

KBT-Arrangemang

Workshops med Andrew Christensen Integrative Behavior Couple Therapy (IBCT) Stockholm 26 & 27 mars 2009

Outline for Day One

Background and overview

- Demographic data on divorce and discord
- Consequences of divorce and discord

Evidence-based approaches to couple therapy

- Overview of empirically-supported couple therapies
- Similarities and differences between these evidence-based approaches
 - A unified protocol for couple therapy – basic principles
- Principles of Integrative Behavioral Couple Therapy (IBCT)
 - Model of Distress in IBCT

Assessment and evaluation in IBCT

- Overview of assessment and evaluation
- Measures for the clinical couple therapist
- Assessment of violence and affairs in couples
 - The “feedback session”

Interventions for promoting acceptance

- Overview of interventions for promoting greater acceptance
 - Description of “Empathic Joining;” video examples.
 - Description of “Unified Detachment;” video examples.
 - Description of “tolerance building;” video examples.

Interventions for promoting change

- Traditional strategies for promoting change
- Specifying, promoting, and debriefing positive actions
 - Communication training and problem solving
 - Integrating acceptance and change strategies

Empirical support for IBCT

Outline for Day Two

Review of IBCT evaluation and feedback of couples

Role play exercise on evaluation and feedback of couples

- Introduction of exercise in large group
- Break up into groups of three (one therapist and one couple). Groups should include at least one person who is seeing a couple and wants to use that couple, with their identify appropriately masked, as a basis for the role play exercises
- Therapist will introduce the couple to the other members of the group by conducting a mock feedback session
 - Debrief exercise in large group

Review of treatment interventions in IBCT

Role play exercise on empathic joining and unified detachment

- Break up into groups of three as above
- Group member who was the therapist in the first exercise above now is a member of the couple and instructs his or her partner in how the couple might behave in therapy
- Group member who has not worked with the couple in question attempts to conduct therapy
 - Debrief exercise in large group

Role play exercise on tolerance building

- Break up into groups of three as above but with a new member playing the therapist
 - Therapist conducts tolerance building exercise with the couple
 - Debrief exercise in large group

Role play exercise on deliberate change strategies

- Break up into groups of three but with new member playing the therapist
 - Conduct role play exercise
 - Debrief exercise in large group

Additional role play exercises depending on time

För mer information samt anmälan gå in på:

www.KBT-Arrangemang.se