

# Competence Centre for Psychotherapy & Stolpegård

## 27-28 September 2017

### Two days Schema Therapy workshop with Michiel van Vreeswijk

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#### Contents

Competence Centre for Psychotherapy and PC Stolpegård offer two days of workshop in Schema Therapy (ST) with certified Schema Therapist, Michiel van Vreeswijk.

#### Background

ST is an integrative psychotherapy approach for personality disorders and for other complex mental disorders as developed by Dr. Jeffrey E. Young. ST integrates theory and techniques from interpersonal therapy, gestalt, attachment theory and cognitive behavioral therapy. Schemas, emotional needs, schema modes and limited reparenting are core elements in the model. There is a cumulating amount of evidence for the (cost) effectiveness of ST both in individual format and in group format.

Michiel van Vreeswijk is a Clinical Psychologist, certified as a Schema Therapist and Supervisor with the ISST, a certified CBT practitioner and supervisor and CEO of G-kracht psychomedisch centrum BV, the Netherlands. He offers regular workshops and supervision in ST in the Netherlands and abroad. Michiel has written, edited and authored books, chapters and articles on ST, including editing, and writing several chapters in, the *Wiley-Blackwell Handbook of Schema Therapy, Theory, Research, and Practice (2012)*.

In this two days introduction workshop participants learn about the basic principles of ST. Theory and techniques are illustrated and experienced in an interactive, experiential way.

#### Literature

It is not obliged to have the following literature and to read it at forehand.

Jacob, G., Genderen, V. H. & Seebauer, L. (2016): Bryd dine negative tankemønstre - der er andre veje at gå. Haderslev: Forlaget Sydgaarden. Free download of therapist training sheet:

<http://www.forlagetsydgaarden.dk/oevelser>

### **Kompetencecenter for Psykoterapi**

**Forskningsenhed og Kompetencecenter for Psykoterapi**

PC Stolpegård

Stolpegårdsvej 20

2820 Gentofte

Telefon: 38645300

Jacob, G. A. & Arntz, A. (2013): Schema Therapy for Personality Disorders - A Review. *International Journal of Cognitive Therapy* 6(2):171-185. DOI: 10.1521/ijct.2013.6.2.171.

Masley, S. A., Gillanders, D. T., Simpson, S. G. & Taylor, M. A. (2012): A systematic review of the evidence base for Schema Therapy. *Cognitive Behavioral Therapy*, 41(3):185-202. doi: 10.1080/16506073.2011.614274.

Vreeswijk, M. F., van, Broersen, J. & Nadort, M. (2012): *Wiley-Blackwell Handbook of Schema Therapy, Theory, Research, and Practice*. ISBN: 978-0-470-97561-9.

Young, J. E., Klosko, J. S. & Weishaar, M. E. (2003): *Schema Therapy: A Practitioner's Guide*. ISBN: 1593853726. Also available in Danish.

### Practicalities

Training: A total of two days (12 hours) training in ST.  
Classes are from 9-16 with an hour lunch break (6 hours of lessons per day) at PC Stolpegård, Stolpegårdsvej 20, 2820 Gentofte.  
All teaching is in English.

### Expences

3000 DKK including lunch.

### Lecturers

Michiel van Vreeswijk supported by the team at the Outpatient Clinic for Anxiety, OCD and Stress Disorders, PC Stolpegård.

### Target group

The workshop is aimed at psychologists (e.g. psychotherapists, clinical psychologists), psychiatrists and multidisciplinary staff working with patients with personality disorders and/or other complex mental disorders.

### Required presence

It is expected that participants attend both days.

### Registration

Deadline for registration: 8 August 2017

Registration for staff in the Mental Health Services, Capital Region of Denmark via Kursusportalen;  
<https://kursusportalen.plan2learn.dk/>

For other enquiries, please contact Competence Centre for Psychotherapy:

Line Hammer Nonboe: [line.hammer.nonboe@regionh.dk](mailto:line.hammer.nonboe@regionh.dk) or

Naja Vucina Pedersen: [naja.vucina.pedersen@regionh.dk](mailto:naja.vucina.pedersen@regionh.dk)

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## Workshop description

Date, time and place	Headline and content	Lecturers
<p><b>Day 1</b> Date and time: Wednesday 27 September 2017 at 9-16</p> <p>Place: PC Stolpegård, Spisestuen.</p>	<p><b>An introduction in Schema Therapy</b> 9.00-9.15: <b>Start workshop</b> 9.15-9.30: <b>Warming up exercise</b> 9.30-10.30: <b>Theory</b> 10.30-10.45: <b>BREAK</b> 10.45-11.15: <b>Case demonstration</b> 11.15-12.00: <b>Imagery schema's and modes (subgroups)</b> 12.00-13.00: <b>LUNCH BREAK</b> 13.00-13.30: <b>Case demonstration</b> 13.30-14.30: <b>Practicing with making a ST case conceptualization</b> 14.30-14.45: <b>BREAK</b> 14.45-15.15: <b>Theory</b> 15.20-15.50: <b>Therapeutic relationship; schema's/mode activation therapist-patient</b> 15.50-16.00: <b>Discussion and rounding up day 1</b></p>	<p>Michiel van Vreeswijk supported by the team at the Outpatient Clinic for Anxiety, OCD and Stress Disorders, PC Stolpegård.</p>
<p><b>Day 2</b> Date and time: Thursday 28 September 2017 at 9-16</p> <p>Place: PC Stolpegård, Spisestuen.</p>	<p><b>Historical roleplay &amp; Chair technique</b> 9.00-9.15: <b>Start workshop</b> 9.15-9.30: <b>Warming up exercise</b> 9.30-10.00: <b>Theory</b> 10.00-10.30: <b>Case demonstration historical roleplay</b> 10.30-10.45: <b>BREAK</b> 10.45-11.45: <b>Historical role play (subgroups)</b> 11.45-12.00: <b>Theory: questions?</b> 12.00-13.00: <b>LUNCH BREAK</b> 13.00-13.30: <b>Theory and illustration of chair technique</b> 13.30-14.30: <b>Giving each mode a chair (subgroups)</b> 14.30-14.45: <b>BREAK</b> 14.45-15.20: <b>Sending away the demanding parent (subgroups)</b> 15.20-15.50: <b>Therapeutic relationship; imagery exercise facing your most difficult patient</b> 15.50-16.00: <b>Discussion and rounding up day 2</b></p>	<p>Michiel van Vreeswijk supported by the team at the Outpatient Clinic for Anxiety, OCD and Stress Disorders, PC Stolpegård.</p>

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