



**Online workshop**

# **FINE-TUNING IMAGERY RESCRIPTING**

***Remco van der Wijngaart***

**28<sup>th</sup> November 2020**

**Time (CEST) from 10 a.m. to 5 p.m.**



*Dr. Remco van der Wijngaart is a certified trainer by the ISST (International Society of Schema Therapy)*

**THE WORKSHOP WILL BE HELD IN ENGLISH AND THROUGH THE ZOOM PLATFORM**

# PRESENTATION OF THE WORKSHOP

---

**Imagery rescripting** is generally regarded as one of the most effective techniques within **schema therapy**. It is also an effective stand alone treatment for anxiety disorders such as Social Anxiety Disorder, PTSD and more recently Obsessive Compulsive Disorder. However, it is often difficult to apply this technique. For instance, therapists are regularly faced with challenging situations in which, for example, the client says 'I have no memories of my childhood' or 'I don't want to dredge up those old memories, what would be the point of that?'. Furthermore, patients have often been so damaged by their childhoods that childhood memories are very emotionally charged. As a result, therapists are inhibited from using imagery to bring back images from that charged past for fear of decompensation.

**This workshop aims to make therapists more proficient in applying imagery rescripting.** Existing skills will be refined and challenging situations discussed and practised. During the workshop, use will be made of recently developed teaching materials specifically focused on **imagery exercises** and based on the most recent insights and experiences of this method. Specialist fields of application will also be discussed, such as imagery rescripting in flash-forwards and nightmares.

The workshop is aimed at therapists who are already working with Imagery Rescripting and who wish to increase their skills and the effectiveness of this intervention.

The objective is that this day should be an enjoyable, educational experience involving a lot of practice within a secure atmosphere, in order to enable the therapists to apply Imagery rescripting more often and more effectively.

# Remco van der Wijngaart

---

Remco van der Wijngaart is a psychotherapist and healthcare psychologist. He was trained and supervised in imagery rescripting by Jeffrey Young, the founder of schema therapy. Remco has his own independent practice for psychotherapy in Maastricht. For over 20 years he worked in the academic department of an outpatient mental health institution. As a therapist he participated in numerous treatment studies into anxiety, somatic symptom and eating disorders, as well as personality disorders.



# PROGRAM

Saturday 28<sup>th</sup> November -10 a.m.-5 p.m. (CEST)

---

10.00-10.20 Welcome, good place imagery to warm things up, explanation. Of difference with 'safe place', program for today and identify specific needs and questions

10.20-10.45 Theory of imagery and imagery rescripting. Discussion how to explain the rationale to the patient and general discussion of rationale and goals in IR

## **Imagery rescripting-Therapist rescript**

10.45-10.55 Introduction

10.55-11.10 Demonstration Fighting Punitive Parent; No challenging situations

11.10-11.35 Exercise in pairs:

11.35-11.45 Evaluating the exercise: summarizing key guiding principles and introduction of the window of tolerance

11.45-12.00 coffee break

## **Challenging situations:**

12.00-12.05 Identifying challenging situations

- Controlling Coping mode is too strong making it impossible for patients for experience feelings, get images
- Guilt inducing parent modes making patients feel guilty when you step in and do the rescripting
- Abnormal reactions of child modes

# PROGRAM

**Saturday 28<sup>th</sup> November -10 a.m.-5 p.m. (CEST)**

---

## **Coping modes**

- 12.05-12.30 Coping Mode-Bringing in the PO into the image
- 12.30-12.55 Exercise in pairs bringing coping mode into IR
- 12.55-13.00 Evaluation of exercise
- 13.00-13.45 **LUNCH**

## **Antagonists**

- 13.45-14.00 Introduction on challenging parent modes
- 14.00-14.30 Role play fighting challenging antagonists and. Dealing with abnormal reactions from child modes
- 14.20-14.50 Exercise in pairs fighting antagonists and/or abnormal reactions child modes
- 14.50-15.00 Evaluating the exercise

## **Therapist's pitfalls**

- 15.00-15.15 Demonstration and plenary exercise in identifying different pitfalls for therapists when applying IR
- 15.15-15.30 coffee break

## **Client rescripts**

- 15.30-15.45 Introduction on IR in 2nd phase.
- 15.45-16.00 Demonstration client rescripts
- 16.00-16.20 Exercise in pairs with an personal situation of the participants
- 16.20-16.30 Evaluating the exercise
- 16.30-17.00 IR for future trigger situations, specialist areas, questions

# INSTRUCTION FOR PARTICIPATION

The workshop will be held in English and in a webinar format via the ZOOM platform  
Time (CEST): 10 a.m. – 5 p.m.

Upon confirmation of registration you will receive all indications and directions for attending.

## **Workshop addressed to Psychologists, Psychotherapists and Psychiatrists**



*Dr. Remco van der Wijngaart is a certified trainer by the ISST (International Society of Schema Therapy)*

## FEE AND REGISTRATION

❖ Euro **122,00** VAT included

To register please fill the [ONLINE FORM](#) and pay the participation fee at the same time.

The payment must be done via bank transfer to the following bank account:

Scuola di Psicoterapia Cognitiva srl

IBAN IT87K0538703202000001606300

BIC: BPMOIT22XXX

Reason “REMCO November 2020”

**IN CASE OF RENUNCIATION THE REFUND OF THE PARTECIPATION FEE IS NOT PROVIDED**

**Organizing Secretary**

APC/SPC - Viale Castro Pretorio, 116 – 00185 - Roma - Info: [www.apc.it](http://www.apc.it) – [iscrizioniworkshop@apc.it](mailto:iscrizioniworkshop@apc.it) - 3473566781