

Workshop Psychotherapy centered on clarification

CHF 650.-



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Clients' problems can be centered around largely unconscious psychological aspects. These so-called internal determinants comprise peoples' needs as well as schemata. Schemata are assumed to arise in early life as a result of the individual's interpretation of ongoing and/or strong need frustrating experiences. In this sense they can be understood as goal-directed, adaptive dynamic structures by help of which the person seeks to avoid further harm or hurt. This functional aspect comes with a price: Schemata do not seem to realize that the danger is over and follow the guideline given by Mad-Eye Moody, a fictional and rather paranoid character from the Harry Potter novels: "Constant vigilance!". They see danger everywhere and react accordingly.

The workshop is designed to develop action competencies by which therapists can support clients to clarify their own schemata. This means to gather understanding as well as acceptance for "crazy" and distressing assumptions/feelings like "I am unlovable". The role of the therapist is generally very active in such a process. According skills will be theoretically explained and trained on the levels of relationship, processing (experience vs. avoidance) and content. The major theoretical input will refer to the schema concept with an emphasis on practical, therapeutic implications. The introduction will also include thoughts on therapeutic understanding, types and characteristics of interventions and indication criteria for Clarification Oriented Psychotherapy.

The workshop will be highly practical including video analysis, role-plays, role-play analysis and demonstration. Participants are invited to engage in genuine self-experience processes.

Oliver Püschel is a Psychological Psychotherapist based in Recklinghausen, Germany. He was trained in CBT, Clarification Oriented Psychotherapy (Sachse) and Enactive Traumatherapy (Nijenhuis), and has gathered some training and experience in Emotion-Focused Therapy (Greenberg), Ego-State Therapy and Hypnotherapy. After a few years in research, he devoted himself to the treatment of patients and teaching/supervising. He works in private practice.

His basic therapeutic idea is client-centered, relationship-focused and process-oriented.

Littérature :

Sachse, R. (2004). From client-centered to clarification-oriented Psychotherapy. *Person-Centered and Experiential Psychotherapies*. Vol. 3., 1, 2004, 19 - 35.

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Intégrer clinique et recherche: Le modèle de la clarification selon R. Sachse.
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