An important part of training for Schema Therapists is self-therapy to understand one’s own schemas and modes, the role they play in being a schema therapist and the impact of patients’ in triggering schemas and modes. Such self-awareness is critical to the genuine, open presence required by Schema Therapy’s limited reparenting model. We think this is particularly important for therapists conducting group ST, as the impact of a number of clients at the same time can amplify therapists’ reactions and just being in a group can have triggering effects related to one’s family of origin. Self-schema therapy has personal benefits as well in terms of self-awareness and healing for one’s Vulnerable Child mode.

Joan & Ida spent two years as members of a self-therapy for therapists in their training and consider that experience critical to their understanding of themselves, their reactions when participating in a group and what clients experience. Participation in the workshop will add new interventions to use with clients and the deeper experience of ST from the “inside – out”. They believe that what one learns from this experience cannot be taught as effectively didactically, if at all. For that reason self-therapy in a group is a requirement for ISST Group Schema Therapy certification and this workshop fulfills that requirement. It can also be used to meet the three supervision hours credit allowed to meet individual ST certification supervision requirements. This day is appropriate for therapists new to ST and for those who are experienced with it.

Praktisk informasjon

Dato
12. juni - 14. juni 2019

Sted
Gjestehuset Lovisenberg
Lovisenberggaten 15 a
Oslo

Påmelding og pris
Kursavgift: 7 500,- (lunsj inkludert alle tre dager)
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. mai 2019

Godkjenning
Norsk Psykologforening har godkjent kurset med 16 timer vedlikeholdsaktivitet i spesialistutdanningen. Kurset inngår i utdanningsprogrammet i skjematerapi som er godkjent som fordypningsprogram i spesialiteten psykoterapi.
Kurset vil bli søkt godkjent som valgfritt spesialist- og etterutdanningskurs av Spesialitetskomiteen i psykiatri og av Spesialitetskomiteen i allmennmedisin.

Anbefalt litteratur
Agenda onsdag 12. juni 2019
09.30 - 10.00: Registrering
10.00 - 17.00: Content will be based upon participants needs

Agenda torsdag 13. juni 2019
08.30 - 09.00: Registrering
09.00 - 16.00: Content will be based upon participants needs

Agenda fredag 14. juni 2019
08.30 - 09.00: Registrering
09.00 - 16.00: Content will be based upon participants needs

Hva er skjematerapi?

Hvem er kurset for?
Joan & Ida have facilitated self-therapy groups for over 30 years leading to their book Experiencing Schema Therapy from the Inside Out. The workshop begins with establishing safety and connection within the group and the agreement to keep confidential any personal material disclosed. Participants are encouraged to share as much or little content in the group as they feel comfortable with. They can choose to focus on a particular schema or mode issue that affects their personal or professional life or go into the day open to whatever experience they have. Just as they do with all groups, Joan & Ida assess the needs of the participants and plan the day’s work in collaboration with participants based upon the needs and modes present. The focus in the workshop is on experiential work including: exercises to identify maladaptive coping modes triggered in the group, awareness of the needs of your Vulnerable Child and self-care plans, further banishing work for the Demanding or Punitive Critic mode and evoking the Happy Child.

I da Shaw, M.A. is the Training Director of the Center for Borderline Personality Disorder Treatment and Research, Indiana University-Purdue University Indianapolis – Eskenazi Mental Health. She is a member of the Training and Certification Advisory Board of ISST and Chair of the Child-Adolescent Certification Committee. Ida is the main clinical supervisor of the international BPD trial of group schema therapy, providing training and supervision for all trial therapists. She supervises the practice component of additional research projects on Avoidant personality disorder, dissociative disorders, complex trauma and child-adolescent treatment.

Ida is a developer with Joan Farrell of a group model of schema therapy that integrates experiential interventions and harnesses the therapeutic factors of groups. They have worked together since the 1980s and provide individual and group schema therapy training and self-practice/self-reflection workshops internationally.

Erlend Aschehoug er spesialist i klinisk psykologi siden 2007. Arbeider ved Klinikk for psykologbehandling med individualterapi og gruppeterapi. Han er sertifisert skjematerapeut ISST på avansert nivå innen individualterapi og gruppeterapi, og har undervist i skjematerapi i Norge og i utlandet. Aschehoug er godkjent skjematerapiveileder i individu- og gruppeterapi. Han er medlem av «Evaluation of Supervision and Training committee» ved International Society of Schema Therapy (ISST).