

# Innhold

The Borderline personality Disorder has been long considered to be one of the most challenging pathologies. Schema therapy has proven to be an effective therapy for this personality disorder (Giesen-Bloo et al. (2006), Nadort et al. (2009), Arntz et al (2019)). Over the years, more and more experience and knowledge has been gathered on how to apply the concepts, the therapy relationship of Limited reparenting and the methods and techniques of schema therapy in treating the borderline patients. However, being an effective therapy certainly does not mean that schema therapy for the borderline patient is a simple undertaking. The therapist is confronted with patients who are either so strongly detached that it becomes almost impossible to connect with them. Or, the patient is full of self-disgust to the point they want to kill themselves. Crises and emotional (anger) outbursts can make the interactions with the patient stressful and challenging. This 2-day workshop aims at making the participant (more) proficient in managing these challenges and treating the Borderline Patients effectively. The objective is that these days should be an enjoyable, educational experience involving a lot of practice within a secure atmosphere, in order to enable the therapists to apply Schema therapy for the Borderline patients more effectively.

## Målsetting

- Learn how to formulate a therapy plan
- Detached Protector-Empathic Confrontation
- Punitive Parent-Imagery Rescripting
- Dealing with self-harm
- Introduction and differentiating angry modes
- Introduction into the Healthy Adult and how to identify that mode

# Praktisk informasjon

## Dato

20. mars - 21. mars 2025

## Sted

Gaustad sykehus, Store auditorium  
Sognsvannsveien 21  
Oslo

## Påmelding og pris

Kursavgift: 5. 000,- (lunsj inkludert begge dager)

Påmelding gjøres på nettsiden [www.psykologbehandling.no](http://www.psykologbehandling.no)

Frist for påmelding er **15. januar 2025**

## 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

Perris, P., Gyllenhammar, C (2016). Schematerapi: en klinikers handbok & en terapiberrettelse, Natur och kultur akademiska

Rafaeli, E., Bernstein, D,& Young, J. (2010). Schema Therapy: Distinctive Features. London: Routledge (Book)

Arntz, A. & Genderen, H. van (2009). Schema Therapy for Borderline Personality Disorder.

# Skjematerapi ved emosjonelt ustabil personlighetsforstyrrelse



International Society of  
Schema Therapy



## Remco van der Wijngaart



Remco van der Wijngaart works as a psychotherapist in a private practice in Maastricht, the Netherlands. Initially trained in Cognitive Behaviour Therapy, he was trained and supervised in Schema Therapy personally by Dr Jeffrey Young from 1996 till 2000. Remco specializes in borderline patients, patients with cluster C personality disorders as well as Anxiety and depressive disorders.

Since 2000 he frequently has been given training courses in Schema Therapy worldwide. He produced and directed the DVD series "Schema therapy, working with modes" which is considered to be one of the essential instruments in learning schema therapy. In 2016 he published 2 new DVD series "Fine Tuning Imagery Rescripting" and "Schema therapy for the Avoidant, Dependent and Obsessive-Compulsive Personality Disorder".

### Agenda torsdag 20. mars 2025

09.30 - 10.00: Registrering  
Introduction into Schema therapy for BPD  
10.00-10.15: Introduction, agenda for the day, discussing specific learning objectives  
10.15 -11.00: Theory of schema therapy, case conceptualization, mode model and practicing skills identifying modes, formulating a therapy plan  
11.00-11.20: Exercise in pairs; formulating a therapy plan for a patient  
11.20-11.30: Evaluation of the exercise

11.30-12.30: Lunch break  
Detached Protector-Empathic Confrontation  
12.30-12.45: Introduction  
12.45-13.15: Demonstration  
13.15-13.45: Exercise in pairs Empathic Confrontation  
13.45-14.00: Evaluation of the exercise  
14.00-14.15: Coffee/tea break

Detached Protector-Chair work  
14.15-14.30: Introduction  
14.30-15.00: Demonstration  
15.00-15.30: Exercise in pairs Chair work  
15.30-15.45: Evaluation of the exercise

15.45-16.00: Coffee/tea break  
Punitive Parent-Imagery Rescripting  
16.00-16.15: Introduction  
16.15-16.45: Demonstration  
16.45-17.15: Exercise in pairs Imagery Rescripting  
17.15-17.30: Evaluation of the exercise and day 1

### Agenda fredag 21. mars 2025

09.00-9.10: Welcome, questions related to Day 1  
Punitive Parent-Chair work  
09.10-09.30: Introduction  
09.30-09.50: Demonstration  
09.50-10.20: Exercise in pairs Chair work  
10.20-10.30: Evaluation of the exercise  
10.30-10.45: Coffee break  
Self-harm and crises  
10.45-11.00: Introduction dealing with self-harm  
11.00-11.30: Group exercise in handling crises

11.30-12.30: Lunch break  
Angry Child mode  
12.30-13.00: Introduction and differentiating angry modes  
13.00-13.15: Demonstration dealing with the Angry Child mode  
13.15-13.45: Group exercise dealing with the Angry Child mode  
13.45-14.00: Exercise in pairs handling the Angry Child mode

14.00-14.15: Coffee/tea break

Healthy Adult  
14.15-14.45: Introduction into the Healthy Adult and how to identify that mode  
14.45-15.00: Imagery rescripting-client rescripts  
15.00-15.15: Demonstration Imagery rescripting-client rescripts  
15.15-15.45: Exercise in pairs imagery rescripting  
15.45-16.00: Evaluation of the exercise and the training in total