

30 Years of training coaches, counsellors and supervisors for individuals, families, organisations, teams and managers.

International conference

COUNSELLING IN TURBULENT TIMES

How to live, interact, compete, overcome conflicts, be different, lead, cooperate and be yourself in turbulent times such as these.

Lectures, workshops, impulses, experiences, research.

Date: 1-2 September 2023

Venue: UPNA - El Sario. C/El Sadar s/n
Campus de Arrosadía. 31006 Pamplona/Iruña (Spain).

Presentation

The “[Asociación Navarra Mitxelena-Gingko](#) (ANM)”, a pioneer in the training of supervisors, coaches and counsellors in Spain, celebrates its 30th anniversary.

Besides counselling people to help them improve the quality of their relationships, overcome conflicts, clarify and manage their functions at work, in the family, in social life, in companies and institutions, the ANM has been offering training courses in organisational development, executive coaching and group and team management. The ANM has also successfully organised personal development courses such as meditation, expression through painting, understanding dreams and body work. The main aim of these courses, directed by the most outstanding experts from Spain, Germany, Switzerland and the Netherlands, has always been the integration of new professional and personal skills and competencies in the participant’s own personality.

In short, 30 years of contributing to the empowerment of people’s personalities, in the humanistic sense, in favor of oneself, of other human beings and of the world we inhabit.

The international conference is organised in close collaboration with the [Faculty of Human, Social and Educational Sciences of the Public University of Navarre](#).

Collaborations:

- [EASC](#) (European Association for Supervision and Coaching)
- [Caixabank](#)
- [Institut für Beratung und Supervision Aachen](#) IBS (Aquisgran)

PROGRAMME

Friday 01.09

- 5:00 p.m. **Welcome address and presentation of the conference:** Ms. M^a Jose Anaut. Vice President of the ANM (Spanish) and Ms. Pilar Ardanaz, permanent member of the ANM (English).
30 Years Training Supervisors and Coaches: Ms. Isabel González and Ms. Merche Pérez de Prado (Co-founders of the ANM). Video.
- 5:30 p.m. **Institutional Greetings.** Ms. Begoña Pérez, Vice Chancellor of University Projection, Culture and Dissemination; Ms. Susanne Rieger, EASC President and NN, representative of IBS Aachen.
- 6:00 p.m. **Lecture:** Counselling in Turbulent Times: challenges, needs and experiences. Answers from the perspective of counselling. **Jesús Hernández Aristu**, PhD.
- 6:30 p.m. **Dialogue with the audience /Break**
- 7:00 p.m.: **WORKSHOPS**
 1. **The identity circle: Diversity and Exclusion-Inclusion. A method for counselling people, teams and groups.**
 - Discovering the traits and characteristics of each person and raising awareness of who we are and who we can become is the function of counselling.
 - **Ms.Şeydâ Buurman-Kutsal**, Trainer, Supervisor, Coach and Counsellor. (The Netherlands) (English/Spanish).
 2. **Counselling to promote peaceful coexistence among people of diverse origin, gender, age and culture.**
 - This is one of the greatest challenges of today's society: managing diversity in all its manifestations and facets. How to approach the management of diversity and its complex manifestations in daily life from the perspective of counselling.
 - **Ms. Estrella Lamadrid Morón**, Head of the Coordination Unit to Combat Violence against Women in the Government Delegation in Navarre, Executive Coach and Expert in the Prevention of Gender Violence. (Spanish/English)
 3. **Family Constellations: a counselling method for family issues.**
 - Analysing one's family history can lead to a better understanding of oneself and help to integrate phenomena and events from previous generations that still have an influence on one's life.
 - **Ms. Concha Dobón**, Psychologist and Expert in Counselling and Systemic Family Therapy ("Centro Laskuriain") (Spanish/English).



