

***Kompetencecenter for Psykoterapi at PC Stolpegård
is pleased to announce a three – day workshop with
Giancarlo Dimaggio - November 18 - 20, 2015***

Kompetencecenter for Psykoterapi at PC Stolpegård has the pleasure to invite you to a three day Training in Metacognitive Interpersonal Therapy for Personality Disorders (MIT). The workshop is conducted by the Italian Psychotherapist and Psychiatrist Giancarlo Dimaggio.

Don't miss this opportunity to receive training from an international expert in the treatment of personality disorders. MIT is an integrative therapy, which shows promising case study results in the treatment of complex and treatment-resistant personality disorders.

Metacognitive Interpersonal Therapy (MIT) for personality disorders (PD) such as avoidant, dependent, narcissistic, paranoid and obsessive---compulsive, plus features of depressive and passive-aggressive personalities, is based on a structured and manualized set of procedures aimed at guiding the clinician's actions in dealing with these difficult presentations.

About the Presenter: Giancarlo Dimaggio

MD, psychiatrist and psychotherapist

Giancarlo is a founding member of the Center for Metacognitive Interpersonal Therapy Rome and trainer for the Italian Society of Cognitive and Behaviour Psychotherapy (SITCC). He has published more than 100 papers on theory, research and treatment of personality disorders and schizophrenia. He has co-authored and edited six books on Psychopathology and psychotherapy. He developed Metacognitive Interpersonal Therapy for personality disorders and is training and supervising teams in Denmark, Norway and Portugal.



About the Workshop:

This workshop will provide a rationale for treating symptom disorder in the presence of PD and will outline specific techniques useful in the assessment and treatment of personality disorders. It will begin by summarizing a description of PD pathology, in particular with the goal of case formulation, and then proceed to outline the process from the very first session through to the conclusion of treatment.

A major focus will be on assessing and reconstructing the maladaptive interpersonal schemas as appearing in the clients' autobiographical narratives. Procedures are described for how to first enrich the repertoire of autobiographical memories, and then increase metacognition, that is awareness of the mental states of both the self and the others. Once a shared formulation of the interpersonal schemas is completed, the procedures will focus on how to promote change. One turning point is the achievement of metacognitive differentiation, or critical distance from their own maladaptive interpersonal schemas, in parallel to experiential access to healthy self. Actions aimed at reaching these goals will be described, followed by a strategy for planning behavioral experiments with the goal of broadening the meaning-making repertoire, expanding the networks of relationship and acting according to innermost wishes/fostering a sense of agency.

Focus will also be put on how to prevent and repair ruptures in the therapy relationship and how to metacommunicate, that is reflect jointly on the therapy relationship in order to improve both clients' awareness of their own functioning and to create an environment where jointly thinking on mental states of both the participants in the relationship is safe.

This workshop will focus on the processes and techniques involved in MIT. The following stages of therapy will be explored:

- Establishing a strong therapeutic relationship with complex clients
- Assessing metacognition and interpersonal schemas
- Incorporating metacognition into client formulations
- Addressing ruptures
- Enhancing metacognition
- Promoting behavioral change
- Revising self-image

Clinical case examples will be explored, and videos of MIT sessions will be presented and discussed. The workshop will also have an experiential component and participants will be given the opportunity to talk about personal issues with Giancarlo in order to have a live sense of what MIT is.

Key Reference:

Dimaggio, G., Montano, A., Popolo, R. & Salvatore, G. (2015). *Metacognitive Interpersonal Therapy for Personality Disorders: A treatment manual*. London: Routledge

Practical information:

Time:	November 18 – 20, 2015. Registration and breakfast from 9.00 PM
Place/location:	Psykoteraapeutisk Center Stolpegård, Stolpegårdsvej 20, 2820 Gentofte
Fee:	3000 incl. Lunch and coffee/the
Payment:	Please use E-faktura (remember to inform the ean number of your place of work) or transfer to account number: 3100 3100130904 (Danske Bank).
Sign up:	Send an e-mail with your name, title, place of work and phone no to PCStolpegaard@regionh.dk
Deadline:	1. November 2015

For more information please contact:

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