

# Program PCE-Training Denmark 2011-2012

## Didactic, skills training and supervision

### 2011

#### Introduction

##### 1. september 2011

*Niels Bagge. ½ day introduction*

#### Classical client centered therapy

##### 2.- 3. September 2011

*Lisbeth Sommerbeck. 2 days didactic*

Classical client centered therapy (CCT) practice and rationale. Roger's theory on personality development and psychopathology (theory)

Demonstration and skills training in CCT

##### 29. September – 1. October 2011

*Lisbeth Sommerbeck. 1 days didactic + 1 day supervision (2 groups-2 days)*

Research in common factors in psychotherapy (theory)

Demonstration and skills training in CCT

##### 3. – 5. November 2011

*Lisbeth Sommerbeck. 1 days didactic + 1 day supervision (2 groups-2 days)*

Pre-Therapy (theory and demonstration). Skills training in CCT

##### 24. – 26. November 2011

*Lisbeth Sommerbeck. 1 days didactic + 1 day supervision (2 groups-2 days)*

The early and the late Rogers: Differences in the theory of therapy and their practical consequences. Advanced skills training in CCT. Evaluation of CCT part of training.

### 2012

#### Exploring links between person-centered and emotion-focused therapy

##### 6. - 8. January 2012

*Ladislav Timulak & Niels Bagge. 1 days didactic + 1 day supervision (2 groups-2 days)*

Theory of personality and psychopathology: person-centered vs. emotion-focused perspective (theory). Case conceptualization in person-centered and emotion-focused therapy (skills)

##### 10 - 12. February 2012

*Ladislav Timulak & Niels Bagge. 1 days didactic + 1 day supervision (2 groups-2 days)*

Cognitive, emotional and relational processes in person-centered and emotion-focused therapy (theory). General personcentered and emotion-focused interviewing style (skills)

## **Emotion focused therapy**

### **11. - 14. April 2012**

*Robert Elliott & Jeanne Watson. 3 days didactic + 1 day supervision*

Introduction to EFT: Emotion theory, emotion schemes, classifying emotion, dialectic constructivism, general model of therapeutic task and emotional process formulations. Research evidence. Empathic exploration, Systematic Evocative unfolding, Narrative Retelling, and Meaning Creation, Clearing a Space, Two chair dialogue and splits and Empty chair dialogue and unfinished business (theory and skills)

### **6. - 9. June 2012**

*Robert Elliott & Jeanne Watson. 3 days didactic + 1 day supervision*

Therapist experiential response modes, clients' modes of engagement and EFT case-formulation. Identifying, initiating and completing therapeutic tasks: Focusing, clearing a Space, Two chair dialogue for evaluative split, Empty chair work for unfinished business and Relational Dialogue for Alliance difficulties. Personalized applications to problems and diagnosis: Depression, social anxiety, trauma, borderline processes ect. Useful research tools. (theory and skills)

### **13.-15. September 2012**

*Ladislav Timulak & Niels Bagge. 1 days didactic + 1 day supervision (2 groups-2 days)*

Theory of change: transformation of self and affect in person-centered and emotion focused therapy (theory). Introduction to work with shame and fear inducing self-contemptuous processes (2 chairs task for conflict split). Introduction to work with interpersonal emotional injuries (sadness and loss, shame and fear) (empty chair for unfinished business) (skills)

### **14. – 17. November 2012**

*Robert Elliott & Jeanne Watson. 2 days didactic + 2 day supervision*

Expanding work with tasks: Systematic evocative unfolding and narrative retelling of difficult/traumatic experiences, Two chair enactment for self-interruption, empty chair work and compassionate self-soothing for painful self states (theory and skills). Daily practice of EFT. Questions and answers. Evaluation

## **Graduation celebration**

### **17. November 2012**

*All participants and trainers. Evening*

Graduation celebration and dinner

# Program PCE-Training Denmark 2011-2012

## Self Therapy Group

**2012**

### **Person Centered and Experiential Self Therapy Group**

**28. – 30. January 2012**

*Kurt Renders or Chaja Kaufmann. 3 days self therapy groups*

**24. – 26. March 2012**

*Kurt Renders or Chaja Kaufmann. 3 days self therapy groups*

**12. – 14. May 2012**

*Kurt Renders or Chaja Kaufmann. 3 days self therapy groups*

**1. – 3. September 2012**

*Kurt Renders or Chaja Kaufmann. 3 days self therapy groups*

**27. – 30. October 2012**

*Kurt Renders or Chaja Kaufmann. 4 days self therapy groups*

# **Program PCE-Training Denmark 2011-2012**

## **Didactic, skills training, supervision and self therapy group**

### **2011**

#### **1. September 2011**

*Niels Bagge. ½ day Introduction*

#### **2.- 3. September 2011**

*Lisbeth Sommerbeck. 2 days didactic*

#### **29. September – 1. October 2011**

*Lisbeth Sommerbeck. 1 days didactic + 1 day supervision (2 groups - 2 days)*

#### **3. – 5. November 2011**

*Lisbeth Sommerbeck. 1 days didactic + 1 day supervision (2 groups-2 days)*

#### **24. – 26. November 2011**

*Lisbeth Sommerbeck. 1 days didactic + 1 day supervision (2 groups-2 days)*

### **2012**

#### **6. - 8. January 2012**

*Ladislav Timulak & Niels Bagge. 1 days didactic + 1 day supervision (2 groups-2 days)*

#### **28. – 30. January 2012**

*Kurt Renders or Chaja Kaufmann. 3 days self therapy groups*

#### **10 - 12. February 2012**

*Ladislav Timulak & Niels Bagge. 1 days didactic + 1 day supervision (2 groups-2 days)*

#### **24. – 26. March 2012**

*Kurt Renders or Chaja Kaufmann. 3 days self therapy groups*

#### **11. - 14. April 2012**

*Robert Elliott & Jeanne Watson. 3 days didactic + 1 day supervision*

#### **12. – 14. May 2012**

*Kurt Renders or Chaja Kaufmann. 3 days self therapy groups*

#### **6. - 9. June 2012**

*Robert Elliott & Jeanne Watson. 3 days didactic + 1 day supervision*

#### **1. – 3. September 2012**

*Kurt Renders or Chaja Kaufmann. 3 days self therapy groups*

#### **13.-15. September 2012**

*Ladislav Timulak. 1 days didactic + 1 day supervision (2 groups-2 days)*

#### **27. – 30. October 2012**

*Kurt Renders or Chaja Kaufmann. 4 days self therapy groups*

#### **14. – 17. November 2012**

*Robert Elliott & Jeanne Watson. 2 days didactic + 2 day supervision  
Graduation celebration and dinner. Evening*