIUM

July 2nd

Working day of The INTERNATIONAL BALINT SYMPOSIUM



THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL

July 3d

Continuation of the symposium and **The Sea Cruise to the islands of the Small Sea**. This cruise is designed for the connoisseurs of sea adventures, as here you will visit the island of Ogoi, which since long ago has been known as one of the power places of Baikal. There has never lived a person, thus it is a “pure land”, free from negative deeds. At the Ogoi the Buddhist Stupa of Enlightenment has been erected. It is intended for the dilution of all negative obstacles in the world, fosters prosperity and the fulfilment of the inmost wishes. For them to come true one needs to go through a ceremony of enlightenment around the stupa.



During the cruise you will also visit the island of silvery seagulls – Oltrek, go into the Kurmin grotts and walk along the Olkhon shore. The cruise duration – 5 hours.



THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL

Excursion to the Olkhon island – the pearl of Baikal. Olkhon is the largest island in the heart of Baikal. It's a picturesque and sacral place. The island is located practically in the center of Lake Baikal by the depth mark of 1642 meters. Almost all year round the weather is fine here, ideally suitable for walks. Here the center of Buryat and Asian shamanism is located. Olkhon is recognised as a historical and cultural center of the Baikal Region.

July 4th



We will visit the most sacral, wonderful places, such as cape Burkhan – the acknowledged place of power, the attractor of Siberian shamanism, one of the nine Asian relics. Duration of excursion – 12 hours. Lunch is included.

July 5th

Closing of the Symposium. Departure. Those flying to Moscow, leave «Fregat” resort at 07:00 in the morning. Flight from Irkutsk at 13:00, arrival in Moscow, Sheremetievo airport at 14:15 (Moscow time).

The Balint Symposium at Baikal will bring you the joy of a meeting with friends!

It is a great holiday for body and mind at the shore of the legendary lake!

Balint group – is the best way to improve one's mental ecology, gain inner strength, obtain a powerful source for one's inner self!

We are waiting to meet you in the very heart of Siberia!



THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL ADDITIONAL SIGHTSEEING PROGRAMME

From July 6th to 9th, 2020

If so desired, the participants of the International Balint symposium may take part in this programme and see the Baikal region up close.



July 6th

12:00 – the participants of The Additional Sightseeing Programme will depart on a **Journey to the local places of power, which are located in the Tunkinskaya valley.**



THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL

July 7th

Tunkinsky national park is probably the most unique and intriguing place in the Baikal region, strongly associated with multiple legendry of the Buryat folk. Many centuries ago the infamous Khagan of the Mongol Empire, Genghis Khan, marched with his vast hordes of troops there along the Irkut river bank.

Tunkinsky national park is rich with numerous sacred places, some of which are thousands years old, miraculous hot mineral springs, grassland meadows. Majestic peaks of the Eastern Sayan mountains surround Tunkinskaya valley on the one side, wooden slopes of Hamar-Dabana mountains – surround it on the other side, creating unique climate and pure air. The mountains stunningly frame the lowland with their high golets rising dramatically above green meadows to an altitude of 2500 meters.



The Tunkinskaya valley lies from the southern extremity of the Lake Baikal and is connected with Irkutsk by a decent asphalt road. We will have a night stopover in the mountain village of Arshan. The journey to sacred places, silent volcanoes, bathing in hot springs, treks to waterfalls, shamanic places and Buddhist shrines will provide a feeling of incomparable unity with the strong and astonishing nature.



THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL

July 7th

**From the Tunkinsky national park we will continue to the east.
We will take a train to a town of Slyudyanka on July 7th, 2020 in the evening.**

Enjoying with socializing and passing-by landscapes of Baikal, we will ride the train for 5 hours. We will visit the capital of Buryatia, Ulan-Ude, discover Buddhist relics and learn national rites. We will also see the Ivolginsky Datsan, a modern center of Buddhism in Russia. Ivolginsky Datsan is also known as the “Monastery of the Wheel of Teaching”, which gives joy and bliss to its visitors.



This Buddhist monastery complex is located in the Burya prairies near the village of Verkhnyaya Ivolga. Ivolginsky Datsan includes ten temples with original architecture, 5 stupas – suburgans, university, greenhouse of the sacred Bodhi tree, enclosures with roes, houses of lamas. Ivolginsky Datsan is the very place where the immortal body of the famous Lama Itigelov is kept.

July 8th

The following day we will visit the old village where we'll get acquainted with the unique culture and traditions of the Old Believers (Siberian Orthodox) of Transbaikalia.





THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL

Souvenirs which you can take back with you as a memory of the hospitable Baikal (please, check the import permissions in your country in advance):

- 1 Jewelry from the local gems — lapis lazuli, charoite, seraphinite, nephrite.
- 2 Products made of bone and of silver, crafted by talented masters of Buryatia.
- 3 Fish delicacies: grayling, whitefish, taimen, halibut.
- 4 National clothes of leather, felt, fur.
- 5 Authentic amulets, souvenirs from Buryat craftsmen.
- 6 Pine nuts, candies and other pine nut treats.

In the Tunkinskaya valley you can visit the “Mongolian Market” and purchase warm garments from the wool of sheep, yak, camel, which will warm you through most severe weather conditions. You will be able to purchase unique medicinal herbs that grow only on the slopes of the Eastern Sayans: sagan-dayilya, mother-of-thyme, wild rosemary and many others. Tea with the aroma of these herbs will remind you about this fantastic journey in the Baikal region for a very long time. Participants can choose excursions they want or to participate in the whole excursion marathon.

After visiting these places, you will keep the greatness, power and beauty of Baikal in your heart forever.

June 29th–
July 5th

**The International Balint Symposium
(3 working days and 3 Sightseeing days)**

July 6th –
July 9th

The Additional Sightseeing Programme



THE PATH OF BALINT – TO THE POWER PLACE OF BAIKAL

Additional information and receipt of applications for taking part in the International Balint symposium at Lake Baikal:



Chairman of the Balint Movement Committee
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