
Die Bergen-4-Tage- Behandlung (B4DT)

Entstehung & Wirksamkeit

zukünftige Perspektiven

Bjarne Hansen

Director Bergen Center for Brain Plasticity (BCBP)

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MODIFICATION OF EXPECTATIONS IN CASES WITH OBSESSIONAL RITUALS

V. MEYER

Academic Department of Psychiatry Middlesex Hospital Medical School, London

(Received 6 May 1966)





2009



2016

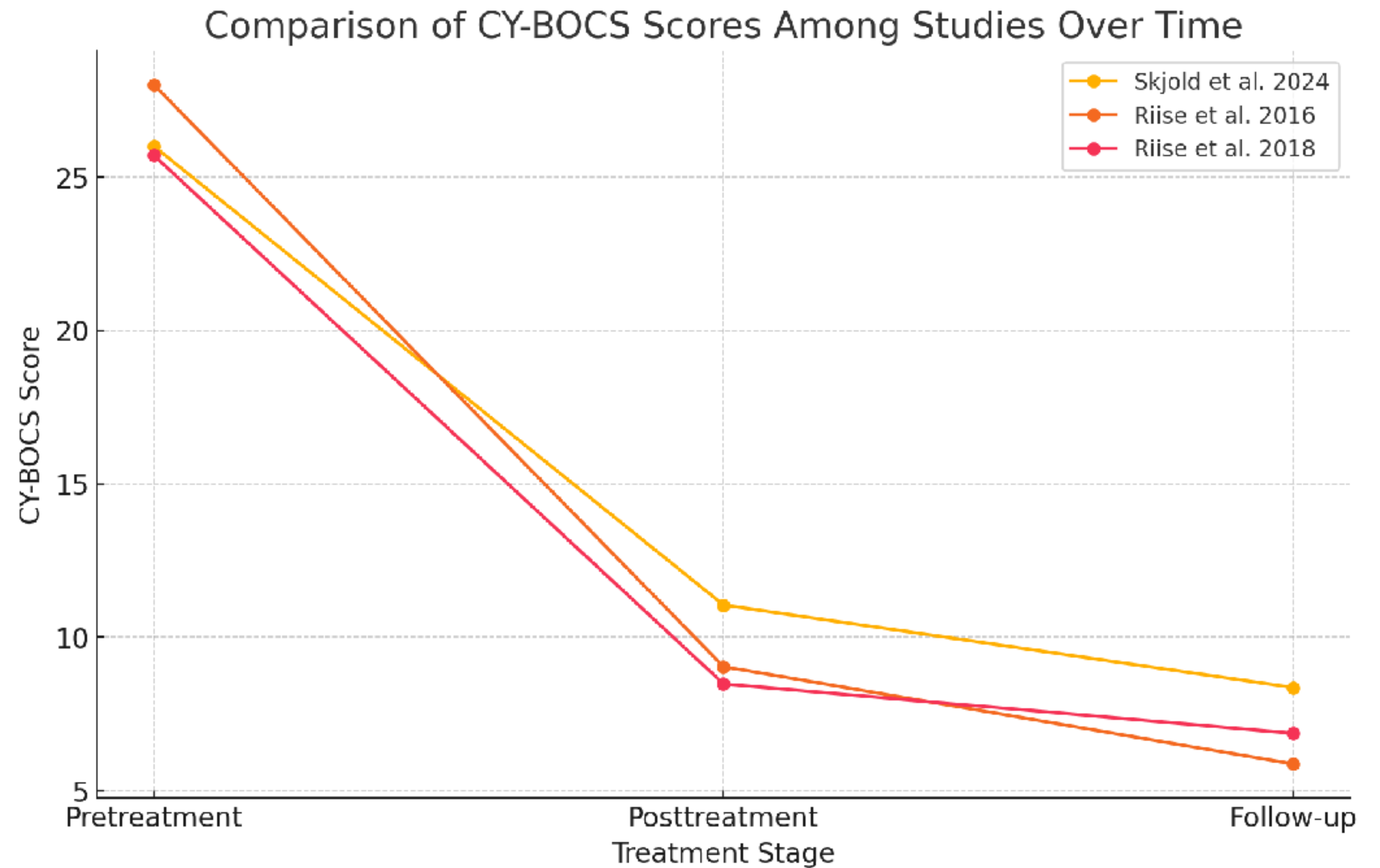
Die Bergen-4-Tage-Behandlung (B4DT)

- Baut auf evidenzbasierter Behandlung auf mit dem Versuch alle Elemente zu optimieren
- Motivation und Verantwortung
- Rahmenbedingungen der Behandlung
- Individualbasiert und gruppenbasiert
- Veränderungsfenstern
- Rationalität und Modell
- Rollen und Verantwortung
- Forschungspotenzial
- Schulung/ Ausbildung

Fokus auf Intention
und & radikale Normalisierung



Bergen 4-Day Treatment (B4DT)



Angstbehandling får Forskningsrådets innovasjonspris

Forskerne Gerd Kvale og Bjarne Hansen får innovasjonsprisen for behandlingsprogrammet 'Bergen 4-Day Treatment'.

