

PROGRAMMA “Il Chairwork per lavorare con il critico interiore”

N° ECM: 10

DOCENTE: Matthew Pugh e Tobyn Bell

MATERIALE: 67 slides + 50 pagine schede di lavoro

Slide:

SEZIONE 1 – Introduzione – pag. 1-25

SEZIONE 2 – Dimostrazioni e role play – pag. 26-67

Schede di lavoro:

Scheda di lavoro: "Scegliere un focus" – pag. 4-5

Scheda di lavoro: "Dialoghi tra i sé futuri" – pag. 6-7

Scheda di lavoro: "Dialoghi di gratitudine" – pag. 8-9

Scheda di lavoro: "Facilitare i dialoghi focalizzati sulla compassione" – pag. 10-11

Scheda di lavoro: "Il bilancio decisionale a due sedie" – pag. 12-13

Scheda di lavoro: "Dialoghi per il distanziamento emotivo" – pag. 14-15

Scheda di lavoro: "Dialoghi per l'esplorazione dell'emozione" – pag. 16-17

Scheda di lavoro: "Dialoghi sulla complessità del sé" – pag. 18-20

Scheda di lavoro: "Intervista al critico interiore" – pag. 21-23

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Scheda di lavoro: "Consolidamento cognitivo a tre sedie" – pag. 32-33

Scheda di lavoro: "Dialoghi del testimone compassionevole" – pag. 34-36

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Scheda di lavoro: "Enactments a due sedie" – pag. 40-41

Scheda di lavoro: "Drammatizzazione dell'avvocato del diavolo" – pag. 42-44

Scheda di lavoro: "Self-soothing a due sedie (sé-altro)" – pag. 45-46

Scheda di lavoro: "Dialoghi onirici - metodo intervista" – pag. 47-50

TOBYN BELL

Research Experience:

May 2016 - present

Greater Manchester West Mental Health NHS Foundation Trust

Psychological Therapies Training Centre - Manchester, United Kingdom

Position: Programme lead

September 2014 - May 2016

University of Bolton

School of Psychology - Bolton, United Kingdom

Position: Lecturer

September 2009 - June 2015

Greater Manchester West Mental Health NHS Foundation Trust

Primary Care - Manchester, United Kingdom

Position: Psychotherapist

Books:

Kolts, R. L., **Bell, T.**, Bennett-Levy, J., & Irons, C. (2018). *Experiencing compassion-focused therapy from the inside out: A self-practice/self-reflection workbook for therapists*. Guilford Publications.

Articles:

Pugh, M., & **Bell, T.** Process-based chairwork: Applications and innovations in the time of COVID-19.

Bell, T., Montague, J., Elander, J., & Gilbert, P. (2020). "A definite feel-it moment": Embodiment, externalisation and emotion during chair-work in compassion-focused therapy. *Counselling and Psychotherapy Research*, 20(1), 143-153.

Bell, T., Montague, J., Elander, J., & Gilbert, P. (2020). "Suddenly you are King Solomon": Multiplicity, transformation and integration in compassion focused therapy chairwork.

Bell, T. (2018). The Therapeutic Relationship in Compassion-Focused Therapy Chair-Work.

Bell, T., Dixon, A., & Kolts, R. (2017). Developing a compassionate internal supervisor: Compassion-focused therapy for trainee therapists. *Clinical psychology & psychotherapy*, 24(3), 632-648.

Bell, T., Mackie, L., & Bennett-Levy, J. (2015). 'Venturing Towards the Dark Side': The Use of Imagery Interventions by Recently Qualified Cognitive-Behavioural Therapists. *Clinical psychology & psychotherapy*, 22(6), 591-603.

MATTHEW PUGH

Clinical Psychologist, Cognitive Behavioural Psychotherapist, Advanced Schema Therapist, Voice Dialogue facilitator, and co-director of www.chairwork.co.uk.

