



Centro di Terapia Strategica

RESEARCH, TRAINING & PSYCHOTHERAPY INSTITUTE

1st Russian Congress of Brief Strategic Therapy

May 30–31, 2026

Program

Saturday, May 30, 2026

09:15–09:30 Participant registration

09:30–10:30

Elena Pervysheva, Olga Igichina, and Pavel Sinita

Opening Ceremony – Twenty Years of Strategic Brief Therapy in Russia

10:30–11:00

Giorgio Nardone

Lectio magistralis – The modern evolution of Strategic Brief Therapy: effectiveness and efficiency

11:00–12:00

Elisa Balbi

Obsessions and paranoia: advanced treatment

12:00–12:30 Coffee break

12:30–13:15

Stefano Bartoli

Advanced therapeutic communication

13:15–14:15 Lunch break

14:15–15:15

Roberta Milanese

Corrective emotional experiences: how Strategic Brief Therapy works with emotions

15:15–16:30

Final discussion session

Elena Pervysheva, Olga Igichina, and Pavel Sinita

The future of Strategic Brief Therapy in Russia

Sunday, May 31, 2026

09:30–10:00 Participant registration

10:00–11:00

Simona Milanese

Panic disorder: advanced treatment

11:00–12:30

Panel session

Elena Pervysheva, Olga Igichina, and Pavel Sinitsa, Jeff Jackson, Diego García Ramos, Gianluca Castelnovo

Research on research: the Strategic Therapy model and its scientific validation

12:30–13:45 Lunch break

13:45–15:15

Elisa Valteroni

Eating disorders: anorexia, binge eating, vomiting, and their advanced treatment

15:15–16:30

Giorgio Nardone

Obsessive-compulsive disorder (with demonstration)

16:30–17:00

Closing Ceremony

Elena Pervysheva, Olga Igichina, and Pavel Sinitsa

For information and registration: epervysheva@gmail.com