PRESENTERING: 10. JANUARI 2022, 15.30

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Gigazine

ノルウェーの臨床精神科医であるBjarne Hansen氏とGerd Kvale氏はTIMEのヘルスケアにおいて世界で最も影響力のある50人に選ばれた2人。2人はノルウェーのベルゲンにあるハウケラン大学病院でOCDのための行動療法を実施しており、4日間集中で行われるプログラムにはこれまでに1200人以上が参加しています。

The New York Times



TIME

HEALTH CARE 50



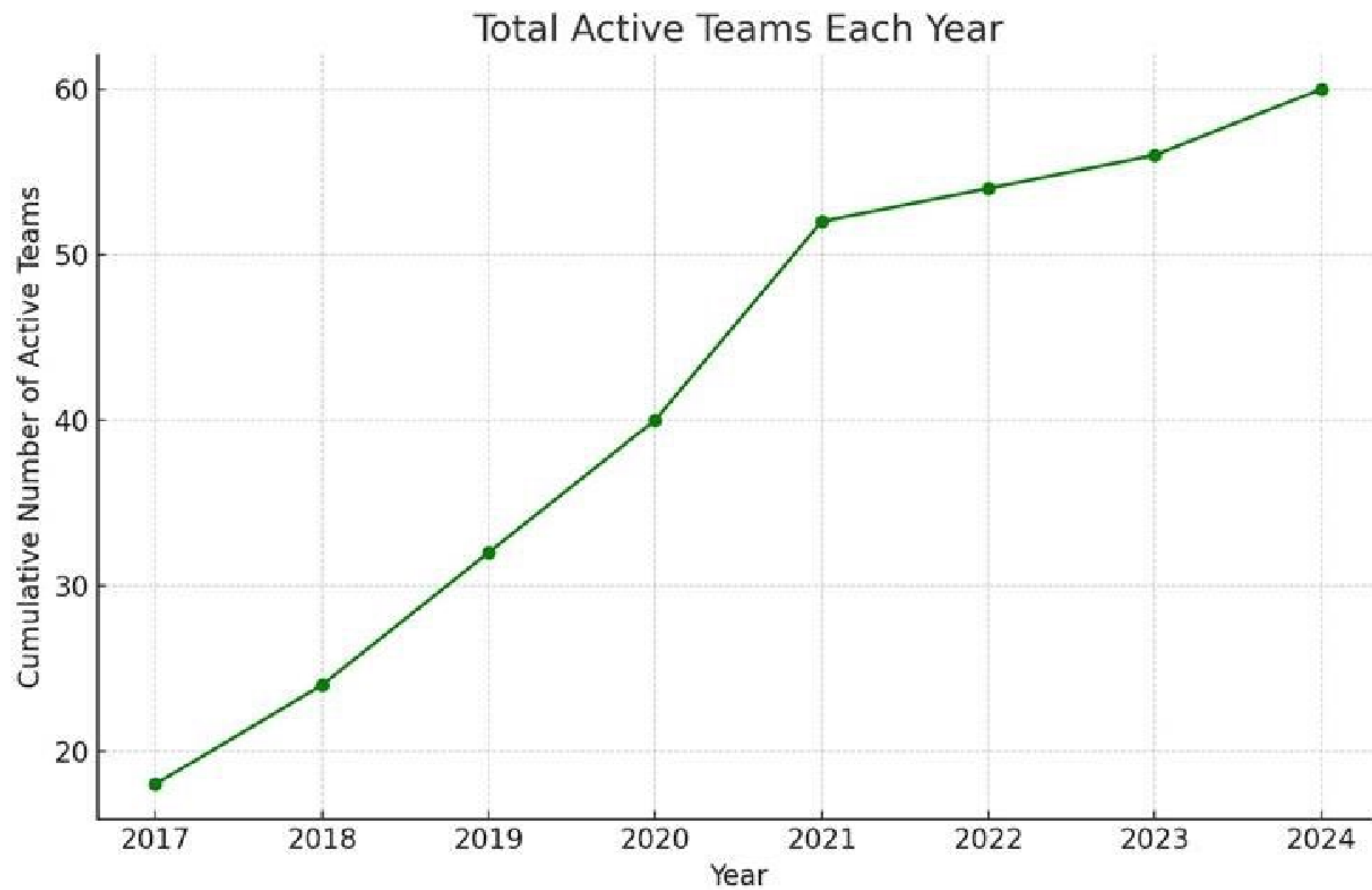
Bjarne Hansen and Gerd Kvale

Speeding Up Therapy



Obsessive-compulsive disorder (OCD) can take months of therapy to treat. But Hansen and Kvale, who are clinical psychologists at Haukeland University Hospital in Norway, show that they can treat it in just four days. Inspired by the traditional model of therapy—meeting with patients just once or twice a week, with days between sessions to stall progress or give people the chance to

Advised by Gerd Kvale
Why the hell?



NYHET

Får 70 millioner kroner til nytt forskningssenter

De kurerer angst og tvangslidelser på fire dager. Nå skal professor Gerd Kvale og førsteamanuensis Bjarne Hansen lede «Bergen Center for Brain Plasticity», et nytt forskningssenter støttet av Bergens Forskningsstiftelse og Kavlifondet.



GRATULERER: Daglig leder i Bergens forskningsstiftelse, Sveinung Hole, og daglig leder i Kavlifondet, Inger Elise Iversen, kan gratulere professor Gerd Kvale og førsteamanuensis Bjarne Hansen med en tildeling på til sammen 70 millioner kroner til etablering og drift av Bergen senter for hjerneplastisitet. Foto/ill.: Paul Sigve Amundsen, Bergen forskningsstiftelse (BFO)

The Bergen 4-Day Treatment for Panic Disorder: A Pilot Study

Bjarne Hansen^{1,2}, Gerd Kvale^{1,2*}, Kristen Hagen^{1,3}, Kay M. Hjelte¹, Stian Solem^{1,4}, Beate Bø^{1,5} and Lars-Göran Öst^{1,6}



Contents lists available at ScienceDirect
Journal of Obsessive Compulsive and Related Disorders
journal homepage: www.elsevier.com/locate/jocrd

