SIMPLIFYING PERSONALITY DISORDER TREATMENT: THE NEW PARADIGM FOR CBT

Christine A. Padesky (Huntington Beach, California, USA)

Vendredi et Samedi 9-10 mai 2014 - HUG, Belle-Idée, Amphithéâtre Ajuriaguerra
Horaire : 9h30-17h30
Prix : Membres 550.- non membres 650.-
Délai d’inscription : 5 mai 2014. Les inscriptions sur place restent possibles mais sont majorées de Frs 10.--.
Modalité de paiement : en cas de désistement une semaine avant l’atelier ou si un(e) participant(e) inscrit(e) n’assiste pas à l’atelier, 20% de frais seront facturés.

Abstract Workshop
Too often theories and therapy approaches make personality disorder treatments so complicated that therapists and clients become discouraged and frustrated. Over the last 20 years, Christine A. Padesky, Ph.D. and her colleague, Kathleen A. Mooney, Ph.D. have developed the NEW Paradigm for Cognitive Behavioral Therapy (CBT) of personality disorders. Their NEW paradigm is a 4-stage model that is simple to understand and can be easily learned by therapists already familiar with CBT approaches for Axis I disorders such as depression and anxiety disorders.

The NEW Paradigm incorporates many of Padesky’s signature therapy approaches: collaboration, guided discovery, incorporation of client strengths, and methods for building client resilience. In addition, it places increased emphasis on client imagery, use of client-generated metaphors, kinesthetic awareness, and a step-by-step therapy framework that is designed to help clients embrace change.

Rather than focusing on dysfunctional beliefs and behaviors, methods taught target construction of new belief systems and interpersonal behavior patterns. Behavioral experiments are used to build resilience in use of the NEW system. Each step is demonstrated by Dr. Padesky and participants apply NEW skills in common clinical situations via structured role-plays. Analyses of interpersonal clinical processes are interspersed with didactic presentations.

Whether you want to learn more about working with a specific personality disorder (e.g., borderline personality disorder), a particular type of impasse (e.g., avoidance, rigidity or angry attacks), or your own reactions (e.g., irritation with a particular client), this workshop is designed to enhance your understanding and skills.
References

Brief biography of Christine A. Padesky
Ph.D., Co-Founder of the Center for Cognitive Therapy in Huntington Beach, California is a Distinguished Founding Fellow of the Academy of Cognitive Therapy and former President of the International Association for Cognitive Psychotherapy. Dr. Padesky is a leading cognitive therapy innovator, provides workshops and consultation to therapists worldwide (www.padesky.com) and develops audio CD & DVD therapist training materials (described at www.store.padesky.com). Her most recent book, Collaborative Case Conceptualization, joins five previous books which are translated into 23 languages. BABCP voted her best selling self-help book Mind Over Mood (www.mindovermood.com) the most influential CBT book of all time. She is recipient of BABCP’s Most Influential International CBT Therapist award and the California Psychological Association’s Distinguished Contribution to Psychology award. In 2007 the Academy of Cognitive Therapy bestowed on her its Aaron T. Beck Award for her enduring contributions to the field.