

Organisatie van:



5 & 6
december
2019

INTERNATIONAAL CONGRES
GEWELDLOOS VERZET

5
december
2019

Vanaf 08.30 uur

Onthaal | CC De Kruisboog - Tienen

09.00 - 09.15 uur

Verwelkoming door Frank Van Hoken (BIGV) en dr. Peter Joostens (Alexianen Zorggroep Tienen)

09.15 - 10.30 uur

SESSIE 01 door Uri Weinblatt

SHAME REGULATION THERAPY FOR FAMILIES

In recent years, the emotion of shame has drawn considerable attention and has been targeted as the emotion to regulate in prevalent childhood disorders, including Oppositional Defiant Disorder, PTSD, as well as those that have emerged relatively recently as a result of technological changes, e.g., computer addiction and school refusal. The lecture describes how children, as well as their parents oscillate between shameful and shameless states – a transition that tends to lead to either aggressive or withdrawn behaviors and presents a unified and clear therapeutic approach to helping children, adolescents and their parents to regulate shame.

10.30 - 11.00 uur

Pauze

11.00 - 12.20 uur

SESSIE 02 door Dr. Irit Shorr-Sapir

NVR TREATMENT FOR ADHD DISORDER AND BEHAVIOR PROBLEMS

ADHD (Attention Deficit with hyperactive Disorder) is a neurodevelopmental disorder, the development and intensity of which are closely dependent on the child's environment. It is diagnosed in 10% of children population, and causes difficulties in the child's educational development, social and family life. The intensity of this disorder and its effects are greatly increased when the child also diagnosed with a behavior disorder. Parental guidance is considered the most effective psychological treatment for ADHD disorder among children.

The lecture will present how to implement NVR as a treatment for ADHD disorder, and examine its effectiveness.

12.20-13.30 uur

Lunchpauze

13.30 - 14.50 uur

SESSIE 03 door Dr. Christoph Göttl

NEURO DE-ESCALATION IN THE TREATMENT OF HIGH ESCALATORY VIOLENCE, AGGRESSION, SELF-HARM AND DISTRESS

Neuro De-escalation guides people who are prone to escalation from the alarm system to the attachment system at the onset of survival responsiveness. It does not depend on intelligence, age, physical nor mental state of the person, and equally works for children, young people or adults with learning disabilities, on the autism spectrum, with dementia and even people who are under the influence of drugs or alcohol.

14.50 - 15.20 uur

Pauze

15.20 - 16.40 uur

SESSIE 04 door Eli Lebowitz

PARENT-BASED TREATMENT FOR CHILDHOOD ANXIETY AND OCD: THE SPACE PROGRAM

This lecture will introduce SPACE, a novel parent-based treatment for childhood anxiety. The lecture will describe the key components of the treatment and review of evidence supporting its efficacy, feasibility, and acceptability.

16.45 uur

Afsluitende receptie



CC De Kruisboog | zaal Manège | Sint-Jorisplein 20 | 3300 Tienen

6
december
2019

TRAININGSDAG

Training van 09.30 - 16.30 uur, inclusief koffiepauzes en lunch.

SYSTEMIC MIRRORING: A METHOD FOR REGULATING SHAME IN HIGH CONFLICT FAMILIES door Uri Weinblatt

The workshop introduces systemic mirroring, an innovative approach to understanding and managing the disruptive presence of shame in family therapy. In the workshop participants will learn effective conversation-based strategies for working with children, adolescents, and their families, and for working with parents to resolve their own shame issues so they can improve their relationships with their children. The workshop also illustrates how shame regulation can improve the bond between client and therapist and produce lasting effects as clients learn to disengage from shame.

The workshop:

- Offers an innovative approach to dealing with shame in therapy
- Integrates practical methods for use with children, adolescents, and parents
- Discusses how shame derails interpersonal communication
- Provides interventions for shame management and dealing with the state of shamelessness
- Shows how parents can regulate their own shame at the couple level
- Applies these methods to school settings



Psychiatrische kliniek Alexianen Tienen | Liefdestraat 10 |
3300 Tienen

TRAININGSDAG

Training van 09.30 - 16.30 uur, inclusief koffiepauzes en lunch.

THE SPACE PROGRAM: A PARENT-BASED TREATMENT FOR CHILDHOOD ANXIETY DISORDERS door Eli Lebowitz

Family accommodation of child's anxiety refers to changes that parents make in their own behavior to help their child avoid or alleviate distress related to the anxiety disorder. SPACE (Supportive Parenting for Anxious Childhood Emotions) is a theory-driven intervention informed by research into parental entanglement in the symptoms of childhood anxiety and by the biology of mammalian parental behavior. SPACE teaches parents to recognize their accommodating behaviors, and to implement specific plans for reducing the accommodation while maintaining an empathic and supportive attitude towards the child. The treatment also includes tools for: Increasing parents' ability to work cooperatively together; Coping with responses to the reduced accommodation, including anger and distress; And for enlisting the support of family and friends in what can sometimes be a difficult process.

This workshop will present attendees with an overview of family accommodation and its associations with child anxiety and provide an introduction to the SPACE Program. Discussion of the Space Program will include a case presentation, role-play simulations of treatment sessions and a review of the various treatment components.



UPC KU Leuven | campus Gasthuisberg | Zaal Gaudi (zilveren pijl) |
Herestraat 49 | 3000 Leuven

6
december
2019

TRAININGSDAG

Training van 09.30 - 16.30 uur, inclusief koffiepauzes en lunch.

