**Workshop Graz 12&13 April 2024**

**Friday 12 April, 2024 Imagery Rescripting**

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 1-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, the most recent insights and experiences of this method will be shared.

The workshop is aimed at therapists who are already working to some extent with Imagery Rescripting and who wish to increase their skills and the effectiveness of this intervention. You do not have to be an expert to benefit from this workshop but there is definitely inspiration to be found for the more experienced therapists as well!

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.

**Program**

Introduction, good place imagery, agenda for the day, discussing speciﬁc learning objectives

Theory of imagery rescripting: rational, working mechanisms, scientific research

**I Imagery Rescripting-therapist rescripts**

Demonstration with ‘subtitles’

Exercise in pairs

Evaluation of the exercise

**II Imagery rescripting-What if…?**

Introduction challenging situations

Demonstration with ‘subtitles’: no images

Exercise in pairs

Evaluation of the exercise

*13.30-14.30: Lunch break*

**III Imagery rescripting-What if…?**

Introduction challenging situations: loyalty and guilt

Demonstration with subtitles

Practice in pairs

Evaluation of the exercise

**IV Imagery Rescripting-client rescripts**

Introduction

Demonstration

Practice in pairs

Evaluation of the exercise and the training day

**Saturday 13 April 2024 Chairwork**

Although there are several effective therapeutic methods and techniques, it often still remains difficult to make the transition from a rational belief to a corrective emotional experience which contributes to real change. Clients often will say: ’I know my beliefs may not be rational, but I still feel anxious/depressed…...’. The chair technique is an emotion focused technique that has proven to help create those corrective emotional experiences needed to bridge the gap between ‘knowing’ and ‘feeling’. Although this technique has been used for decades in different therapy models, it is with the development of schema therapy that more and more therapist started to use this technique over the last 20 years. Chair work nowadays is considered to be an effective technique in the treatment of anxiety- and depressive disorders, eating disorders, addiction, couples therapy and personality disorders. Despite its growing popularity, it is often difficult to apply the technique. Both therapists and clients might feel awkward doing chair work, and for that reason some therapists avoid using this powerful and effective technique. This workshop is speciﬁcally developed for Schema therapists who want to reﬁne their skills in the use of Chair work. Many therapists experience this technique to be difﬁcult. Either they feel themselves not experienced enough since it’s not their usual way of working with patients. Or they encounter speciﬁc challenging situations that haven’t been covered in their basic ST training, e.g. the coping mode is so strong that it doesn’t make any difference to let the patient sit in the chair of the Vulnerable Child mode.

This training course aims to provide speciﬁc methods to ﬁne tune the already existing skills of the participants in order to make them more effective and efﬁcient in working with parent- and or coping modes. In order to make this workshop successful there will be a lot of role play exercises in which the participants have to practice the demonstrated methods.

**Program**

Introduction, agenda for the day, discussing speciﬁc learning objectives

Theory of chair work: rational, working mechanisms, scientific research

**I Chair work in the diagnostic phase**

Demonstration with ‘subtitles’

Summary of the guiding principles in chair work

Practice in pairs chair work in the diagnostic phase

Evaluation of the exercise

**II Chair work start phase: bypassing the Protective side of the patient**

Introduction

Demonstration with ‘subtitles’; bypassing the Protective side of the patient

Practice in pairs bypassing the Protective side of the patient

Evaluation of the exercise, Plenary discussion & role play demonstrations managing challenging situations (strong resistance from coping mode, ‘contamination of chairs’ when patient is unable to connect to emotions, etc.)

**III Chair work start phase: addressing the punitive side of the patient**

Introduction

Demonstration addressing the punitive side of the patient

Practice in pairs addressing the punitive side of the patient

Evaluation of the exercise

**IV Chair work middle phase: the Heathy Adult mode in chairs**

Introduction Healthy Adult (visual image of the HA and the 3 step-strategy)

Demonstration Healthy Adult in chairs

Exercise in pairs Healthy Adult in chairs

Evaluation of the exercise

**About the presenter**



**Remco van der Wijngaart**

Remco van der Wijngaart works as a psychotherapist in a private practice in Maastricht, the Netherlands. Initially trained in Cognitive Behavior 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 audiovisual production “Schema therapy, step by step” which is considered to be one of the essential instruments in learning schema therapy. He is the producer of the audiovisual production “Fine Tuning Imagery Rescripting” and the author of “Imagery Rescripting, theory and practice” (2021, Pavilion Publishing. West Sussex, UK).