

## **Plamen Panayotov & Boyan Strahilov bio-notes**

### **Plamen**

is a psychiatrist, working as Chief Physician at the Day Clinic of Rousse Mental Health Centre, Bulgaria.

He is Chairman of the Board of Solutions Brief Therapy and Counseling Centre Rousse, a non-governmental non-for-profit organization, running a number of social services for people with mental problems.

He teaches Solution-Focused Brief Therapy at Angel Kanchev Rousse University, and CoLeC (Conversations Led by Clients) at Bucharest University.

As a student of Steve de Shazer and Insoo Kim Berg, he is a fan of doing more with less. Lately, however, he tries to go Zen – doing everything with nothing :).

### **Boyan**

is a clinical and organizational psychologist.

For more than twenty five years he has been engaged in therapy, human resources management, counseling, coaching, and training.

Author and editor of numerous articles and books in the field of solution-focused psychology.

Together with Plamen he develops CoLeC (Conversations Led by Clients) ideas.

When not working, he focuses on travel, mountains, open spaces, fish and water, nature, humor, gatherings with friends, and... his daughter Ema!