

PEER-BASED DELIBERATE PRACTICE

Vidar Maxmilian Husby

Psychologist

Head of Clinic at Favne psychological assistance, Norway



SELF-MONITORING

- How connected to inner experience?
- How difficult was this?
- Track reactions as we go:
 - Reactions in the body
 - Thoughts or feelings?
 - Urges, impulses?





PEER-BASED

DELIBERATE PRACTICE

AT FAYNE, FIRST DRAFT

SOURCES OF INPUT

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SOURCES OF INPUT
. EXPERT FEEDBACK

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SOURCES OF INPUT
· EXPERT FEEDBACK
· ADVANCED GROUPS

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SOURCES OF INPUT
· EXPERT FEEDBACK
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· LITERATURE

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PEER-GROUP DP-SESSION

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PEER-GROUP DP-SESSION

- PRESENT CASE
- IDENTIFY AREAS

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PEER-GROUP DP-SESSION

- PRESENT CASE
- IDENTIFY AREAS
- PRACTICE & REPEAT

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PEER-GROUP DP-SESSION

- PRESENT CASE
- IDENTIFY AREAS
- PRACTICE & REPEAT
- "OPERATIONALIZE"
(DEFINE HOMEWORK)

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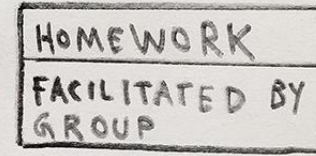
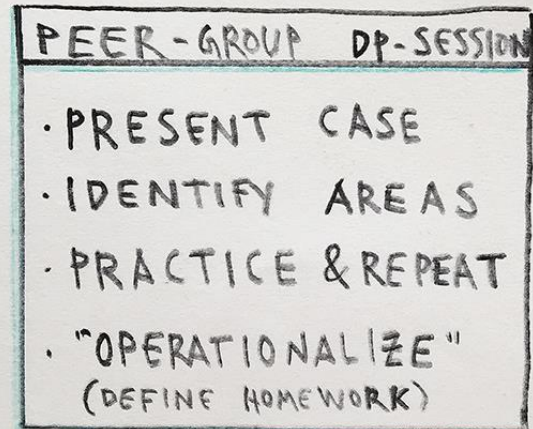
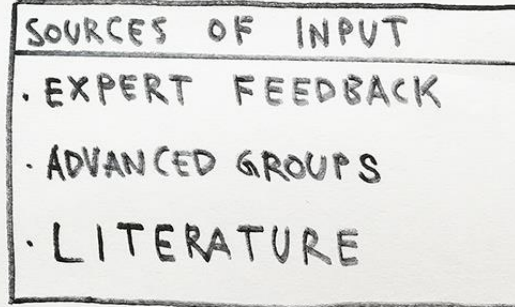


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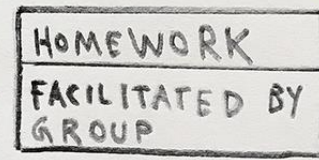
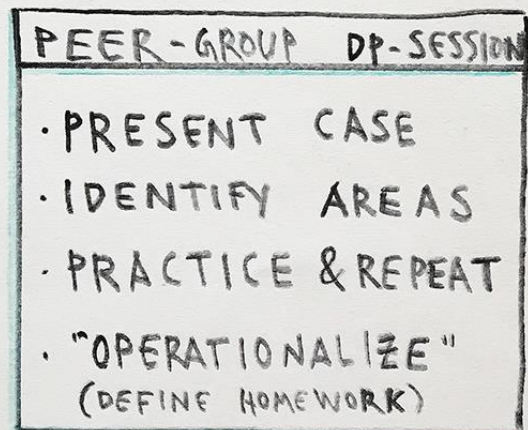
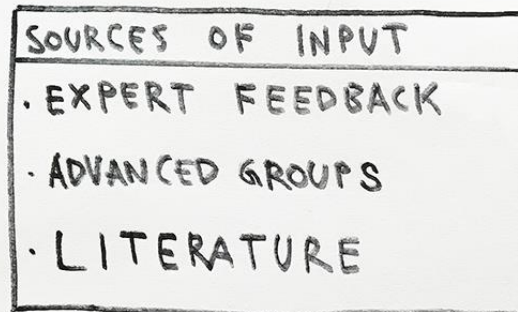


