

# CURRICULUM VITAE

Assist. GREGOR ŽVELC, Clinical Psychologist, Certified Transactional Analyst,  
Provisional Teaching and Supervising Transactional Analyst (PTSTA)

## ADDRESS:

INSTITUTE FOR INTEGRATIVE PSYCHOTHERAPY  
AND COUNSELING, LJUBLJANA A  
GREGOR ŽVELC  
STEGNE 7  
1000 LJUBLJANA  
SLOVENIA  
EUROPE

**PHONE/FAX:** 386 (0) 1 511 10 29  
386 (0) 41 903 974

**E-MAIL:** gregor.zvelc@guest.arnes.si

## HOME PAGE:

Adult relatedness homepage: <http://gregorzvelc.tripod.com/adult-relatedness/>  
Institute IPSA: [www.institut-ipsa.si](http://www.institut-ipsa.si)

**DATE OF BIRTH:** 19.6.1974, Ljubljana

## DEGREES, DIPLOMAS AND SPECIALITY QUALIFICATIONS

- Gymnasium Kranj (1993)
- Diplom. Psychologist (1998) University of Ljubljana, Department for Psychology
- Certified Transactional Analyst (2002) European Association for Transactional Analysis
- Specialist of Clinical Psychology (2003) University of Ljubljana, Medical Faculty
- PhD student of clinical psychology (from 2002) University of Ljubljana, Department for Psychology
- Provisional Teaching and Supervising Transactional Analyst (2004) European Association for Transactional Analysis

## MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS:

- European Association for Integrative Psychotherapy-EAIP (Slovenian representative, Chair of Ethics, representative of Institute IPSA – provisional member)
- European Association for Transactional Analysis (EATA)
- International Transactional Analysis Association - Clinical Member (ITAA)
- Slovenian Association for Transactional Analysis (SLOTA)
- International Integrative Psychotherapy Association - IIPA (founding member)
- Society for the Exploration of Psychotherapy Integration (SEPI)
- Slovenian Psychological Association
- Slovenian Association for Psychotherapy

## **NATURE OF PRACTICE TO DATE**

- Psychiatric Clinic Begunje (from 1998)  
Job tasks: individual and group psychotherapy, psychodiagnostics
- Assistant of Clinical Psychology (from 2003): University of Ljubljana, Department for Psychology (part time)  
Job tasks: teaching students of clinical psychology (exercises and practicum), research
- Director of the Institute of Integrative Psychotherapy and Counselling, Ljubljana (from 2004)  
Job tasks: individual and group psychotherapy, devising and leading training programmes in transactional analytic psychotherapy and integrative psychotherapy, organisation and leading the Institute

## **TRAINING IN CLINICAL PSYCHOLOGY AND GENERAL PSYCHOTHERAPY**

### **SPECIALIST OF CLINICAL PSYCHOLOGY (2003, UNIVERSITY OF LJUBLJANA, MEDICAL FACULTY)**

Training included:

- 3 years of clinical practice (psychotherapy, psychodiagnostics) in different mental health institutions. Working with different client populations: drug addictions, personality disorders, psychosis, eating disorders, anxiety and depressive disorders...
- Regular supervision and mentorship
- 2 Post-diploma studies in psychotherapy and psychopathology (University of Ljubljana, Medicine Faculty)
- Oral examination based on practical work with client

#### **1.1. POST- DIPLOMA STUDY IN PSYCHOTHERAPY (340 hours)**

2000/2001, Medicine Faculty, Ljubljana

Advanced training: 340 hours (includes lectures, discussions, personal therapy - group analysis and supervision)

#### **1.2. POST- DIPLOMA STUDY IN PSYCHOPATHOLOGY**

2001/2002, Medicine Faculty, Ljubljana (379 hours)

**1.3. Basic Training in Rorschach Psychodiagnostics (96 hours).** Trainer: prof. Borut Šali, Clinical Psychologist. Institute for Clinical Psychology, Ljubljana.

#### **1.4. Other workshops:**

- Disturbances of Attention (Slovenian Association for Psychology), 4.12.1998, Ljubljana
- Cybernetics of Psychosocial Help (High School of Social Work, Ljubljana, 28.5.1999.

