Transdiagnostic approach to self-esteem: Competitive Memory Training (CoMeT)

Low self-esteem is prevalent within many psychopathological conditions. However, few interventions exist that specifically target the maintenance of low self-esteem. One such intervention, termed competitive memory training (CoMeT) has been shown to be effective within a wide range of diagnostic disorders, including eating disorders, personality disorders and depression.

Competitive memory training draws on theoretical accounts of mood disorder which highlight that whilst depressed individuals do have access to positive self-representations, they are rarely activated. Frequently experienced negative self-representations remain dominant due to frequent activation and maintained ease of access. The CoMeT intervention identifies a positive self-image that is at odds with the dominant negative self-image, and employs practice and homework to increase the strength of the positive self-image. A range of cognitive and experiential techniques are employed including writing, posture, self-statement, imagery and music. The last phase of the intervention, the enhanced positive self-image is associated with triggers that have previously been connected with low self-esteem using counter-conditioning techniques.

CoMeT for low self-esteem is a short (6-9 sessions) intervention that can be applied individually as well as in groups.

For further information contact the Charlie Waller Institute:
cwi@reading.ac.uk
Tel: 0118 378 6668
http://www.reading.ac.uk/charliewaller

Cost of 1 day workshop: £130 including lunch
Dr Kees Korrelboom
PsyQ
10 June 2015
Venue: Local to Reading

Learning objectives

Participants will gain an understanding of all stages of the CoMeT intervention, as well as indicators of suitability for treatment. Possible pitfalls in applying COMET in an individual therapy setting will be discussed.

Training modalities

The practical application of COMET for low self-esteem in the therapeutic setting will be the principal focus of the workshop, consisting of demonstrations, role-play and discussion. A mixture of didactic and experiential methods are used.

References


About the Presenter

The workshop is led by Kees Korrelboom. Dr. Kees Korrelboom is clinical a psychologist and cognitive behavioral therapist. He is head of Research & Innovation of PsyQ, one of the largest mental health organizations for outpatient treatment in the Netherlands. He has co-authored several textbooks on CBT and authored and co-authored many chapters and articles in national and international books and journals. He has led several clinical trials evaluating the efficacy of CoMeT within a diverse range of patient populations.

For further information contact the Charlie Waller Institute:
cwi@reading.ac.uk
Tel: 0118 378 6668
http://www.reading.ac.uk/charliewaller

Cost of 1 day workshop: £130 including lunch