

SKRIV IN I ALMANACKAN NU!

13-14 mars 2010 • Stockholm

Grillska Huset, Stortorget, Gamla Stan

Stockholmskretsen av SFKH, Svenska föreningen för klinisk hypnos har även äran och glädjen att inbjuda till en 2-dagars kurs med Ph D Richard Schwartz:

Med inspiration i Watkins och Watkins egostate terapi har dr Richard Schwartz utvecklat sin IFS modell – Internal Family Systems. Richards bakgrund kommer ur den systemiska familjeterapin som även den i hög grad är påverkad av klinisk hypnos.

The Internal Family Systems (IFS) model was developed by Dr. Richard Schwartz, Ph.D., over the past 25 years as he learned to set aside his trained assumptions and truly listen to his clients. It is a highly efficient and effective way of guiding clients to a state of inner clarity and compassion, the Self, from which they know how to heal themselves. From the Self, clients are able to calm and transform their troubling inner voices, the critical and anxious chatter, the compulsive distractions, their feelings of vulnerability, inadequacy, and overwhelm. These parts of the psyche are surprisingly responsive and resilient when addressed with respect and patience. They readily forsake their inner battles, and take on valuable inner roles once they are accepted and witnessed.

This application of family systems principles and techniques to inner systems is now widely used internationally in the treatment of trauma and severe diagnoses as well as in non-clinical applications such as business consulting and spiritual practice. It is one of the most rapidly growing psychotherapies in the United States and is spreading in Europe and Israel.

The healing and reorienting of clients "inner families" in an environment of genuine acceptance, translates into concrete behavioral change, plus improved ability to relate well to others. IFS is a gentle, yet powerful, healing delivery system that releases the therapist from the need to be clever because it trusts and empowers the clients' Self.

It has much in common with traditional and Ericksonian hypnosis and yet is also quite different.

Saturday March 13: Lectures/Workshop

9.30 - 11.00 A brief introduction to the core concepts of the Internal Family Systems model with discussion of how it is similar to and different from hypnosis and how it applies to working with trauma

11.15 - 12.30 Large group experiential exercise and video example of IFS with a Viet Nam veteran

12.:30 - 13.30 Lunch

13.30 - 15.00 The second half of the video and discussion of the IFS techniques it illustrated with emphasis on how those compare to hypnosis

15.15 - 16.30 Discussion of the parts of the therapist and experiential exercise that illustrates how therapists can remain Self-led

Sunday March 14: Lectures/Workshop

10.30- 12.00 Video examples of IFS with an eating disordered client and a client with ALS

13.00- 15.30 Practicing the basic techniques in small groups and conclusions

Kostnad: Medlemmar 2 400 kronor, icke-medlem 3 200 kronor.

Priset inkluderar luncher, för- och eftermiddagskaffe.

Medlemskap i SFKH för år 2010:

750 kronor att betalas till Postgiro 1072 55-2 eller Bankgiro 736-9036

Anmälan till kurs och middag (485 kronor exklusive dryck) före den 8 mars 2010 sker genom inbetalning på Stockholmskretsens PG 79 80 03-0.

Endast vårdgivare som är medlemmar eller behöriga att vara medlemmar kan anmäla sig till kursen.

Önskas mer information kontakta:

Mirja Svartengren, mirja.svartengren@alfa.telenordia.se Tel: 070-810 26 90

Gabriella Rudstam gabriella.rudstam@krisochtraumacentrum.se Tel: 070-244 90 54

Hotelltips...

...inför årsmötet 2010 i Stockholm. Hotell och Vandrarhem, mestadels på båtar, gångavstånd till Gamla Stan. Priserna är årets, så de kan förändras till 2010.

Hotell Renstierna Tel 08-615 21 35

www.hotelrenstierna.se

Vandrarhemsdel:400kr per person med frukost

Hotelldelen: samma pris dubbel eller enkelrum 1 100 med frukostbuffé

Af Chapman Tel 08-463 22 66

www.stfchapman.com

vandrarhem 2-bäddsrum 260:- frukost 65:–

First Hotell Reisen

Fram till 13 februari erhåller deltagare särskild rabatt på rum:

1 100 kr för enkelrum samt 1 400 krm för dubbelrum

Uppge kod SFKH2010 vid bokningstillfället.

Gustav af Klint Tel 08-640 40 77

www.gustafafklint.se

Hotelldelen Dubbelrum 950:- enkelrum 600:- frukost ingår

Vandrarhemsdelen Tvåbäddsrum 480:-,frukost 60:-

Röda Båten Mälaren Tel 08-644 43 85

www.theredboat.se

Vandrarhemsdelen Dubbelrum 590:-, enkelrum 450:--