

Innhold

This workshop is based upon the content of the introductory and immersion workshop (WS 1 and WS 2), whose participation is a prerequisite for this immersion workshop (WS 3).

Schema Coaching for Parents includes psychoeducation, work with chairs, mode flashcard, internal dialogue and imagery.

Målsetting

1. Therapeutic relationship with parents: “Limited Grandparenting”
2. Collusion of schemas and modes among the therapist and the patient
3. Education of the schema and mode concept (child/parents)
4. Investigation of parental resources, needs and family structures
5. Family sculptures – experiential exercise
6. Schema Genogram and House of Generations
7. Working with chair dialogues (2-Chair dialogue: Focus Critic/Punisher)
8. Imagery (Visualizing Caring Parental Modes)
9. Imagery Rescripting

Praktisk informasjon

Dato

20. november - 21. november 2023

Sted

Nettbasert kurs (online)

Påmelding og pris

Kursavgift: 4. 000,-

Påmelding gjøres på nettsiden

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 3



International Society of
Schema Therapy



Christof Loose



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.

Agenda mandag 20. november 2023

09.00 - 16.00: Kursdag inkl. Pauser

Beside the features of schema theory, the workshop offers many practical demonstrations and picture material. Experiential exercises allow the participants to transfer the content into their own practice.

Agenda tirsdag 21. november 2023

09.00 - 16.00: Kursdag inkl. pauser

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.