

ASPCo Perfectionnement 2010-2011

Atelier clinique de 2 jours- anglais

Imagery Rescripting & Reprocessing
Therapy (IRRT): Imagery-Focused CBT
for Trauma & PTSD

Prof Mervin Smucker
(Medical College of Wisconsin, USA)

vendredi et samedi 26-27 novembre 2010
vendredi 10h00 - 18h00, samedi 9h00 - 17h00

Salle Les Champs, Belle-Idée, HUG
2, ch. du Petit-Bel-Air - 1225 Chêne-Bourg

Coût de l'atelier

- Sfr. 350.- membres ASPCo
- Sfr. 450.- psychologues ou psychiatres formés
ou en formation non membres ASPCo

Biographie express

Prof. Smucker is involved in ongoing trauma treatment outcome research, training, and clinical practice. He previously trained and worked with Prof. Beck and has also collaborated with Prof. Foa on trauma research. He is recognized for his creative and innovative applications of imagery in CBT and has published several books (in English and German) on his imagery-based treatment for trauma victims. He is also a regular consultant-trainer throughout Europe.

Délai d'inscription et de paiement

19 novembre 2010. Les inscriptions sur place restent possibles mais sont majorées de Sfr. 10.-. En cas de désistement une semaine avant l'atelier, 20% de frais seront retenus. Après ce délai, aucun remboursement ne sera effectué.

Secrétariat: aspcosecretariat@bluewin.ch

Workshop description

Since Prof. Smucker first developed Imagery Rescripting as a CBT intervention in the early 1990s, the use of *imagery* as a primary therapeutic agent in fostering cognitive and emotional processing of traumatic material has been being employed by a growing number of CBT clinicians. This workshop will demonstrate how trauma victims suffering from PTSD can be effectively treated with *Imagery Rescripting and Reprocessing Therapy* (IRRT) – an imagery-based, trauma-processing CBT treatment (with stabilization components) that blends visual and verbal interventions to access, modify, and process traumatic memories. Specifically, each IRRT session comprises three phases that involve: (1) visually activating and reliving the traumatic imagery, (2) transforming the trauma-related imagery into mastery/coping imagery, and (3) facilitating emotional self-regulation through self-calming, self-soothing, and self-nurturing imagery. IRRT applications are brought to life via instructional videos, experiential exercises, and case examples. Participants will experience first-hand how this combination of intense trauma-processing followed by a stabilization-focused 3rd phase, can lead to dramatic *cognitive shifts* that: (a) reduce or eliminate PTSD symptoms, (b) modify maladaptive trauma-related beliefs relating to guilt, shame, anger, and fear, (c) enhance one’s capacity to self-nurture and self-calm, and (d) promote the development of adaptive schemas. IRRT is a manualized CBT treatment for PTSD with solid empirical support.

References

- Smucker M. & Dancu C. (1999/2005). *Cognitive-Behavioral Treatment for Adult Survivors of Childhood Trauma*. New York: Rowman & Littlefield Publishers, Inc.