

Innhold

For a long time, the emphasis in literature and education about schema therapy was placed on processing the dysfunctional parent and coping modes and validating the needs of patients' Vulnerable Child mode. Although strengthening the Healthy Adult was mentioned as the ultimate goal of the treatment, there was very little specific attention for this mode. Often there is insufficient explanation of what exactly the client's 'Healthy Adult' is, what that modus does exactly, how the client can learn to connect with this part of themselves and how this healthy mode can be strengthened in therapy.

It is only in the last few years that there has been more attention to this Healthy Adult mode in educational programs and congresses about schema therapy and in publications about schema therapy. How important it is to focus attention on this mode was shown in the study by Yakin et al. (2020). Recent research data reveals that specifically strengthening this Healthy Adult mode in combination with validating the basic needs of the Vulnerable Child is an important predictor for the effectiveness of therapy.

During the 2 days we will address the following questions:

- How do we validate the different, and sometimes opposing core emotional needs of the child modes?
- How should be conceptualize the Healthy Adult?
- How can you strengthen the Healthy Adult?

Praktisk informasjon

Dato

11. september - 12. september 2025

Sted

Gaustad sykehus, Store auditorium
Sognsvannsveien 21
Oslo

Påmelding og pris

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

Frist for påmelding er **10. august 2025**

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.

Generelt om kurset

The workshop will have a practical and lively character. Various methods and techniques that can help the therapist strengthen this healthy, essential part of the client will be demonstrated and practiced.

Healthy modes: Child modes and the Healthy Adult



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 11. september 2025

1. Healthy modes in the case conceptualization

10.00-10.30: Introduction
10.30-10.50: Demonstration: recognizing different types of modes
10.50-11.20: Exercise
11.20-11.30: Evaluation
11.30 - 12.30: Lunch

2. Start phase: Vulnerable Child mode & Corrective Emotional Experiences

12.30-12.45: Introduction
12.45-13.15: Demonstration: coping mode/inner critic – chair work
13.15-13.45: Exercise
13.45-14.00: Evaluation
14.00 - 14.15: Break

3. Angry Child mode

14.15-14.30: Introduction
14.30-15.00: Demonstration pushing for anger
15.00-15.30: Exercise
15.30-15.45: Evaluation

4. Happy child mode

16.00-16.20: Introduction pushing for play
16.20-16.45: Exercise
16.45-17.00: Evaluation of Day 1

Agenda fredag 12. september 2025

1. Middle phase: Healthy Adult mode & Healthy schemas

9.00-9.30: Introduction
9.30-10.00: Demonstration Visual representation of Healthy Adult-Imagery
10.00-10.15: Exercise
10.15-10.30: Evaluation
10.20 - 10.45: Break

2. Three steps of HA intro & Introduction Compassion focused techniques

10.45-11.00: Introduction 3 steps of the HA
11.00-11.15: Demonstration Writing a letter to the Vulnerable Child
11.15-11.30: Exercise
11.30 - 12.30: Lunch

3. Cognitive restructuring

12.30-12.45: Introduction cognitive techniques
12.45-13.15: Demonstration more dimensional evaluation
13.15-13.45: Exercise
13.45-14.00: Evaluation
14.00-14.15: Coffee/tea break

4. Demonstration chair work 3 steps

14.15-14.30: Introduction
14.30-15.00: Demonstration chair work and the Healthy Adult
15.00-15.30: Exercise
15.30-16.00: Evaluation of the exercise and the workshop