Concentrated exposure and response prevention for adolescents with obsessive-compulsive disorder: A replication study

Elli N. Riese^{a,h}, Gerd Kvale^{a,h}, Lars-Göran Öst^{a,d,e}, Solvei Harila Skjold^{b,c}, Bjarne Hansen^{a,h}

The Bergen 4-Day OCD Treatment Delivered in a Group Setting: 12-Month Follow-Up

Bjarne Hansen^{1,2}, Kristen Hagen^{1,3}, Lars-Göran Öst^{1,4}, Stian Solem^{1,5} and Gerd Kvale^{1*}

RESEARCH ARTICLE

Open Access

Successfully treating 90 patients with obsessive compulsive disorder in eight days: the Bergen 4-day treatment

Gerd Kvale^a, Bjarne Hansen^a, Thorstein Dørgum^a, Tore Bertelsen^a, Kristen Hagen^a, Svein Hjelte^a, Ulf Borge Rasmussen^a, Gunter Laursen^a, Kari J. Rasmussen^a, Stian Solem^a, Anne Strand^a, Ole A. van den Heuvel^{b,c} and Lars-Göran Öst^a



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Concentrated ERP delivered in a group setting: An effectiveness study

Audun Havnén^{a,b}, Bjarne Hansen^{a,b}, Lars-Göran Öst^{b,c,d}, Gerd Kvale^{a,b}

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Behavioural and Cognitive Psychotherapy

Article Supplementary materials Metrics

First View

Concentrated ERP Delivered in a Group Setting: A Replication Study

Audun Havnén^{a(1)}, Bjarne Hansen^{a(1)}, Lars-Göran Öst^{a(1)}, Stian Solem^{a(1)} and Gerd Kvale^{a(1)}

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The Bergen 4-day treatment for OCD: four years follow-up of concentrated ERP in a clinical mental health setting

Bjarne Hansen^{a,b}, Gerd Kvale^{a,b}, Kristen Hagen^{a,c}, Audun Havnén^{a,d} and Lars-Göran Öst^{a,e}

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Concentrated ERP Delivered in a Group Setting: A Replication Study

Audun Havnén and Bjarne Hansen

The OCD team, Haukeland University Hospital, Bergen, Norway, and Department of Clinical Psychology, University of Bergen, Bergen, Norway