#### **1.5. Attendance at Bregantovi dnevi (Conference of Slovenian Association for Psychotherapy)**

- 8<sup>th</sup> Bregantovi dnevi, 14.11. – 17.11.2002
- 9<sup>th</sup> Bregantovi dnevi, 21.10. – 24.10.2004

## **TRAINING IN SPECIFIC PSYCHOTHERAPY SCHOOLS**

### **1.0 TRANSACTIONAL ANALYSIS**

#### **1.1. CERTIFIED TRANSACTIONAL ANALYST (PSYCHOTHERAPY FIELD)**

Training according to European Association for Transactional Analysis, compatible with requirements of European Association for Psychotherapy.

Date of final oral examination: 2002, Utrecht (Netherlands)

Main sponsor: Zoran Milivojević, TSTA

Other trainers: Richrad Erskine, TSTA, Mary Cox, TSTA

Five years long training included:

- Regular workshops and seminars
- Personal therapy and experience
- Regular supervision
- Written and oral examination
- Working with clients based on transactional analysis

#### **Attendance at Transactional Analysis Conferences**

24<sup>th</sup> EATA conference, Rome, 15.7.1999 - 18.7.1999 : Transactional Analysis and Multicultural Perspectives in Europe

25<sup>th</sup> EATA conference, Paris, 14.7.2000 - 16.7.2000

27<sup>th</sup> EATA and ITAA conference, Utrecht (2002)

EATA conference, Temisoara, Romania (2004)

#### **1.2. TA 101 INSTRUCTOR (from 25.4.2004)**

Evaluator: Geoff Hopping, TSTA (U.K.)

#### **1.3. PROVISIONAL TEACHING AND SUPERVISING TRANSACTIONAL ANALYST (from 2004)**

Based on requirements of European Association for Transactional Analysis

Date of Training Endorsement Workshop (TEW): 2004 (Temisoara, Romania)

In contract with Geoff Hopping, Teaching and Supervising Transactional Analyst (U.K.)

TEW included:

- Two recommendations of supervisors on the quality of teaching and supervision
- Evaluation based on live teaching and live supervision
- Evaluation of written work on supervision and training

## **2.0 TRAINING IN INTEGRATIVE PSYCHOTHERAPY**

### **INSTITUTE FOR INTEGRATIVE PSYCHOTHERAPY, New York**

Trainer: RICHARD ERSKINE, PhD, TSTA

Workshop: 'Beyond empathy. A therapy of contact-in-relationship.' - A pre-congress workshop of 2<sup>nd</sup> World Congress for Psychotherapy, Vienna, 2.7.1999, 3.7.1999

Three year's training in Integrative Psychotherapy - Lyon, France (2000-2002)

Residential workshop in Integrative Psychotherapy, Kent – Connecticut, U.S.A (11.8.-20.8.2003 - 10 days)

#### **Attendance at conferences in integrative psychotherapy:**

- 1<sup>st</sup> International Integrative Psychotherapy Conference (New York, 2003) - Presenter
- 2<sup>nd</sup> European Association for Integrative Psychotherapy Conference (Paris, 2003)
- 3<sup>rd</sup> European Association for Integrative Psychotherapy Conference (Athens, 2004) - Presenter
- International Integrative Psychotherapy Conference. 'The Pilgrimage of Psychotherapy: The Client-Therapist Relationship' (Presenter) Santiago de Compostela, Spain, 30.6.2005 – 3.7.2005

## **3.0 COGNITIVE-BEHAVIORAL THERAPY**

### **3.1 International Summer School in CBT and Hypnosis:**

'Cognitive-Behavioral Therapy in Anxiety and Dynamic Assessment', 1.8.1997 - 14. 8.1997, Cluj-Napoca, Romania, the leaders of the programme: Mircea Miclea, Ph.D., Miron Ionescu, Ph.D., Irina Holdevici, Ph.D., Dan David, Ph.D. (82 hours)

### **3.2. Professional training in Cognitive-Behavioural Therapy, Ljubljana**

(According to European Association for Behavioural and Cognitive Therapies)

TRAINERS:

Nada Anić, Mr.Sc, Clinical psychologist

Ivanka Bečirević, PhD., Clinical psychologist

Level one: 'Basic theory and techniques' 18.3.- 20.3.1999; 25.3.-27.3.1999 (50 hours)

