

## Innhold

Imagery rescripting is generally regarded as one of the most effective techniques within schema therapy. However, it is often difficult to apply this technique. For instance, therapists are regularly faced with challenging situations in which, for example, the client says 'I have no memories of my childhood' or 'I don't want to dredge up those old memories, what would be the point of that?'. Furthermore, patients have often been so damaged by their childhoods that childhood memories are very emotionally charged. As a result, therapists are inhibited from using imagery to bring back images from that charged past for fear of decompensation.

This 2-day workshop aims to make therapists more proficient in applying imagery rescripting. Existing skills will be refined and challenging situations discussed and practised. During the workshop, use will be made of recently developed teaching materials specifically focused on imagery exercises and based on the most recent insights and experiences of this method. Specialist fields of application will also be discussed, such as imagery rescripting in flash-forwards and nightmares.

The workshop is aimed at therapists who are already working with Imagery with Rescripting and who wish to increase their skills and the effectiveness of this intervention.

The objective is that this day should be an enjoyable, educational experience involving a lot of practice within a secure atmosphere, in order to enable the therapists to apply imagination rescripting more often and more effectively.

## Praktisk informasjon

### Dato

15. februar - 16. februar 2024

### Sted

Gaustad sykehus, Store auditorium  
Sognsvannsveien 21  
Oslo

### Påmelding og pris

Kursavgift: 5. 000,- (lunsj inkludert)  
Påmelding gjøres på nettsiden  
[www.psykologbehandling.no](http://www.psykologbehandling.no)

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

### Godkjenning

Norsk Psykologforening har godkjent kurset med 16 timer vedlikeholdsaktivitet i spesialistutdanningen. Kurset inngår i utdanningsprogrammet i skjemat terapi 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.

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### Anbefalt litteratur

Morina, N., Lancee, J., & Arntz, A. (2017). Imagery rescripting as a clinical intervention for aversive memories: A meta-analysis. *Journal of Behavior Therapy and Experimental Psychiatry*, 55, 6-15. <https://doi.org/10.1016/j.jbtep.2016.11.003>.

Van der Wijngaart, R. (2021). *Imagery Rescripting, theory and practice*. Pavilion Publishing. West Sussex, UK.

# Fine-tuning Imagery Rescripting



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 15. februar 2024

10.00-10.15: Introduction, safe place imagery, plan for the day and discussing specific learning objectives

10.15 -10.35: Theory, in pairs discuss show to explain the rationale and working mechanisms to a patient, plenary discussion of the working mechanisms

#### **Diagnostic Imagery exercise**

10.35-11.00: Demonstration with ‘subtitles’

11.00-11.20: Exercise in pairs Diagnostic Imagery

11.20-11.30: Evaluation of the exercise

11.30-12.30: Lunch break

12.30-12.45: Introduction of the window of tolerance

#### **Imagery rescripting 1st fase: therapist rescripts**

12.45-12.55: Introduction of IR 1st fase

12.55 -13.30: Demonstration with ‘subtitles’; therapist rescripts image with punitive parent and challenging situations (antagonist is too strong, guilt feelings are triggered when addressing the antagonist etc.)

13.30-13.55: Exercise in pair IR 1st fase

13.55-14.00: Evaluation of the exercise

14.00-14.15: Coffee/tea break

#### **What are we doing wrong?**

14.15-14.45: Identifying different mistakes of the therapist

#### **Imagery Rescripting 2nd fase: patient rescripts**

14.45-15.15: Introduction IR 2nd fase, visualizing the healthy adult

15.15-15.45: Demonstration IR 2nd fase

15.45-16.00: Coffee/tea break

16.00-16.30: Exercise in pairs IR 2nd fase

16.30-17.00: Evaluation of exercise and of Day 1

### Agenda fredag 16. februar 2024

9.00-9.15: Welcome, questions related to Day 1

#### **Different Antagonists**

9.15-9.45: Fighting different types of antagonists: introduction and demonstration

9.45-10.15: Exercise in sub groups fighting different types of antagonists

10.15-10.30: Evaluation of the exercise

10.30-10.45: Coffee break

#### **Imagery rescripting for future trigger situations**

10.45-11.00: Introduction IR for future trigger situations

11.00-11.30: Demonstration IR future trigger situations

11.30-12.30: Lunch break

12.30-13.00: Exercise in pairs IR future trigger situations

13.00-13.15: Evaluation of the exercise

#### **Flash forwards and nightmares**

13.15-13.30: IR for flash forwards and nightmares: introduction

13.30-14.00: Plenary exercise IR flash forwards/ nightmares

14.00-14.15: Coffee/tea break

14.15-15.00: Plenary discussion and exercise of challenging situations

15.00-15.45: In 2 subgroups practicing skills

15.45-16.00: Evaluation of the exercise and the workshop in total