



PCE2022 | 4-8 JULY main
COPENHAGEN | 2-3 JULY pre

Conference Theme

“How can I be of help?”

(Carl Rogers)

Formulating and facilitating change together

The theme of the 15th PCE conference aims at addressing the core of our endeavour as therapists and clients (individual, couples, family, ect.) that Carl Rogers asked him self in “Becoming a Person” from 1961: “How can I be of help?”

This simple question that Rogers asked him self and us is worth revisiting and explore what answers we find today. Carl Rogers came to this hypothesis: “If I can provide a certain type of relationship, the other person will discover within himself the capacity to use that relationship for growth, and change and personal development will occur.” What hypothesis can we formulate today? Is this hypothesis still accurate? Or has the research and practice since 1954 given rise to changes, precisions or additions to this hypothesis?

With the theme “How can I be of help” we want to focus on how and why we do therapy. We invite the different tribes of the person centered and experiential community to formulate the ways you can be of help. We hope for exchange, inspiration and discussion of this fundamental question. We also like to invite colleagues from other theoretical orientations, who are willing to learn from the PCE perspective to join us in this investigation. “How can I be of help?” is a fundamental question that we think has interest for not just the PCE-tribes but broadly in the psychotherapeutic world.

We like this conference also to address the practical clinical question of “how”. We would like the participants of the conference to bring home inspiration and learnings on practical applicable ways of being helpful with clients that is grounded in the PCE theories and values.

“How can I be of Help?” both implies there is a “problem” and ways to be helpful with the problem. We like also the conference to focus both on how therapist and client understand, formulate and describe the “problems” AND how the therapists can be of help to clients in relation to the “problem” AND how therapists and clients can do this collaboratively.

With the subtitle of the conference: “Formulations and facilitating change together”, we invite practitioners and researchers to have a closer look at the relationship between the understanding or formulations (case formulations) of the clients situation, problems or distress, and the facilitation of change processes, that has an influence on the clients distress for the better.

Can we together with the clients build psychological formulations that captures the clients problems in a person centered way, that honours the clients experience (internal frame of reference) and at the same time is coherent with PCE theory, and can be an alternative for clients and therapist to psychiatric diagnosis?

We like the conference to have a strong research focus by bringing forth research results investigating the conference theme. We like to bring researchers and practitioners together for fruitful discussions, inspiration and future collaboration in researcher-practitioner-networks (PRN).

We hope that by exploring our formulations and ways of facilitating in relation to both changes in clients problems and in relation to client growth, we all will get some exciting and useful answers to the question:

How can I be of help?

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