HOMEWORK
FACILITATED BY
GROUP

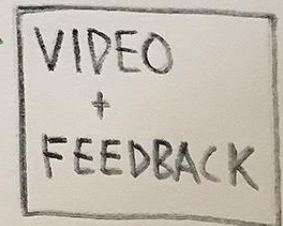
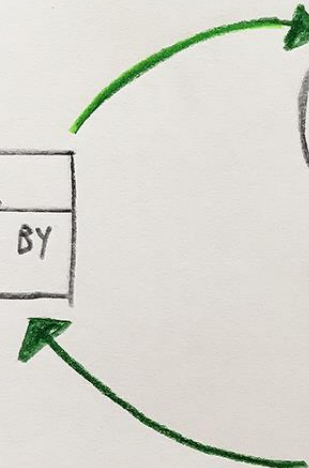
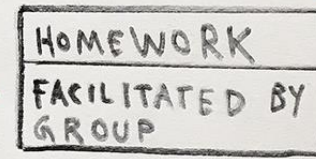
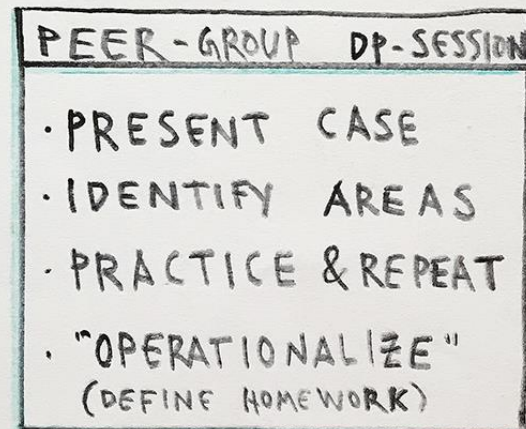
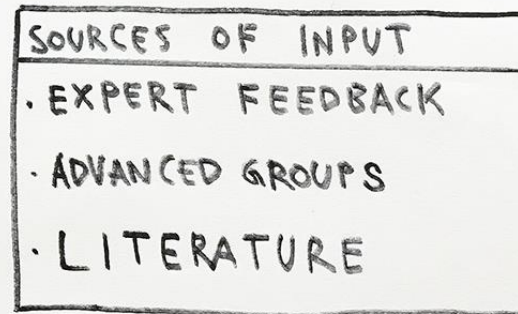


