

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 three day training presents the GST model and its core interventions, which are used depending upon the stage of the group and the mode profiles of the group members.

Core interventions include: group limited reparenting, group imagery re-scripting, mode-specific group role-plays, experiential group work and the distinctive two therapist model that is crucial for maintaining the essence of limited reparenting with the more severe disorders.

The work of Farrell and Shaw with Borderline personality disorder patients is presented along with their adaptations for other patient groups.

Group Schema therapy functions in the same way as individual ST – i.e. therapist limited reparenting and mode change interventions are determined by the mode a patient is in. GST works by a patient's mode and mode profile, rather than strictly by disorder. For that reason, GST like ST, can be used with any patient population. Demonstrations by trainers with participants playing patients from their clinical population are used to demonstrate adapting GST interventions for the presenting modes of various diagnostic groups. The workshop incorporates: didactic sections with powerpoint and group discussion, demonstrations by trainers in which the workshop participants play patients, DVD segments of the trainers leading a group and opportunities for participants to practice group interventions with coaching and feedback. This is the first workshop in an organized curriculum of training in Group Schema Therapy offered by the Schema Therapy Institute Midwest – Indianapolis in cooperation with your host institute. It is eligible for 18 training hours credit in the International Society of Schema Therapy certification program.

Praktisk informasjon

Dato

03. mai - 05. mai 2017

Sted

Gjestehuset Lovisenberg
Lovisenberggaten 15 a
Oslo

Påmelding og pris

Kursavgift: 6 000,- (lunsj 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 eller

www.psykologbehandling.no

Ved spørsmål eller ytterligere informasjon kan Erlend

Aschehoug kontaktes på erlend@psykologbehandling.no

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

Godkjenning

Norsk psykologforening har godkjent kurset med 21 timer vedlikeholdsaktivitet i spesialist- utdanningen. Den norske legeforening har godkjent kurset som 21 timer kurspoeng for 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.

THREE DAY INTENSIVE TRAINING 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 03. mai 2017

09.00 - 09.30: REGISTRATION
09.30 - 12.30: INTRODUCTION: THE GENERAL MODEL FOR GROUP SCHEMA THERAPY
12.30 - 13.30: LUNCH
13.30 - 15.00: BEGINNING THE GROUP: CONNECTION, SAFETY & COHESIVENESS
15.15 - 15.45: WORKING AS A COTHERAPIST TEAM
15.45 - 16.30: MALADAPTIVE COPING MODES: AVOIDANT COPING MODES

Agenda torsdag 04. mai 2017

09.30 - 11.00: MALADAPTIVE COPING MODES: OVERCOMPENSATION AND SURRENDER MODES
11.00 - 12.30: VULNERABLE CHILD MODE
12.30 - 13.30: LUNCH
13.30 - 14.30: VULNERABLE CHILD MODE CONT.
14.30 - 15.30: IMPULSIVE/UNDISCIPLINED CHILD WORK
15.30 - 16.30: EVOKING THE HAPPY CHILD FOR BALANCE THROUGH PLAY

Agenda fredag 05. mai 2017

09.30 - 11.00: PARENT MODE WORK
11.00 - 12.30: THE HEALTHY ADULT MODE
12.30 - 13.30: LUNCH
13.30 - 14.30: ADDRESSING THE MODES AND NEEDS OF VARIOUS PATIENT POPULATIONS
14.30 - 15.30: PRACTICE OPPORTUNITIES: PARTICIPANT CHOICE OF INTERVENTION
15.30 - 16.30: QUESTIONS AND DISCUSSION

Hva er gruppeskjemat terapi?

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?

Deltakere vil få en grundig innføring i gruppeskjemat terapi som metode. Det teoretiske fundament for gruppeskjemat terapi, og modellen gjennomgås i detalj.

Deltakerne vil gjennom teori og praktiske øvelser lære hva de ulike fasene i gruppeskjemat terapi inneholder slik at man selv har et tilstrekkelig grunnlag for å drive med gruppeskjemat terapi. Viktige intervensjoner vil bli demonstrert, og deltakerne vil selv øve seg på å utføre disse.