Level two: 'CBT with clinical disorders' 1. 9.2000 - 1.12.2001 (100 hours), completed with

written exam

Level three: 'Supervision and case presentations' 1.12.2001 - 1.6.2003 (124 hours)

#### **4.0. PSYCHOANALYTIC PSYCHOTHERAPY**

4.1 Group supervision in Developmental Psychoanalytic Psychotherapy (from November 2003) (4 hours a month)

4.2. Personal psychoanalytic therapy with certified Psychoanalyst (International Psychoanalytic Association) (once a week from September 2003, Trieste, Italy)

#### **5.0 EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)**

Trainer: ROGER SOLOMON, EMDR Institute (U.S.A.)

EMDR Level I: Milano 2002 (3 days – 24 hours)

EMDR Level II: Milano 2003 (3 days – 24 hours)

#### **6.0 GESTALT THERAPY**

Workshop: Eating Disorders From the Viewpoint of Gestalt Therapy.

Trainer: Lynda Osborne (Metanoia Institute)

Dates: 1., 2. February, 2003, Ljubljana (16 hours)

Workshop: Working with Borderline Clients From the Viewpoint of Gestalt Therapy.

Trainer: Peter Philippson (Manchester Gestalt Center)

Dates: 22., 23, February, 2003, Ljubljana (16 hours)

#### **7.0 BODY PSYCHOTHERAPY – RADIX**

Trainer: LJILJANA KLISIC', Clinical Psychologist, Radix trainer

Introductory workshop: 1.4.1995, 2.4.1995, 3.4.1995, Slovenia (24 hours)

## **SCIENTIFIC WORK**

### **UNIVERSITY PREŠEREN'S AWARD FOR RESEARCH:**

'Process of separation-individuation and object relations among persons addicted to drugs'  
Mentor: prof. Peter Praper, PhD

### **DEVELOPMENT OF TWO NEW INSTRUMENTS FOR MEASURING INTERPERSONAL RELATIONSHIPS**

#### **TEST OF OBJECT RELATIONS – TOR (Žvelc, 1998b)**

Test of object relations measures 6 dimensions of object relations: Symbiotic Merging, Separation Anxiety, Egocentricity, Narcissism, Fear of Engulfment, Social Isolation

Test is widely used as research methodology in Slovenia (in PhD dissertations, Msc, Diplomas). Test is also translated in English and Spanish and used abroad in research (specially South Africa – University of Pretoria and Panama). Test is useful also for psychotherapy purposes (measuring of effects of psychotherapy on interpersonal relationships).

#### **PICTURE TEST OF SEPARATION AND INDIVIDUATION (PTSI) (Žvelc, & Žvelc, 2000)**

Semi-projective test measures separation from parents and attachment to person outside of the family. Test is widely used as research methodology in Slovenia (in PhD dissertations, Msc, Diplomas). Test is also translated in English and Spanish and used abroad in research (specially South Africa – University of Pretoria and Panama).

