

Innhold

Maladaptive coping modes such as Detached Protector or Self-Aggrandizer Mode are the cause of major difficulties in treating patients with various personality disorders. Rigid behavior patterns associated with these modes significantly influence other people's, even therapist's, reactions, often triggering them to behave in ways that reinforce the patient's maladaptive schemas.

Being specifically tailored towards changing maladaptive coping modes, empathic confrontation is a therapeutic intervention in Schema Therapy that is part of limited reparenting and at the same time a mode change strategy in its own right. Empathic confrontation can be defined as the therapist's approach to addressing maladaptive coping modes and associated behaviors, with empathy for how they developed biographically, balanced by confronting these modes and behaviors as needing to change for the patient to have a healthy life. It is a critical and difficult intervention for accomplishing the overall goal of Schema Therapy- to help patients get their adult needs met in a healthy manner – as it points out the negative effects of their currently used unhealthy mode driven behaviors and assists them in learning and using more adaptive behaviors. Empathic confrontation is based on the principle of limited reparenting: the strong connection between therapist and patient, in which the therapist repeatedly shows the patient that he or she has the patient's best interest at heart and has good intentions when confronting maladaptive coping mode behaviors.

After this workshop participants can:

- Participants are able to distinguish maladaptive Coping Modes from other modes.
- Participants can learn about the steps of empathic confrontation for maladaptive Coping Modes.
- Understanding of suicidal ideation and its connection to Coping Modes.
- Development of an awareness towards one's own maladaptive reactions to our patient's Coping Modes.

Praktisk informasjon

Dato

10. februar - 11. februar 2017

Sted

NFKT

Pilestredet 75 c, 4. etg.

Oslo

Påmelding og pris

Kursavgift: 4. 000,- (lunsj er 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 (først gå til utdanningsprogram, deretter se under fagnettverk) eller www.psykologbehandling.no

Frist for påmelding er **15. desember 2016**

Godkjenning

Norsk Psykologforening har godkjent kurset med 16 timer vedlikeholdsaktivitet i spesialistutdanningen.

Kurset vil bli søkt godkjent som valgfritt spesialist- og etterutdanningskurs av Spesialitetskomiteen i psykiatri og allmenntidisin i Norsk Legeforening.

Anbefalt litteratur

Arntz, A. (2012). Schema therapy for cluster C personality disorders. In: M. van Vreeswijk, J. Broersen, & M.M. Nadort (Eds.), *The Wiley-Blackwell handbook of schema therapy, theory, research, and practice* (pp. 397-414). Chichester: Wiley-Blackwell.

Arntz, A. & Genderen, H. van (2009). *Schema therapy for borderline personality disorder*. Chichester: Wiley-Blackwell.

Bamelis, L.L. M., Evers, M.A.A., Spinhoven, P., & Arntz, A. (2014). Results of a multicentered randomized controlled trial on the clinical effectiveness of schema therapy for personality disorders. *American Journal of Psychiatry*, 171, 305-322.

Empatisk konfrontering



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY





Friederike Vogel



Neele Reiss

Neele Reiss, PhD

She is a senior clinical psychologist and psychotherapist at the department of psychology at Goethe University Frankfurt, Germany and in private practice. She is the scientific director of the Institute of Psychotherapy in Mainz (ipsti-mz). Neele Reiss' clinical and research focus is the implementation and evaluation of intensive Schema Therapy programs for patients with Personality Disorders, in which individual and group schema therapies are combined. Another research focus is on specific techniques used in Schema Therapy such as imagery rescripting, chair techniques and empathic confrontation.

Friederike Vogel, MD

She is a senior psychiatrist and psychotherapist at the Vitos Clinic Rheingau, Germany and in private practice. She is the director of training and supervision of the Institute of Psychotherapy in Mainz (ipsti-mz). Friederike Vogel's clinical focus is currently the implementation an intensive Schema Therapy program for patients with Cluster B Personality Disorder and addiction, in which individual and group schema therapies are combined.

Agenda fredag 10. februar 2017

- 09.30 - 10.00: Registrering.
- 10.00 - 10.30: Introduction to Empathic Confrontation in Schema Therapy
- 10.30 - 11.00: Empathic Confrontation for Detached Protector Mode
- 11.00 - 11.30: Demonstration of Empathic Confrontation for Detached Protector Mode
- 11.30 - 12.30: Lunsj
- 12.30 - 14.00: Supervised dyadic exercises of Empathic Confrontation for Detached Protector Mode
- 14.00 - 14.30: The issue of suicidal ideations: Demonstration of Empathic Confrontation for Detached Protector Mode with Suicidal Ideation
- 14.30 - 14.50: Pause
- 14.50 - 16.30: Supervised dyadic exercises of Empathic Confrontation for Detached Protector Mode with Suicidal Ideation
- 16.30 - 17.00: Final Questions & Reflections

Agenda lørdag 11. februar 2017

- 08.30 - 09.00: Registrering.
- 09.00 - 09.30: Empathic Confrontation for Compliant Surrender Mode
- 09.30 - 10.00: Demonstration of Empathic Confrontation for Compliant Surrender Mode
- 10.00 - 11.30: Supervised dyadic exercises of Empathic Confrontation for Compliant Surrender Mode
- 11.30 - 12.30: Lunsj
- 12.30 - 13.00: Empathic Confrontation for Overcompensating Modes (example of Self-Aggrandizer Mode) and Limit Setting
- 13.00 - 13.30: Demonstration of Empathic Confrontation and Limit Setting for Self-Aggrandizer Mode
- 13.30 - 13.50: Pause
- 13.50 - 15.30: Supervised dyadic exercises of Empathic Confrontation and Limit Setting for Overcompensating Modes
- 15.30 - 16.00: Final Questions & Reflections

Hva er skjemat terapi?

Skjematerapi er spesielt godt egnet for behandling av langvarige, personlighetsrelaterte problemer som har sine røtter i tidlige relasjoner fra ens barndom og oppvekst. Skjematerapi er en integrativ psykoterapimodell som integrerer elementer fra tilknytningsteori, psykodynamisk terapi, gestaltterapi, emosjonsfokuseret terapi og kognitiv atferdsterapi.

Forskning viser at skjemat terapi er meget godt egnet i forhold til behandling av personlighetsforstyrrelser generelt, og emosjonelt ustabil personlighetsforstyrrelse spesielt. Det er også en fruktbar terapitilnærming i forhold til å motvirke tilbakefall ved depresjon, angst eller rusavhengighet.

Hvem er kurset for?

In this workshop the steps of empathic confrontation in Schema Therapy will be outlined to the participants. Differences in the empathic confrontation of various maladaptive coping modes will be highlighted and discussed with the participants. Difficult situations with patients in maladaptive coping modes in the treatment room and the empathic confrontation of the coping mode in these situations will be demonstrated. One specific focus of the workshop will be suicidal ideation as one pattern associated with Detached Protector Mode that is often difficult for therapists to confront empathically. Participants will be given the possibility to try the different steps in empathic confrontation in small group role plays.