

## CPD FOR THERAPISTS

# Psychotherapy of Obsession, Habitual Worrying and Repetitive Fantasizing

### With Dr Ruth Birkebaek

Saturday, 6<sup>th</sup> February 2021, 1000-1630  
St George's Centre, 206 Andover Road, Newbury RG14 6NU

#### Introduction

Through lectures, case discussions and live demonstration, this workshop will focus on the interpersonal and intrapersonal dynamics of obsession, habitual worrying and repetitive fantasizing. We will examine the relational disruptions in the origin of obsession. Through demonstration of individual therapy we will examine how the healing of obsession can occur through respect, validation, contact, authenticity and involvement.

Ruth Birkebaek will present a Six-Point treatment plan developed by Richard Erskine for the psychotherapy of clients who engage in obsession, habitual worrying and repetitive fantasizing. We will explore the psychological function, script beliefs, process of avoidance, archaic experiences, relational-needs and self-responsibility that are dimensions within this client group. We will discuss how methods of cognitive understanding, affective expression and relational psychotherapy can be applied in therapy planning.



This workshop will be useful to psychotherapists, counsellors and psychologists who want to apply theory in clinical practice and to enhance their effectiveness through identifying relational aspects of obsession, habitual worrying and repetitive fantasizing.

At this workshop participants will...

- understand the phenomenological experience of this client group, including their attachment patterns, script beliefs and unconscious relational patterns
- formulate a therapeutic perspective that will include the significance of attunement to client's affect and rhythm while resonating with the client's level of emotional development

**Ruth Birkebaek** is an Integrative Psychotherapist, having trained for 5 years with Richard Erskine. Additionally Ruth has trained in Psychosomatic Medicine, Jung Therapy and Transactional Analysis. Ruth started her career in Brazil in 1989 as a Plastic Surgeon. After graduating from medical school she became interested in the impact of the mind on the development of physical illness. She now works full time as a psychotherapist and supervisor in private practice in London, and delivers training in Relational Integrative Psychotherapy. Ruth is a UKCP registered Psychotherapist, a Certified Integrative Psychotherapy Trainer & Supervisor (CIPTS) by the IIPA (International Integrative Psychotherapy Association) and a Certified Transactional Analyst - Provisional Trainer & Supervisor (PTSTA).

This event will be open to psychological therapists (including trainees) from all modalities.

Early bird price before 6<sup>th</sup> January 2021: £95, or after £105

Includes parking & refreshments but not lunch. CPD certificates will be supplied

**TO BOOK:** <https://www.bramhamtherapy.co.uk/events/>

Contact: [events@bramhamtherapy.co.uk](mailto:events@bramhamtherapy.co.uk) or 07599 369566

*Each delegate is responsible for self-care should material at our professional events trigger difficult feelings*