



Scuole di Specializzazione
in Psicoterapia Cognitiva



IAST
Italian Academy
of Schema Therapy



International Society of
Schema Therapy

Online Workshop



WS recognized by ISST (*International Society of Schema Therapy*)
Official ISST certificate will be provided at the end of the workshop

Schema Therapy in the treatment of the Obsessive Compulsive Disorder

Dr. Katia Tenore; Dr. Olga Ines Luppino; Dr. Alessandra Mancini

13-14-15 January 2023

14,00 - 20,00 CEST Time

THE WORKSHOP WILL BE HELD ONLINE ON ZOOM PLATFORM

REGISTER ONLINE BY CLICKING AT [THIS LINK](#) OR WRITE AN EMAIL TO ISCRIZIONIWORKSHOP@APC.IT

Info: www.apc.it – iscrizioniworkshop@apc.it - +39 3473566781



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INTRODUCTION

Exposure with response prevention (E/RP) is the golden standard treatment for **Obsessive Compulsive Disorder** (OCD - APA, 2017). However, approximately 50% of patients does not show a complete remission to this treatment (Stanley & Turner , 1996; Baer & Minichiello, 1998). The explanation probably lies on the difficulty in accessing emotions and cognitions and in general to establish an adequate therapeutic alliance, for those patients who have dysfunctional personality traits.

Recently, empirical evidence has led to various conceptualizations of obsessive functioning in the Schema Therapy framework (Gross 2012; Basile et al., 2017). From these evidences it emerges that OCD pervasiveness of is associated with Early Maladaptive Schemas (EMS) such as emotional deprivation, social isolation, abuse, failure, emotional inhibition, submission and punitiveness. The data also suggest that the pervasiveness of the Punitive Parent Mode, which well represents the internalization of normative or moral instances, and which may be the basis of the high sensitivity to fear of guilt, constitutes one of the most important vulnerability factors in the development of OCD. (Mancini, 2016).

The Workshop aims to present the theoretical framework that explains Obsessive Compulsive Disorder in terms of historical vulnerability. Starting from clinical examples, it will be illustrated **the conceptualization model of obsessive disorder according with the ST framework.** Through experiential exercises, and through role-plays, **the main ST techniques in the treatment of OCD will be showed.** In particular, interventions aimed at modifying the sensitivity to guilt will be presented, both by reducing its pervasiveness, and by working on the acceptance of the possibility and the right to make mistakes. Participants will experience in practice the application of some of the main therapeutic strategies of ST, fine-tuned for the intervention on the obsessive patient, in particular imaginative techniques, such as Imagery Assessment and Imagery Rescripting, empathic confrontation, limited reparenting and chair work.



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TEACHERS

KATIA TENORE

Clinical psychologist, teacher at School of Cognitive Psychotherapy (SPC) and Cognitive Psychology Association (APC), teacher member of the Italian Society of behavioral and cognitive therapy (SITCC). Trainer and supervisor in Schema Therapy approved by International Society of Schema Therapy (ISST). Author of many academic publications on OCD and Schema Therapy.

OLGA INES LUPPINO

Psychologist and CBT Psychoterapist, forensic psychologist, PhD student in Umanistic Sciences, trainer and supervisor in Schema Therapy recognized by ISST. Founding member of the Italian Academy of Schema Therapy (IAST) teacher at School of Cognitive Psychotherapy (SPC) and Cognitive Psychology Association (APC), accredited trainer of the Italian Society of behavioral and cognitive therapy (SITCC). Author of many academic publications on OCD and Schema Therapy.

ALESSANDRA MANCINI

Clinical psychologist, Trainer and Supervisor in Schema Therapy approved by International Society of Schema Therapy (ISST). Founding member of the Italian Academy of Schema Therapy (IAST). Ph.D in cognitive and social neuroscience. Teacher at the Schools of cognitive Psychotherapy (APC – SPC). Author of scientific publications about Schema Therapy and about the role of guilt in OCD.

PROGRAM

Friday, January 13th 2023, 14,00-20,00 cest time

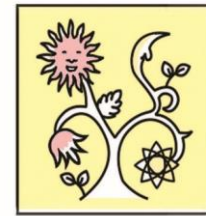


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- Historical Vulnerability in Obsessive Compulsive Disorder (OCD)
- Basic concepts in Schema Therapy: Needs, Schemas, Coping and Modes
- The role of the Early Maladaptive Schemas in DOC
- Research on OCD and Schema Therapy: the state of the art
- The characteristic Modes of the obsessive patient

PROGRAM

Saturday, January 14th 2023, 14,00-20,00 cest time

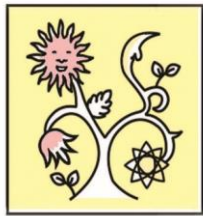


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- Integrating the cognitive model with Schema Therapy: the dynamics of the Modes
- Treatment: assessment and intervention techniques
- Strategies for the different modes
- Experimental techniques: Imagery's work
- Imagery Assessment
- Imagery Rescripting

PROGRAM

Sunday, January 15th 2023, 14,00-20,00 cest time



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- Combining Exposure with Response Prevention (E / RP) with Imagery work
- The experiential techniques: Chair work for Critic and Punitive Modes and for Overcompensation Mode
- Relational techniques: Limited reparenting and Empathic Confrontation in the treatment of OCD
- Working with the Healthy Adult in the treatment of OCD



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ORGANIZATION OF THE WORKSHOP

The WS will be held online on Zoom platform.

The WS will be held in Italian. There will be a professional simultaneous translation service in English.

TARGET GROUP: Licensed psychologist, psychotherapists and psychiatrists or colleagues in advanced stages of training.



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PARTICIPATION FEE

❖ € 370,00 VAT included

REGISTRATION

To register it is necessary fill in the [ONLINE FORM](#) and pay simultaneously the participation fee.

The payment shall be made by bank transfer to the account registered to:

ITALIAN ACADEMY OF SCHEMA THERAPY srl

IBAN **IT20J0306903213100000016184**

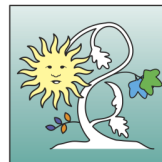
BIC CODE/SWIFT: **BCITITMM**

BANCA INTESA SAN PAOLO

Reason “DOC Schema Therapy 2023”

NO REPAYMENT OF THE PARTICIPATION FEE IN CASE OF WAIVER

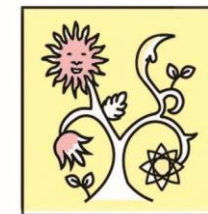
THE WORKSHOP WILL BE ACTIVATED WHEN THE MINIMUM NUMBER OF PARTICIPANTS IS REACHED



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