## BIBLIOGRAPHY

### ARTICLES IN PROFESSIONAL OR SCIENTIFIC JOURNALS

1. Karpljuk, D., Leštan, S., Karpljuk, K., Karpljuk, M. in Žvelc, G. (1996). Sport and psychoactive substances. *Šport - revija za teoretična in praktična vprašanja športa*, 1, 24-28.
2. Žvelc, G. (1996a). Alkimistični proces psihične preobrazbe I. (Alchemical process of psychic transformation – I). *Panika – Psychological and Nonpsychological Issues Keeping Ahead*, 1, (2), 11-14.
3. Žvelc, G. (1996b). Alkimistični proces psihične preobrazbe II. (Alchemical process of psychic transformation – II). *Panika - Psychological and Nonpsychological Issues Keeping Ahead*, 1, (3), 14-18.
4. Žvelc, G. (1997). Telesna psihoterapija. (Body psychotherapy). *Panika – Psihoterapije – Psychological and Nonpsychological Issues Keeping Ahead*, 2, (3), 52-54.
5. Žvelc, G. (1998a). *The separation-individuation process and object relations among drug addicts*. Research awarded with Slovene's Preseren's award. Ljubljana: University of Ljubljana, Philosophical Faculty, Department for Psychology.
6. Žvelc, G. (1998b). Development of the Test of Object Relations. *Psihološka obzorja. Horizons of Psychology*, vol.7, št.3, 51-67.
7. Žvelc, G. (2000). Značilnosti objektnih odnosov oseb, ki so odvisne od drog. Characteristics of the object relations of drug addicts. *Odvisnosti. Addictions*. 1, (1-2), 21-27.
8. Žvelc, G. & Žvelc, M. (2000). The Picture Test of Separation and Individuation: Preliminary research. *Horizons of Psychology*, 9(2), 33-52.
9. Žvelc, G. (2001). Addiction as an Attempt at Self-Regulation (Contemporary Psychoanalytic Theories of Addiction). *Horizons of Psychology*, 10, 3, 57-74.
10. Žvelc, G. (2002). From Withdrawal to Relational Contact: The Psychotherapy of Self-Destructiveness. *Transactional Analysis Journal*, Vol. 32, Num. 4, 243-255.
11. Žvelc, G. (2004). *Ranljiv in težaven Otrok – primer transakcijsko analitične psihoterapije*. Vulnerable and Tough Child – The case of Transactional Analytic Psychotherapy., Praper, P. (Ed.) Bregantovi dnevi.
12. Žvelc, G. (2004). Group cognitive-behavioral therapy. IN Anić, N., *Behavioral and cognitive therapy*. Society for behavioural and cognitive therapy, Slovenia.

## PRESENTATIONS AT THE CONFERENCES

13. Žvelc, G. (1999). *Characteristics of the interpersonal relatedness among individuals, who are participants in the methadone maintenance program*. Abstract of the paper presented at the first Slovenian conference on addiction, 20-22. May, 1999.
14. Meško, P. A., & Žvelc, G. (2002). *Vsi naši jazi – Osebnost v luči sodobne transakcijske analize. All our selves – Personality in the light of Contemporary Transactional Analysis*. Moderator of Symposium. 4<sup>th</sup> Congress of Slovenian Psychologists, 24.10 – 26.10.2002. (Summaries). Society of Slovenian Psychologists, Ljubljana.
15. Žvelc, G. (2002). *Ego stanja v psihoterapiji. Ego states in Psychotherapy*. 4<sup>th</sup> Congress of Slovenian Psychologists, 24.10 – 26.10.2002. (Published abstract). Society of Slovenian Psychologists, Ljubljana
16. Žvelc, G. (2002). *Integrativni model diadnih odnosov – od objektivnih k subjektivnim odnosom. (Integrative Model of Dyadic Relationships – from Object to Subject Relationships)*. 4<sup>th</sup> Congress of Slovenian Psychologists, 24.10 – 26.10.2002. Psychology, Identity, Europe.(Published abstract). Society of Slovenian Psychologists, Ljubljana.
17. Žvelc, M., & Žvelc, G. (2003). *Picture test of Separation and Individuation: New Instrument for Measuring Family Relationships. (Poster presentation)*. International Conference on Family Therapy. Resisting Abuse. From Shame to Self-Empowerment. 8.5-10.5.2003, Bled, Slovenia. Book of Abstracts.
18. Wadsworth, D., Cuadra Perez, J., Carpenter, W., DiVincenti, A., Gobes, L, Salvador, M., Žvelc, G. (2003). *Ego and Self, Ego states and Self States: A Challenge from the Concept of 'Contact-in-relationship'*. International Conference by International Integrative Psychotherapy Association. 'Integrating Psychotherapy Theories and Clinical Experience: A Quest for Therapeutic Excellence. 24.4.-26.4.2003, New York. Audiocassette: Resourceful Recordings, Inc.
19. Hallet, J., Conlin, D., King, E., Kingan, P., Ohlson, R., & Žvelc, G. (2003). *The Use of EMDR, Mind-Body, and Affective Techniques in Integrative Psychotherapy*. International Conference by International Integrative Psychotherapy Association. 'Integrating Psychotherapy Theories and Clinical Experience: A Quest for Therapeutic Excellence. 24.4.-26.4.2003, New York. Audiocassette: Resourceful Recordings, Inc.
20. Jannetti, A, Watson, S, Dunleavy, M, Hallet, K, Ohlson, R, & Žvelc, G. (2003). *Short-term- Therapy: A Relational Perspective*. International Conference by International Integrative Psychotherapy Association. 'Integrating Psychotherapy Theories and Clinical Experience: A Quest for Therapeutic Excellence. 24.4.-26.4.2003, New York. Audiocassette: Resourceful Recordings, Inc.



