

# **PROM**

## **& 4-dagers behandling**

**Bjarne Hansen**  
Senterleder BCBP/HUS  
Professor UiB

**Kristen Hagen**  
Senter nestleder BCBP/HUS  
Professor NTNU

# Motivasjon



Psykolog Jørgen Flor



2 t · 🌐

Jeg skriver i Bergens Tidende om psykisk helsevern, og om at jeg har gitt opp håpet om at det offentlige tilbudet skal tilpasse seg «etterspørselen».

Sagt på en annen måte: En råtten bærebjelke kan ikke bære så mange.

Dette har helseministeren erkjent for eldreomsorgen. Planlegg egen alderdom, sier hun. Mange eldre skal fremover klare seg selv uten kostbare sykehjemsplasser. Slik bør vi snakke om psykisk helsevern også. Vi må våge å si at ikke alle får behandling.



bt.no

**Debatt: Har du psykiske lidelser i slekten?  
Psykologen råder deg til å spare.**









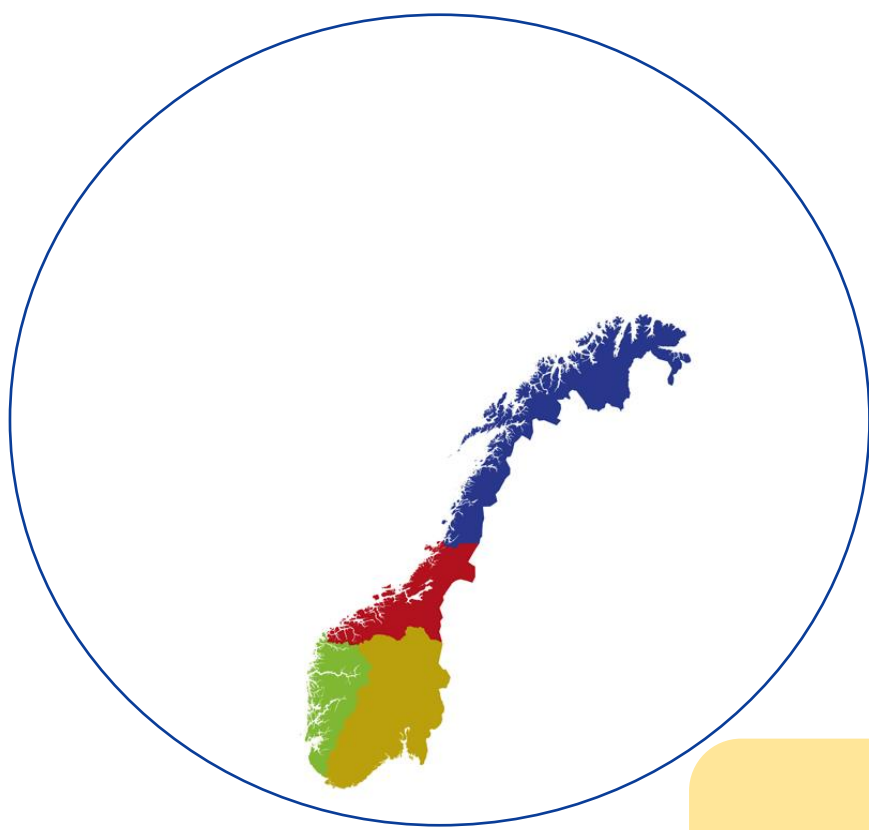
# MODIFICATION OF EXPECTATIONS IN CASES WITH OBSESSIONAL RITUALS

V. MEYER

Academic Department of Psychiatry Middlesex Hospital Medical School, London

*(Received 6 May 1966)*





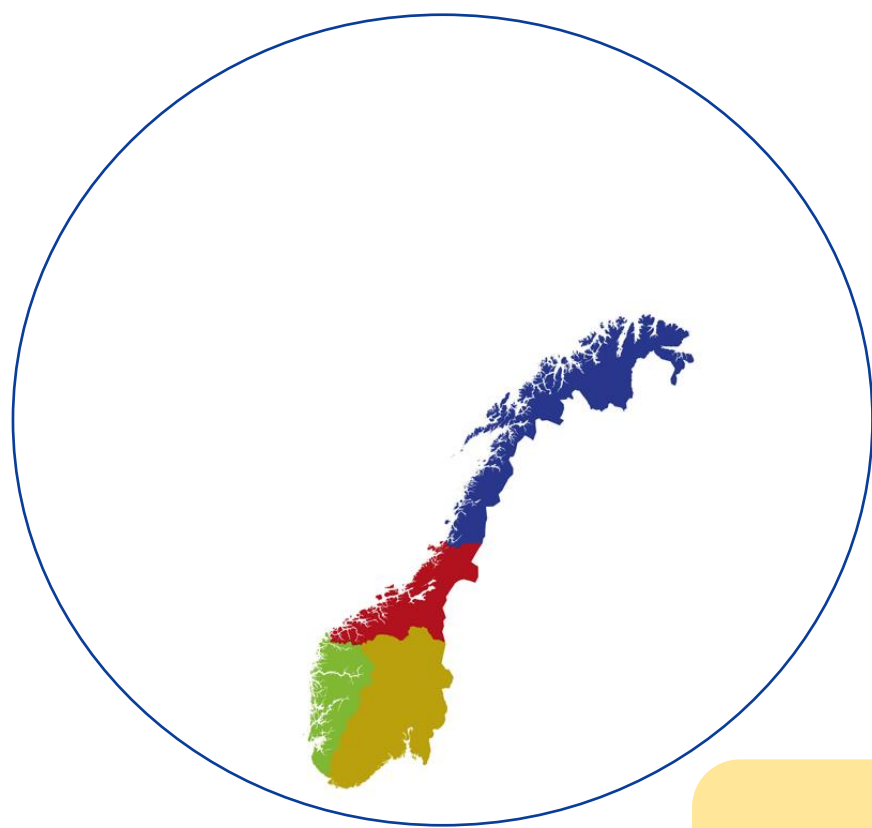
14.2 Months

88% non-evidence-based

0 til 4 hours of training







