

THURSDAY JUNE 11 9AM-16:30

Empathic Confrontation in Individual Schema Therapy

NAME, TITLE	Neele Reiss, PhD ^{1,2} & Friederike Vogel, MD ¹
Country	Germany
AFFILIATION (UNIV, INSTITUTE, ETC)	¹ Institute for Psychotherapy in Mainz (ipsti-mz) Kaiserstr. 1855116 Mainz ² Goethe-Universität Frankfurt, Germany
1-2 MAIN PUBLICATIONS, BOOKS	<ol style="list-style-type: none">1. Reiss, N., Lieb, K., Arntz, A., Shaw, I.A., Farrell, J. (2013). Responding to the treatment challenge of patients with severe BPD: results of three pilot studies of inpatient schema therapy. Behavioural and Cognitive Psychotherapy, 1-13. doi:10.1017/S13524658130000272. Reiss, N. & Vogel, F. (2014). Empathische Konfrontation in d Schematherapie [Empathic confrontation in Schema Therap Weinheim: Beltz.
SHORT DESCRIPTION OF YOUR WORKSHOP (A PARAGRAPH)	<p>Maladaptive coping modes such as Detached Protector or Self-Aggrandizer Mode are the cause of major difficulties in treating patients with various personality disorders. Rigid behavior patterns associated with these modes significantly influence other people's, even therapist's, reactions, often triggering them to behave in ways that reinforce the patient's maladaptive schemas.</p> <p>Being specifically tailored towards changing maladaptive coping modes, empathic confrontation is a therapeutic intervention in Schema Therapy that is part of limited reparenting and at the same time a mode change strategy in its own right. It is a critical and difficult intervention for accomplishing the overall goal of Schema Therapy- to help patients get their adult needs met in a healthy manner – as it points out the negative effects of their currently used unhealthy mode driven behaviors and assists them in learning and using more adaptive behaviors.</p> <p>In this workshop the steps of empathic confrontation in Schema Therapy will be outlined to the participants. Difficult situations with patients in maladaptive coping modes in the treatment room and the empathic confrontation of the coping mode in these situations will be demonstrated. Participants will be given the possibility to try the different steps in empathic confrontation in small group role plays.</p>
TRAINING METHOD	Didactic and dyadic
Anything else- YOU WANT PARTICIPANTS TO KNOW OR BRING WITH THEM	Basic knowledge on modes and schemas.