Life Line: Swedish Smorgåsbord

Conceputalizing and treatment of women in trouble

Departments of Psychology, Public Health Uppsala University
Watch 1 case of woman
Demonstration of conceptualization
Watch 5 more women
Make your own S----R -----SR conceptualization
Group work and work in threes
- Chronic pain
- Chronic fatigue
- Stress / burn-out
- Depression
- Chronic Obesity
Back to Life, back to Work

* Department of Public Health, Uppsala University
* Change of law, disability restricted
* 1000's of women lost disability payments
* Government funded project: back to work
* RCT: ACT, Multidisciplinary, Employment Office

Thorsell J, Finnes A, Dahl J, Lundgren T, Gybrant M, Gordh T, Buhrman M.

Different forms, similar function: experiential avoidance
Melanie
Chronic pain
Conceptualization

In Context

- SD---------R------------------------SR

- Life Line Demonstration
Mary

anxiety and depression
Conceptualization

\[ SD \rightarrow R \rightarrow SR \]
Lena
stress and burn out
Conceptualization

❖ SD----------------R------------------------SR
Patricia
chronic fatigue, depression, anxiety disorders, ADD, eating disorders, history of drug abuse
Conceptualization

◊ SD----------------R------------------------SR

Tuesday, August 9, 2011
Lisa

eating disorder, chronic obesity, recently operation, lost 50 kg last year
Conceptualization

◊ SD--R--SR
Regina
Immigrant eastern europe, chronic pain, depression
Conceptualization

SD-------------R------------------------SR
Group work

- Demonstration of conceptualization and intervention on the life line
- Practical application in three
  - Client
  - Therapist
  - observer

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