THERAPY
SESSION

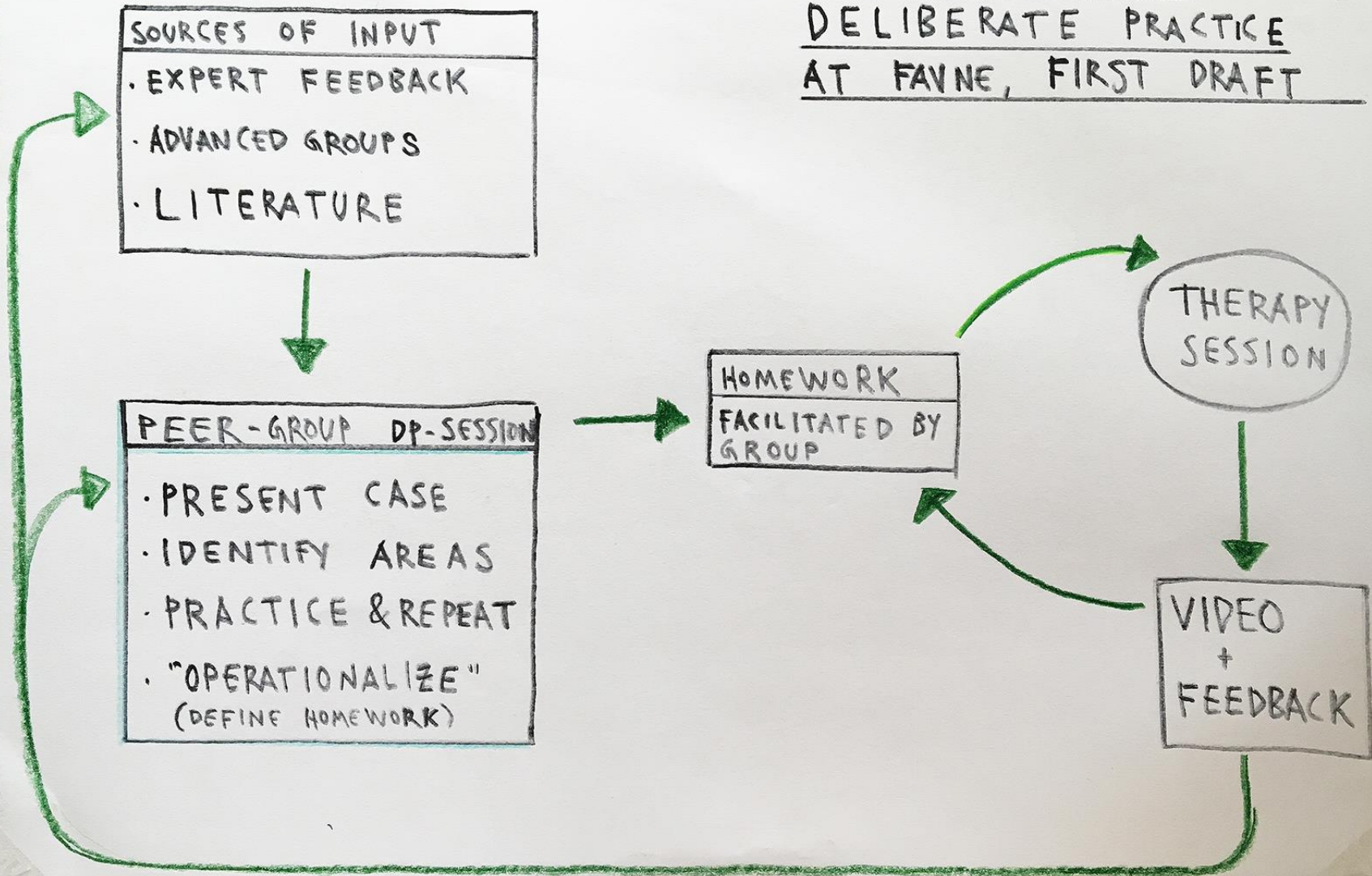
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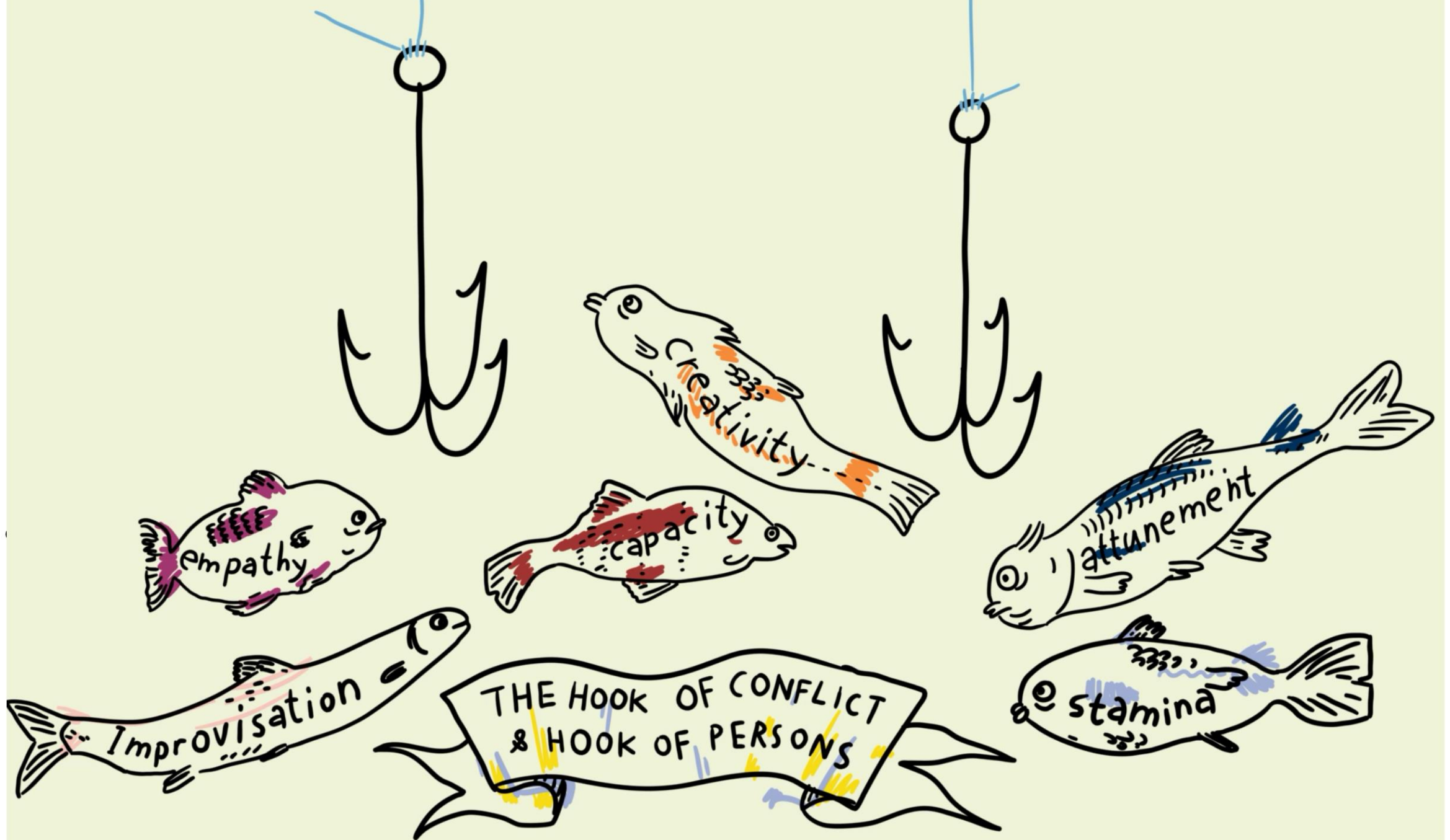