SCHOOL REFUSAL door Dr. Irit Shorr-Sapir

The phenomenon of school refusal is gaining momentum in recent years, in some places reaching the proportions of an epidemic. Parents' reactions vary from sermonizing, anger and threats to empathy, pity and surrendering. All of these lead the parents to helplessness. Often schools lack tools to bring the child back into the classroom. In many cases the entire system is helpless in the face of the child's persistent refusal to go to school. The risks of school refusal include withdrawal, social avoidance, depression, problem behaviors, and exposure to drugs and alcohol.

The 'non violent resistance' method offers a systematic treatment program to bring the child back to school. The workshop introduces the NVR specific tools to treat school refusal: How to maintain the child's student identity; How to convey the child a clear, consistent message that he/she must go to school, without escalating or surrendering; The parent announcement about their decision to resist the child's refusal; Inserting school boundaries into the home; Including and recruiting the school staff into the treatment process; Creating a "going to school" hierarchy and a gradual exposure to the sources of anxiety; Recruiting supporters for practical help; recruiting children from the child class and environment without embarrass him/her; Reconciliation moves. Examples from treatments will be included.



Saintelettesquare 17, 1000 Brussel

Praktisch

Inschrijven voor dit congres kan via de link:
<https://inschrijven.alexianentienen.be/studiedag/congres-geweld-loos-verzet-2019/>

Deelname voor 1 congresdag kost 150 EUR, voor 2 dagen kost de deelname 280 EUR.

Opgelet: het aantal plaatsen voor de trainingsdag is beperkt!

De lezingen en trainingen gaan door in het Engels. Er is geen simultane vertaling voorzien.

TRAININGSDAG

Training van 09.30 - 16.30 uur, inclusief koffiepauzes en lunch.

NEURO DE-ESCALATION IN THE TREATMENT OF HIGH ESCALATORY VIOLENCE, AGGRESSION, SELF-HARM AND DISTRESS door Dr. Christoph Göttl

Neuro De-escalation guides people who are prone to escalation from the alarm system to the attachment system at the onset of survival responsiveness. It does not depend on intelligence, age, physical nor mental state of the person, and equally works for children, young people or adults with learning disabilities, on the autism spectrum, with dementia and even people who are under the influence of drugs or alcohol.



KBC Auditorium | Havenlaan 2 | 1080 Brussel

Opgelet: de verschillende locaties zijn zeer toegankelijk met het openbaar vervoer.

Er is weinig parkeergelegenheid in de buurt.

ADRESSEN

DAG 1 | 5 DECEMBER 2019

CC De Kruisboog | Zaal Manège | Sint-Jorisplein 20 | 3300 Tienen

DAG 2 | 6 DECEMBER 2019

Psychiatrische kliniek Alexianen Tienen | Liefdestraat 10 | 3300 Tienen
UPC KU Leuven | campus Gasthuisberg | Zaal Gaudi | Herestraat 49 | 3000 Leuven
Saintelettesquare 17 | 1000 Brussel
KBC Auditorium | Havenlaan 2 | 1080 Brussel

Over de sprekers

URI WEINBLATT, PHD

Uri Weinblatt (Ph.D) is a clinical psychologist and head of the Systemic Mirroring Family Therapy Institute in Israel. He is the author of many articles and book chapters relating to shame regulation and family therapy. His book “Shame Regulation Therapy for Families” was published in 2018 by Springer.

IRIT SHORR-SAPIR, PHD

Dr. Irit Schorr-Sapir is a clinical psychologist (PhD). She is the director and co-founder (with prof. Haim Omer) of the “NVR & New Authority School” of Israel. She is the director of the ADHD clinic and the ADHD Center, in Schneider Children’s Medical Center of Israel. During the past 20 years she has contributed to the development of the New Authority and Non-Violent Resistance (NVR) approach. She developed therapeutic applications of NVR, including intervention manuals for ADHD; violence between siblings; school refusal; parent-teacher alliance building, and New Authority in schools. Irit is a senior supervisor and trainer in the NVR and NA approach in Israel and worldwide. Irit is also a lecturer in the Department of Psychology in Tel Aviv University.

DR. CHRISTOPH GÖTTL

Dr. Christoph Göttl is a child- and adolescent psychiatrist and psychotherapist with a specialisation in trauma therapy. He is an inspirational trainer, coach, supervisor and presenter in trauma-informed child care and therapy. Christoph has developed Neuro De-escalation, and has been teaching this approach across Austria, Germany and Switzerland. He is Head of the ‘Scientific Committee on Neuro De-escalation’. Christoph has presented, with others, on the integration of Neuro De-escalation and NVR.

Christoph’s work is mainly dedicated to teams working with children and youth with complex trauma and histories with high escalatory and precarious situations.

ELI R. LEBOWITZ, PHD

Professor Lebowitz studies and treats childhood and adolescent anxiety at the Yale School of Medicine, Child Study Center, where he directs the Program for Anxiety Disorders. His research focuses on the development, neurobiology, and treatment of anxiety and related disorders, with special emphasis on family dynamics and the role of parents in these disorders. Dr. Lebowitz is the lead investigator on multiple funded research projects, and is the author of research papers, books and chapters on childhood and adolescent anxiety. Dr. Lebowitz’ work has been recognized by private and public organizations including the Brain and Behavior Foundation, the National Institute of Mental Health and The National Center for Advancing Translational Science. He is also the father of three great boys.