

## Innhold

This workshop is based upon the content of the introductory workshop (WS 1), whose participation is a prerequisite for the immersion workshops (WS 2, 3, 4). The goal of this workshop is to learn the techniques of schema therapy with children specifically. After a brief connection with the schema theoretical introduction and sharing of some experiences in practice (WS 1), the focus will be laid on the features of the particular therapeutic relationship, including the concepts of limited reparenting, empathic confrontation and practical working with the special schema therapeutic techniques.

### Målsetting

1. Working with (stem) stories
2. Working with finger and hand puppets
3. Working with mode cards (Mode walk: Feel, Talk, & Walk)
4. Working with chair dialogues (3-Chair dialogue: "Mode driving license")
5. Imagery (Fantasy Trip to the Clever & Wise Mode)

## Praktisk informasjon

### Dato

23. oktober - 24. oktober 2023

### Sted

Nettbasert kurs (online)

### Påmelding og pris

Kursavgift: 4. 000,-

Påmelding gjøres på nettsiden

[www.psykologbehandling.no](http://www.psykologbehandling.no)

Frist for påmelding er **15. juni 2023**

### Godkjenning

Kurset vil bli søkt godkjent som vedlikeholdsaktivitet av Norsk Psykologforening. I tillegg søkes kurset godkjent som emnekurs i psykiatri til videre- og etterutdanning av Spesialitetskomiteen i allmennmedisin og som valgfritt spesialist- og etterutdanningskurs av Spesialitetskomiteen i psykiatri.

### Anbefalt litteratur

Loose, C., Graaf, P., Zarbock, G., & Holt, R.A. (Editors)(2020). Schema Therapy with Children and Adolescents: A Practitioner's Guide. UK: Pavilion Publishing and Media Ltd.

## Skjematerapi for barn og unge - kurs 2



International Society of  
Schema Therapy



## Christof Loose



### Agenda mandag 23. oktober 2023

09.00 - 16.00: Kursdag inkl. pauser

### Agenda tirsdag 24. oktober 2023

09.00 - 16.00: Kursdag inkl. pauser

Christof Loose; PhD, Clinical Psychologist, CBT for Children and Adolescents, Advanced level certified Schema Therapist for Children & Adolescents; Supervisor and Trainer (ISST e.V.), affiliated with the Institute for Schema Therapy in Cologne (IST-K), and in research with Institute of Experimental Psychology, Department of Clinical Psychology, Heinrich-Heine-University Dusseldorf. He works in his own Private Practice in Dusseldorf, Germany, and is editor and author of ST-CA books and Video-Learning (DVD), translated into Dutch, Italian, Polish, Turkish, Russian, Farsi, Romanian and in English. He conducts workshops and seminars in ST-CA worldwide.

## Skjematerapi for barn og unge

Schema Therapy (ST) developed by Jeffrey Young is an enhancement and development of cognitive behavioral therapy (CBT), and particularly integrates emotions, but also developmental aspects centrally in their diagnostic and therapeutic considerations. In addition, ST is based on a model of schemas, modes and the basic needs and "their fate" during the life course. Therefore, ST - in terms of technical and strategic variant of CBT – seems to be also and especially in the field of child and adolescent therapy particularly suited to generate action-guiding, diagnostic and therapeutic concepts.