

Innhold

Group Schema Therapy was developed by Farrell & Shaw (1994, 2012). The GST model integrates their original group work with Young's individual Schema Therapy (ST)(2003) & the ST outcome research of Arntz (2009).

This master clinician workshop is based upon the presenters' 30 years of working with patients with severe avoidant, compliant surrender and overcompensatory coping modes in a variety of clinical disorders including personality disorders, dissociative disorders and complex trauma. It focuses on interventions for the challenges these clients present and the schema activation and mode triggering, which therapists encounter in working with them. The overall focus will be on experiential interventions to get through or around the Maladaptive Coping Modes, heal the frightened or traumatized Vulnerable Child and diminish the control of the Dysfunctional Critic Modes. Creative adaptations of imagery rescripting and the development of the client's "Good Parent" (part of the Healthy Adult mode) will be presented and demonstrated. Techniques to deal with flashbacks, avoidance, detachment and dissociation will be addressed – both in the session and in plans for clients to use outside of therapy. Case examples of clients who were successfully treated will be presented. The training will incorporate didactic sections, demonstrations by trainers in which the workshop participants play clients, and opportunities for participants to practice these interventions with coaching and feedback. Participants will receive handouts, which they can use to implement workshop interventions in their clinical work.

Praktisk informasjon

Dato

20. september - 23. september 2017

Sted

Gjestehuset Lovisenberg
Lovisenberggaten 15 a
Oslo

Påmelding og pris

Kursavgift: 6 000,- (lunsj ikke inkludert)

Kurset arrangeres av av Norsk Forum for skjemat terapi i samarbeid med Norsk Forening for Kognitiv terapi.

Påmelding gjøres enten på nettsiden til Norsk forening for kognitiv terapi www.kognitiv.no eller

www.psykologbehandling.no

Ved spørsmål eller ytterligere informasjon kan Erlend

Aschehoug kontaktes på erlend@psykologbehandling.no

Frist for påmelding er **20. august 2017**

Godkjenning

Kursmodulene vil bli søkt godkjent som vedlikeholdsaktivitet i spesialistutdanningen av Norsk Psykologforening og som emnekurs i psykiatri til videre- og etterutdanning av Spesialitetskomiteen i allmenntidmedisin og som valgfritt spesialist- og etterutdanningskurs av Spesialitetskomiteen i psykiatri.

Anbefalt litteratur

Farrell, J.M., Reiss, N., & Shaw, I.A. (2014).

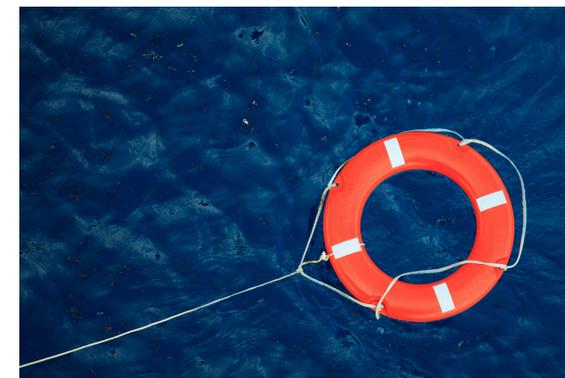
The Schema Therapy Clinician's Guide: A Complete Resource for Building and Delivering Individual, Group and Integrated Schema Mode Treatment Programs. Wiley Blackwell.

DVD Set: Group Schema Therapy: An innovative approach to treating patients with personality disorder, IVAH-Hamburg, 2011.

MASTER CLASS: SCHEMA THERAPY FOR COPING MODES IN GROUP SCHEMA THERAPY



International Society of
Schema Therapy





Ida Shaw, M.A. & Joan Farrell, Ph.D

Joan Farrell, Ph.D. and Ida Shaw, M.A. are both advanced level International Society of Schema Therapy (ISST) Certified Trainer/Supervisors in individual and group Schema Therapy. Ida holds the same in Child and Adolescent Schema Therapy. Together they direct the Indianapolis Centre of Schema Therapy Institute, Midwest
Joan is a licensed Clinical Psychologist, an adjunct professor of clinical psychology, at Purdue University (IUPUI) and was a faculty member of the Indiana University School of medicine (IUSM), in Psychiatry for 25 yrs. She is Research director and Ida is Training Director of the Centre for BPD Treatment and Research of the Indiana University School of Medicine/Midtown CMHC.

Ida's expertise in experiential psychotherapies and her graduate degree in developmental psychology add critical elements to their collaboration. Joan is a member of the ISST Executive Board and the Coordinator for Training and Certification.

Erlend Aschehoug

Erlend Aschehoug is a clinical psychologist in private practice, working with individuals and group in Kongsvinger, Norway. He has advanced level (ISST) Certified Trainer/Supervisor in individual and group Schema Therapy.

The past 2 - 3 years he has conducted several patient groups in group Schema Therapy under the supervision of Ida Shaw.

Agenda onsdag 20. september 2017

09.30 - 10.00: Registrering
10.00 - 17.00: Interventions to get through the Maladaptive Coping Modes: Avoidant Coping Modes

Agenda torsdag 21. september 2017

08.30 - 09.00: Registrering
09.00 - 16.00: Interventions to get through the Maladaptive Coping Modes: Compliant Surrender Modes

Agenda fredag 22. september 2017

08.30 - 09.00: Registrering
09.00 - 16.00: Interventions to get through the Maladaptive Coping Modes: Overcompensatory Coping Modes

Hva er gruppeskjematoterapi?

Group Schema Therapy was developed by Farrell & Shaw (1994, 2012). The GST model integrates their original group work with Young's individual Schema Therapy (ST) (2003) & the ST outcome research of Arntz (2009).

GST strategically uses the therapeutic factors of the group modality to catalyze the work of schema mode change. GST is a unique approach to ST that goes far beyond traditional group therapy models; furthermore, it does not simply incorporate individual ST interventions into a group format, rather, has developed new adaptations of ST interventions for the group modality.

Hvem er kurset for?

This workshop is designed for those who have attended at least basic training in Schema Therapy. Interventions for individual and group ST will be presented based upon the interest of participants.

The Schema Therapy approach, in particular the schema mode model is effective in helping patients presenting with all forms of avoidance, including dissociative disorders, identify the modes operating and employ the user-friendly Schema Therapy concepts as a way to understand and organize their experience. The Mode model is helpful for dissociative patients as it can function as a less chaotic internal system using the mode categories. Healing the Vulnerable Child Mode is at the heart of Schema Therapy. Many interventions are used for this purpose including imagery rescripting in relation to reparenting, trauma reattribution, and decreasing or coping with flashbacks and dissociation. Imagery rescripting will be one focus of the workshop as we have found it to be extremely effective with this group of patients.