CULTURE

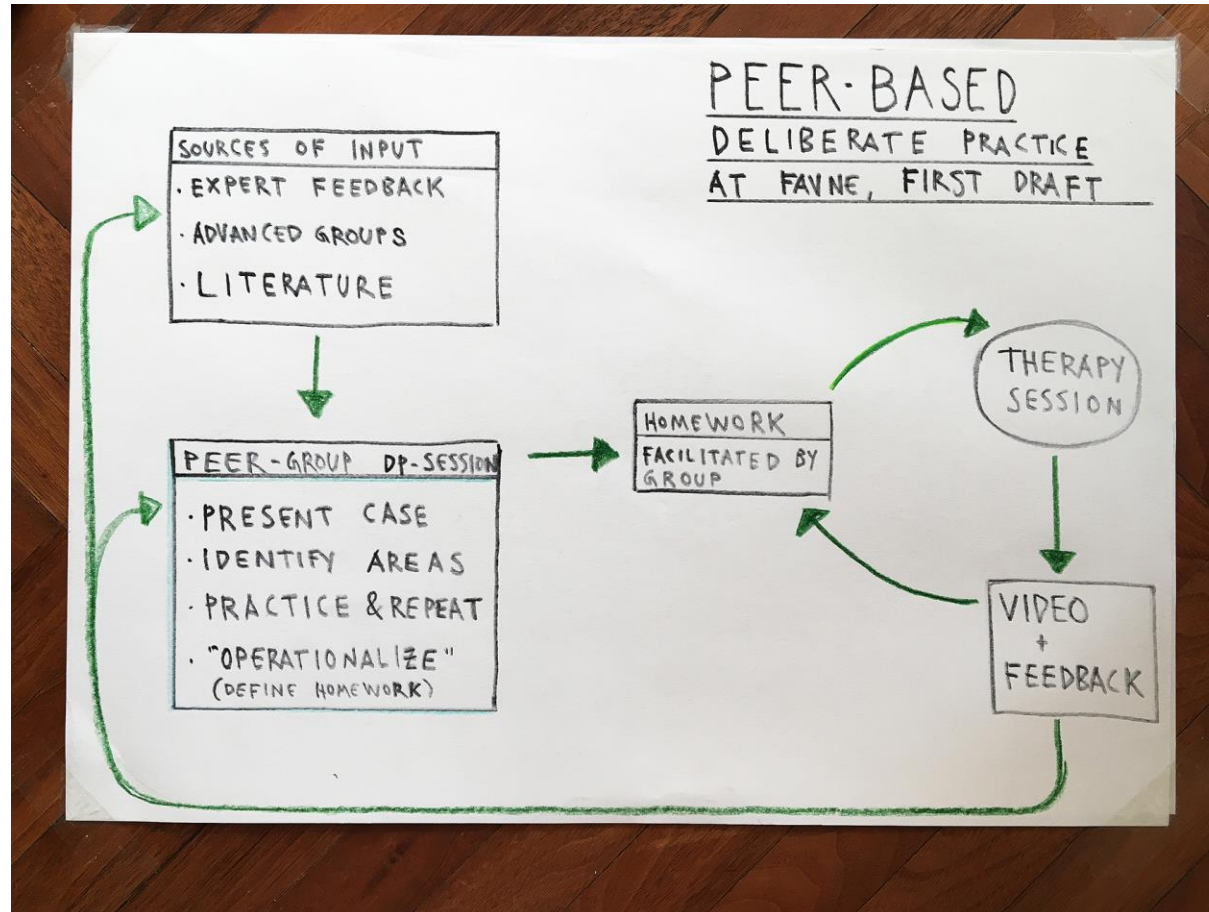
- Foster self-compassion
- Prevent rivalry
- Will & dedication
- Make room for different perspectives
- Respect colleagues' defenses

