

# Innhold

Basis of this workshop is the fact that difficult therapy situations evolve, when the therapist, triggered by incidents within the therapeutic relationship, flips into a state of disintegration (maladaptive schemas and modes) and automatically/unintentionally engages in dysfunctional coping behaviour, which, in turn, amplifies dysfunctional mechanisms with the patient.

By means of the concept of the „sphere of emotional resonance“, situations like this are analyzed and worked through with the goal of effecting a reassurance and better integration of the therapist, which allows him/her to encounter the patient in a more open way, being able again to esteem the patients needs more freely.

Exercises in the sphere of emotional resonance imply mainly the mindful perception of body signals, coping mechanisms and felt threats, as well as the classification of alarm reactions within the life history. Another most important element of the exercises implies the compassionate validation of all the feelings and impulses that arise during the alarm reaction.

## Objectives

- Participants will be introduced theoretically to the concept of the sphere of emotional resonance and have the occasion to work through their own difficult therapy situations by doing practical exercises.

# Praktisk informasjon

## Dato

09. november - 10. november 2017

## Sted

NFKT

Pilestredet 75c

Oslo

## Påmelding og pris

Kursavgift: 4. 000,- (lunsj er ikke inkludert)

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

Påmelding gjøres enten på nettsiden til Norsk forening for kognitiv terapi [www.kognitiv.no](http://www.kognitiv.no) (først gå til utdanningsprogram, deretter se under fagnettverk) eller [www.psykologbehandling.no](http://www.psykologbehandling.no)

**Frist for påmelding er 15. oktober 2017**

## 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 allmenmedisin i Norsk Legeforening.

## Recommended readings

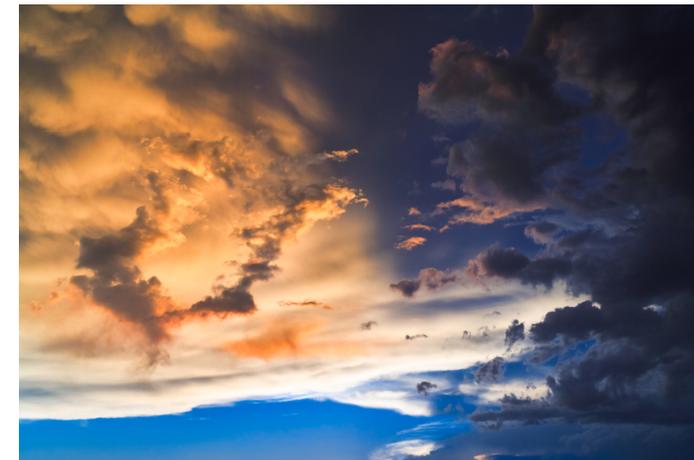
Nissen, L. & Sturm, M. (2014). Schematherapeutische Strategien bei chronischer Emotionsvermeidung. Zum Konzept des „emotionalen Resonanzraumes“. Verhaltenstherapie & Verhaltensmedizin 35 (3), 270-286. (fåes ved å ta kontakt med Erlend Aschehoug)

# Difficult Therapy Situations – the Concept of the „Sphere of emotional resonance“

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INTERNATIONAL SOCIETY OF  
SCHEMA THERAPY





**Lukas Nissen**

Before studying psychology and becoming a psychotherapist, Lukas Nissen absolved an acting school with the main focus on mime, body language and dance. This first formation reveals Lukas Nissen's interest in everything that has to do with expression of feelings, intentions and thoughts through the body, an element that recurs in the development of the „sphere of emotional resonance“. Lukas Nissen works as a psychotherapist since almost 20 years, leads a curriculum for Schema Therapy in Basel, Switzerland and gives lectures and workshops in Switzerland, Germany, Austria and Poland. Besides the treatment of patients, supervision and self-therapy of therapists is an important field of work for Lukas Nissen.

## Agenda torsdag 09. november 2017

- 09.30 - 10.00: Registrering.
- 10.00 - 11.15: Introductory Lecture: The concept of the „sphere of emotional resonance (SER)“
- 11.15 - 11.45: Experiential warm-up: Imagery exercise of a difficult therapy situation
- 11.45 - 12.00: Collecting several difficult therapy situations to work on after lunch break
- 12.00 - 13.00: Lunsj
- 13.00 - 14.00: Demonstration: working through a difficult therapy situation with one of the trainees
- 14.00 - 14.45: Explaining central interventions of the SER – the circle within the SER
- 14.45 - 15.00: Pause
- 15.00 - 15.45: Exercise: recognizing signs of alarm- and coping reactions in me and in others (nonverbal, paraverbal, verbal)
- 15.45 - 16.30: Role play: giving feedback on alarm- and coping reactions

## Agenda fredag 10. november 2017

- 09.00 - 09.30: Registrering.
- 09.30 - 10.30: Demonstration: working through a difficult therapy situation with one of the trainees
- 10.30 - 11.30: Exercise: guiding a colleague through the SER
- 11.30 - 12.00: Repeating interventions that seemed difficult during the exercise
- 12.00 - 13.00: Lunsj
- 13.00 - 13.30: Mindfulness exercise: body signals in me and others
- 13.30 - 14.30: Demonstration: working through a difficult therapy situation with one of the trainees
- 14.30 - 14.45: Time for questions
- 14.45 - 15.00: Pause
- 15.00 - 15.45: Exercise: doing psychoeducation with a colleague using the SER-model
- 15.45 - 16.30: Exercise: guiding a colleague through the SER

## Hva er skjematerapi?

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, emosjonsfokusert terapi og kognitiv atferdsterapi.

Forskning viser at skjematerapi 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?

This workshop can be of help for therapists who are looking for a relatively simple model and tool to resolve difficult therapy situations and who feel ready to take in account their own „alarm reactions“ and coping mechanisms, that very often are one of the reasons why therapeutical relationships can become stressful or annoying and sometimes even frightening.

One of the advantages of the tool being presented in the workshop is that it puts its main focus on body signals which in every situation, how difficult ever it might be, can be used as a compass to find a way out into a more free, comfortable and integrated attitude towards oneself and the patient.

A further advantage of work in the „sphere of emotional resonance“ is that it can be applied to resolve the patient's problems in the same way it can be used to resolve the therapists „nods“ that lead to difficulties in therapeutic relationships. Therapists who find gratification in adopting mindfulness based interventions in their therapeutic work might find this workshop particularly interesting.