

# Brief Effective Treatment for OCD



## Intensive Two Day Professional Clinical Training Programme in a Revolutionary Treatment

### DUBLIN

15 & 16 October 2016  
Bateson Clinic, Dame St, Dublin 2

### CORK

4 & 5 November 2016  
Clarion Hotel, Lapps Quay

**90%**  
SUCCESS

The purpose of this intensive one day clinical training is to immerse participants in this fascinating and revolutionary treatment of solving very complicated human problems through **“apparently simple solutions”**

Subsequent to this training you will be able to apply the techniques and practices that allow for 90% efficacy rate, and with only 7 sessions of therapy create real change with clients. These gains are maintained at 3 month, 6 month and 1 year follow up.\*

\* The latest researches conducted by the group at the Strategic Therapy Center and by the 85 affiliate offices in Europe and in the United States, over the past 10 years on a sample of 3.640 treated cases inclusive of all psychological pathologies, shows that 86%, with peaks of 95% of cases have been solved (that is with a complete overcoming of the patient's disorder), with treatments averaging on only 7 sessions. This data has been measured with internationally recognized criteria for verifying results in psychotherapy and was carried out by external researchers and not by therapists themselves.



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## Intensive Two Day Professional Clinical Training Programme in a Revolutionary Treatment

Brief Systemic and Strategic Therapy now represents a 'Copernican' revolution in the field of Psychological treatment. Our orientation of the therapeutic intervention towards an effective brief solution of the patient's problems, has demonstrated that although human problems and sufferings can be extremely persistent, complicated and painful, they don't necessarily require an equally prolonged and complicated solution.

**Our course is subdivided into two areas and into interdependent and Complementary sections.**

In this Intensive Two Day Clinical Training Programme, You will analyse the four phases of Brief Strategic Therapy's Clinical intervention. In this training you will focus on specific strategies, and techniques devised to break the rigidity of the perceptive-reactive system typical of this pathology/ problem.

The course will be divided into a full immersion into theory and practice. Practice exploration will be done by observing live clinical footage of each step in the

process with patients.

There will be thorough and complete explanation regarding the formation and persistence of the disorder and an analysis of the treatment protocols, applied strategies and specific techniques.

Theory will be explored through exercises and the participants will extend their own competences and learning.

The final section of the training each day will be devoted to the supervision and consultation of personal cases brought by participants regarding the pathology presented during the course.

**To ensure the highest quality of training and due to the intense nature of this course we can only accept a limited number of participants per programme as they have always booked out very quickly.**

**Early booking is advised.**

## Programme Structure

### Introduction to the Brief Strategic Therapy Model

1 Theoretical and epistemological foundations of the strategic approach: cybernetics and systemic revolution, constructivism, pragmatics of communication.

#### Intervention-research of Phobic/Obsessive Disorders

1 Analysis of specific treatment tactics and techniques through the observation of a clinical case of obsessive-compulsive disorder.

You will learn specific treatment protocols for OCD and ways to discriminate between pleasure based and pain based OCD. Participants will also be introduced and taught ways to understand the logic that underlies OCD in its many forms, (washing, counting, sensational and past and future oriented variations of this disorders.

**You will be provided with a full training pack and academic articles.**

### Course Details

Cost: €325

Venue: **DUBLIN**  
**Bateson Clinic,**  
**Dame St, Dublin 2**  
**15 & 16 October 2016**

**CORK**  
**Clarion Hotel**  
**Lapps Quay, Cork**  
**4 & 5 November 2016**



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The Dublin course takes place in our Office on Dame Street. Please see map.

Payment:  
**Cheque/Postal Order**  
payable to: **The Bateson Clinic**

