

Innhold

In working with patients with personality disorders, a comorbid addictive behavior can complicate the treatment. The general guideline 'first treat the Axes I-problem (Addiction) and afterwards the Axes II-problem (Personality Disorder)', doesn't work because the addiction and personality disorder are interwoven and the addictive behavior can be an effective coping mode for underlying childhood trauma and unmet needs of the child. In this case a dual focus treatment of PD and addiction is important. In this workshop an integrated dual focus treatment of Personality Disorders and Addiction is presented, based on Schema Mode work and Cognitive Behavior Therapy (CBT).

Målsetting

1. Have knowledge of definitions of addiction and classification in the DSM V
2. Can recognize relevant Schema Modes in their patients (with the MOS, Mode Observation Scale)
3. Can assess addictive behaviors in terms of their function and dynamics in the Schema Mode Conceptualization
4. Know the steps of treatment in working with PD and addiction
5. Are able to apply ST and CBT techniques in working with the Self-Soother, Self-Stimulator, Impulsive Child mode and some aggressive overcompensating modes

Praktisk informasjon

Dato

16. november - 17. november 2028

Sted

Gjestehuset Lovisenberg
Lovisenberggaten 15a
Oslo

Påmelding og pris

Kursavgift: 5. 000,- (lunsj inkludert)

Påmelding gjøres på nettsiden

www.psykologbehandling.no

Frist for påmelding er **15. september 2028**

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

Kersten, T. (2012). Schema Therapy in personality disorders and addiction. In: Van Vreeswijk, M., Broersen, J. & Nadort, M. (eds). The Wiley-Blackwell Handbook of Schema Therapy. Theory, research, and practice. Malden: Wiley-Blackwell. Pag. 415 – 424.

Skjematerapi ved ulike former for avhengighet - From Addiction to Connection



International Society of
Schema Therapy



Truus Kerstin



Dr. Truus Kersten works as a Psychotherapist at De Rooyse Wissel Forensic Psychiatric Center in Venray in the Netherlands. She also works as a self-employed Supervisor and Trainer in CBT and ST. She is certified Supervisor and Trainer of the Dutch Register of Schema Therapy and of the International Society of Schema Therapy (ISST). She is the leader of the Dutch Schema Therapy Training Program for therapists in Addiction and Forensic Care. She developed this training program together with David Bernstein, who's also coteacher. She also specialized in implementing ST in (forensic) psychiatric clinics, in training and coaching psychiatric nurses on the wards. Furthermore she has developed an integrated treatment for patients with personality disorders and addiction, based on the Schema Mode model.

Agenda torsdag 16. november 2028

- 09.30 - 10.00: Registrering.
10.00 – 11.30 Introduction: Substance-related and other addictive behaviors in the DSM-5
Integrated Dual Focus treatment of Personality Disorders and Addiction
11.30 – 12.30 Lunch
12.30 – 14.00: Working with schema modes
Exercise: Recognizing schema modes with the Mode Observation Scale (MOS)
14.00 – 14.15: Break
14.15 – 15.45 :The relation between addiction and schema modes in Cluster A, B and C patients
Conceptualizing Addiction in terms of Schema modes. Exercise Case of Paul (Cluster B patient)
15.45 – 16.00: Coffee/tea break
16.00 – 16.45: Imagery and rescripting & relapse in drug abuse. Video Gary: Schema focused imagery on a relapse in cocaine abuse
16.45 – 17.00 Questions and review

Agenda fredag 17. november 2028

- 08.30 - 09.00: Registrering.
09.00 – 10.30 Introduction: Motivation and engagement in terms of schema modes:
How to work with 'unmotivated' patients and create a working alliance?
Mode conceptualization and video Case of Ben (Cluster C patient)
10.30 – 10.45 Coffee/tea break
10.45 – 11.30 Treatment techniques in working with addictive behaviors/modes
Demonstration and exercise: Chair work with an addictive behavior (self-soother)
12.30 – 13.30 Lunch
13.30 – 15.00 Treatment techniques in working with (angry) overcompensation modes
Demonstration and exercise: Empathic confrontation and limit setting in the Bully and Attack mode
15.00 – 15.15 Coffee/tea break
15.15 – 16.45 Working with the Impulsive and Undisciplined Child Mode
Demonstration and exercise: Different techniques in working with the Impulsive and Undisciplined Child Mode
16.45 – 17.00 Questions and review