Research Experience:

January 2016 - April 2020

University College London

Division of Psychology and Language Sciences - London, United Kingdom

Position: Honorary Clinical Lecturer

October 2010 - April 2020

Central and North West London NHS Foundation Trust

London, United Kingdom

Position: Senior Clinical Psychologist

Education:

June 2014 - March 2017

International Society of Schema Therapy

Field of study: Advanced Schema Therapy

January 2013 - September 2014

Royal Holloway, University of London

Field of study: Cognitive Behavioural Psychotherapy

September 2007 - September 2010

University College London

Field of study: Clinical Psychology

September 2002 - September 2006

University of Surrey

Field of study: Psychology

Books:

Pugh, M. (2019). *Cognitive Behavioural Chairwork: Distinctive Features*. Abingdon, Oxon: UK

Chapters:

Pugh, M. (2019). Resolving ambivalence and overcoming blocks to change: A multi-modal and schema-informed approach. In S. Simpson & E. Smith (Eds.), *Schema Therapy for Eating Disorders: Theory and Practice for Individual and Group Settings*. Abingdon, Oxon: Routledge.

Pugh, M., & Rae, S. (2019). Chairwork in schema therapy: Applications and considerations in the treatment of eating disorders. In S. Simpson & E. Smith (Eds.), *Schema Therapy for Eating Disorders: Theory and Practice for Individual and Group Settings*. Abingdon, Oxon: Routledge.

Articles:

Pugh, M. (2019). A little less talk, a little more action: A dialogical approach to cognitive therapy. *The Cognitive Behavioural Therapist*, 12, e47, 1-24

Pugh, M., & Salter, C. (2018). Motivational chairwork: An experiential approach to resolving ambivalence. *European Journal of Counselling Theory, Research and Practice*, 2, 1-15.

Pugh, M., & Waller, G. (2018). Childhood trauma, dissociation, and the internal eating disorder 'voice'. *Child Abuse and Neglect*, 86, 197-205.

Pugh, M. (2018). What can chairwork offer CBT? *CBT Today*, 46, 16-18 (available to view at <https://www.babcp.com/Membership/CBT-Today.aspx>)

Hormoz, E., **Pugh, M.**, & Waller, G. (2018). Do eating disorder voice characteristics predict treatment outcomes in anorexia nervosa? A pilot study. *Cognitive Behaviour Therapy*, In press.

Pugh, M. (2018). Cognitive Behavioural Chairwork. *International Journal of Cognitive Therapy*, 11, 100-116 (early proof download here).

Plateau, C. R., Brookes, F. A. & **Pugh, M. (2017).** Guided recovery: An interpretative phenomenological analysis of service-users' experiences of guided self-help for bulimic and binge eating disorders. *Cognitive and Behavioral Practice*, DOI: 10.1016/j.cbpra.2017.08.004.

Pugh, M. (2017). Pull up a chair. *The Psychologist*, 30, 42-47.

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Pugh, M. & Waller, G. (2016). Understanding the anorexic voice in anorexia nervosa. *Clinical Psychology and Psychotherapy*, 24, 670-676.

Pugh, M. & Waller, G. (2016). The anorexic voice and severity of pathology in anorexia nervosa. *International Journal of Eating Disorders*, 49, 622-625.

Pugh, M. (2016). The internal 'anorexic voice': A feature or fallacy of eating disorders. *Advances in Eating Disorders: Theory, Research and Practice*, 4, 75-83.

Pugh, M. (2015). A narrative review of schemas and schema therapy outcomes in the eating disorders. *Clinical Psychology Review*, 39, 30-41.

Waller, G., Evans, J. & **Pugh, M. (2013).** Food for thought: A pilot study of the pros and cons of changing eating patterns within cognitive-behavioural therapy for the eating disorders. *Behaviour Research and Therapy*, 51, 519-525.

Pugh, M. & Vetere, A. (2009). Lost in translation: An interpretative phenomenological analysis of mental health professionals' experiences of empathy in clinical work with an interpreter. *Psychology and Psychotherapy: Theory, Research and Practice*, 82, 305-321.