21. Cooke, B., Žvelc, G., Georganta, H., Wilkinson, Randolph, M. (2004). *What Makes for Change in Psychotherapy?* European Association for Integrative Psychotherapy. 3rd European Conference. 'Myths & Realities in Integrative Psychotherapy'. 8.10. – 9.10. 2004, Athens, Greece.
22. Cox, M., Redman, V., Žvelc, G., & Burton, T. (2005). *Change in Psychotherapy*. (Panel Discussion). Manchester Institute for Psychotherapy Conference. 'Emotional Literacy in Psychotherapy'. 30.4.2005, University of Manchester, Manchester.
23. Žvelc, G., (2005). *Ego states in Integrative Psychotherapy*. (Workshop). Manchester Institute for Psychotherapy Conference. 'Emotional Literacy in Psychotherapy'. 30.4.2005, University of Manchester, Manchester.
24. Cadot, H., Lourie, J., Stewart, L., Žvelc, G. (2005). *Fundamentals of Integrative Psychotherapy*. (Institute Day). 2nd International Conference by International Integrative Psychotherapy Association. 'The Pilgrimage of Psychotherapy: The Client-Therapist Relationship'. 30.6. –3.7.2005. Santiago de Compostela, Spain.
25. Cooke, B., Cuadra Perez, J., DiVincenti, A., Manuel Martinez, J.M., Salvador, M., Žvelc, G. (Main Presenter) (2005). *Relational Schemas, Ego States and Life Scripts*. (Teoretična prezentacija in diskusija). 2nd International Conference by International Integrative Psychotherapy Association. 'The Pilgrimage of Psychotherapy: The Client-Therapist Relationship'. 30.6. –3.7.2005. Santiago de Compostela, Spain.
26. Cadarso, V., Conlin, D., Hallet, J., Žvelc, G. (2005). *EMDR, Meridian Therapies and a Relational Integrative Psychotherapy*. (Clinical Forum). 2nd International Conference by International Integrative Psychotherapy Association. 'The Pilgrimage of Psychotherapy: The Client-Therapist Relationship'. 30.6. –3.7.2005. Santiago de Compostela, Spain.

#### **OTHER NOT PUBLISHED PRESENTATIONS, WORKSHOPS OR TRAININGS**

27. Žvelc, G. (2002). *Skupinska kognitivno-vedenjska terapija. Group Cognitive-Behavioral Therapy*. Slovenian Psychotherapy Association. Psychiatric Clinic Begunje. Slovenia.
28. Žvelc, G. (2002). *Predstavitev primera klientke s socialno fobijo. Social Fobia – Presentation of the case*. Slovenian Association of Behaviour and Cognitive Therapies. Training – Practicum 1. 19.4.2002, Ljubljana.
29. Žvelc, G. (2002). *Psihoterapija posttravmatske stresne motnje. Treatment of PTSD. Introductory training in Cognitive-Behavioral Therapy*. Psychiatric Clinic Begunje.
30. Žvelc, G. (2003). *Shizoidni proces in samodestruktivnost. Prikaz primera. Schizoid Process and Self-Destructivity*. Presentation of the case. Bregantovi dnevi. Congress of Slovenian Association for Psychotherapy. Portorož, Slovenia.

31. Žvelc, G. (2004). *Transactional Analytic Psychotherapy*. Specialisation in Clinical Psychology Counselling. University of Ljubljana, Department of Psychology. (30 hours of training).
32. Hopping, G. & Žvelc, G. (2004) *TA-101. Introduction to Transactional Analysis*. 24.4.-25.4.2004. Zbilje, Slovenia. (TA-101 supervised by Geoff Hopping, TSTA)
33. Žvelc, G. (from 2004) *Training in Integrative Psychotherapy* (main trainer and programme director). Institute for Integrative Psychotherapy and Counselling, Ljubljana
34. Žvelc, G. (from 2005) *Professional Training in Transactional Analysis* (main trainer and programme director). Institute for Integrative Psychotherapy and Counselling, Ljubljana.