4. **Compassion or Help in Counselling?**
 - Counselling from a person-centered approach affects both the client and the counsellor him/herself. A compassionate or a complementary encounter?
 - **Ms. Amina Eperjesi**, Coach and Supervisor. EASC, PCC, ITCA. (Hungary). (English/Spanish).
5. **Executive Coaching and Mentoring as tools for organisational development.**
 - In organisations we need conversations that facilitate self-knowledge, autonomy and empowerment in the decision-making of the managers and employees. Through structured coaching and mentoring conversations we can facilitate big changes that positively impact on performance and leadership.
 - **Mr. Juan Biurrun**, Psychologist and Coach. Founding partner of Talentix. (Spanish/English).
6. **Fears and Resources of the Counsellor in complex counselling processes within an organisational context.**
 - The expectations and pressures the counsellor is exposed to when counselling organisations and how to relieve this stress. Relationship between biographical experiences of the coach and available models and resources to boost effectiveness in counselling.
 - **Mr. Michael Teichert**, Organizational Supervisor and Consultant. Former Managing Director of the Institute for Counselling and Supervision (IBS) in Aachen. Since 1994 Team Member of the ANM. (German/Spanish)
7. **Psychodrama as a method of individual and group counselling.**
 - Listening to the different voices inside us and giving them shape (Gestalt) is the object of this workshop. A method that surprises clients and makes them discover various traits and impulses of their personality, which enables them to reinforce and follow those that empower and develop their personality.
 - **Javier Arza**, PhD., Professor at the Dept. of Sociology and Social Work and Vice Dean of the Faculty of Human, Social and Educational Sciences of the Public University of Navarre. **Ms. Yolanda Iraete**, “Centro Geroa” in Bilbao. Clinical psychologist, Psychodramatist, Manager of Psychosocial and Cooperation Projects for Development in various countries. (Spanish/English).
8. **Counselling in a Foreign Language: difficulties, options and limits.**
 - Elements of a research on counselling experiences in a foreign language. Issues to be taken into account in research in the field of interculturality: migrant groups, business, stays abroad, etc.
 - **Ms. Sirkka Kloepper-Mauermann**, PhD., Psychologist, Supervisor and Coach. Stays in France, Latin America and Norway. Studies in Romance and Scandinavian languages. 2022 Award of the German Association for Supervision and Coaching for her research on counselling in a foreign language. (Spanish/ English).

- 9:00 p.m. **End.**

Saturday 2.09.

- 9:00 a.m. to 11:00 a.m. **WORKSHOPS** (The same as the day before and in the same classrooms but with other participants).
- 11:00 a.m. **Break**
- 11:30 a.m. **Conference Closure.**
 - **Short feedback on the workshops** (5 min. per workshop)
 - **Lecture.** Towards recognized and quality training in Social Counselling in Europe. Obstacles and perspectives. Ms. **Susanne Rieger**. EASC President.
 - **Manifesto of the Assembly** in favor of quality and recognized training, addressed to the Parliament and the European Commission.
 - **Presentation of the certificates of the 15th training course in Counselling, Supervision and Coaching of groups, teams and executives.**
 - Susanne Rieger, President of EASC-Berlin
 - Jesús Hernández Aristu, President of the ANM.
 - Closure: Inés Gabari, PhD., Professor and Dean of the Faculty of Human, Social and Educational Sciences of the Public University of Navarre.
- 1:30 p.m. **Appetizers and drinks** in the Sario bar, offered by the ANM to celebrate its 30th anniversary.
- 4:00 p.m. **Bus departure to the Party** in the gardens of the family Hernández-Van Waes in Larraya (15 km from Pamplona) to celebrate the 30th anniversary of the ANM.

Please, confirm your participation on the registration form.

- 11:00 p.m. **Return bus to Pamplona.**

Notes

- The programme might be subject to some changes.
- The Faculty issues a Certificate of Attendance to whoever requests it.

Workshops

- Each participant can attend two workshops, one on Friday night and another one on Saturday morning. Each participant should mark the chosen workshops on the registration form.
- If necessary, the organization might reorganise the groups depending on the number of registrations in each workshop.
- There will be translation in all the workshops: from English or German to Spanish and the other way round.

Registration

- Number of places is limited.
- Registration is effective on receipt of the registration fee.
- The registration fee includes coffee breaks, materials, appetizers and drinks at the end of the event.

Registration fee: 95 € until 31 July, after this date: 120 €

Unemployed and students: 55€

Account number

IBAN: ES91 2100 5199 5702 0023 3450

SWIFT/BIC; CAIXESBBXXX

Registration: <https://forms.gle/XbBT3QnMbdGZSx7F7>

More information: <https://mitxelena-gingko.com/>

Accommodation: <https://servicioscampus.unavarra.es/clasificados/index.php?page=search&sCategory=106>