TIPS

- It's a process
- Create sub-goals
- Don't kill the routine with ambition
- Establish "pre-solitary" routine
- Meetings held sacred
- Evaluate
- Joint effort
- "Safe and challenging": Our compass

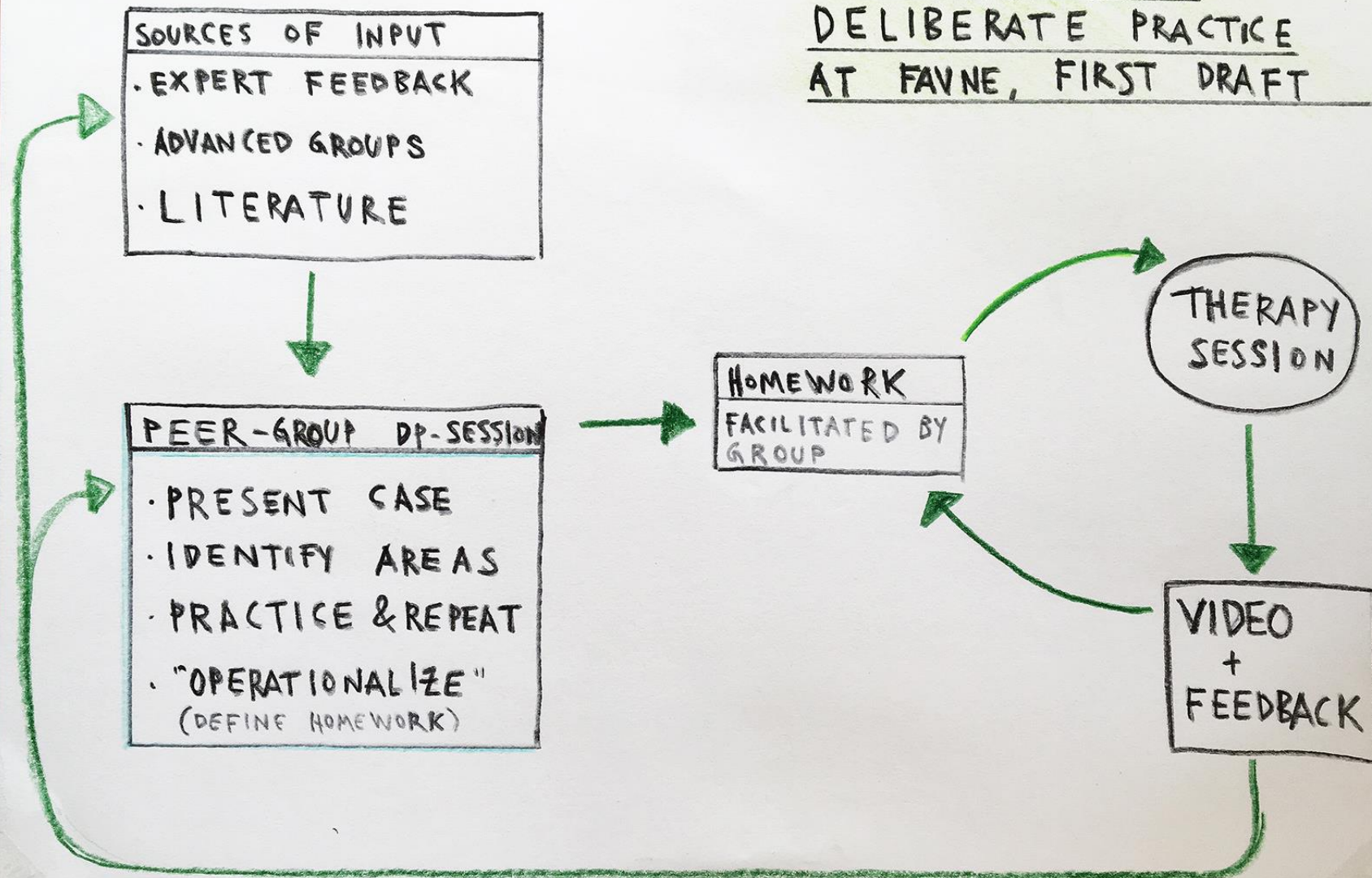


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