## Norwegian National Project to Implement Evidence Based Treatment for OCD

14.2 Months

88% non-evidence-based

0 til 4 hours of training



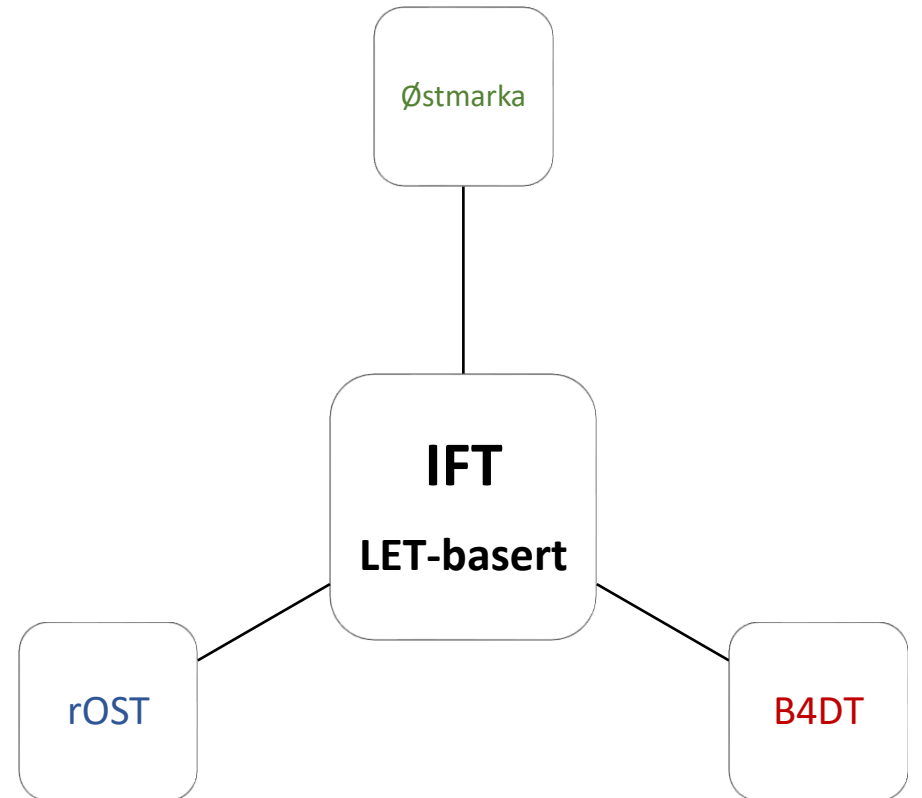
30 OCD-clinics

Extensive training

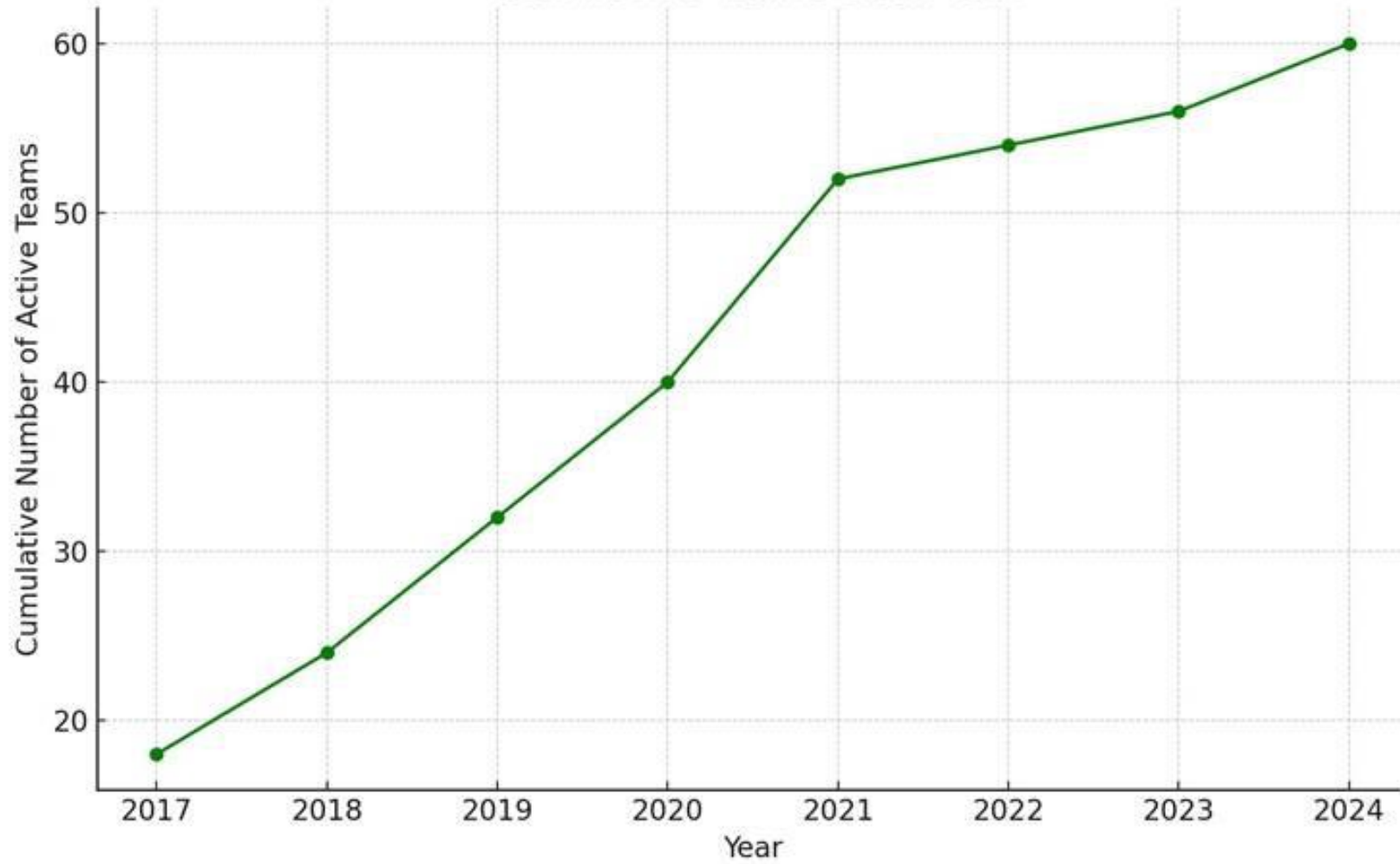
**Systematic monitoring of outcome**



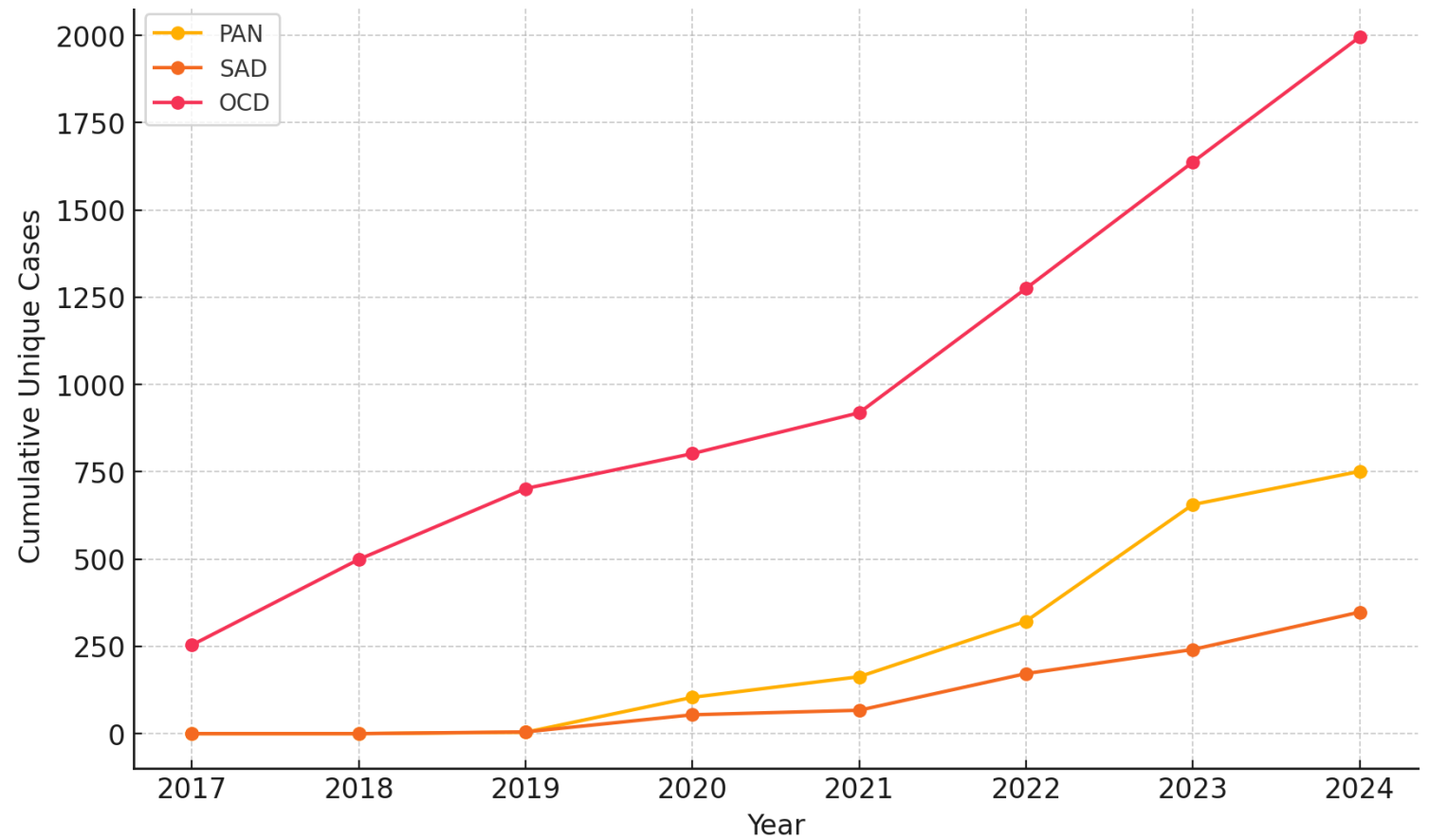
# «The Bergen 4-day Treatment»

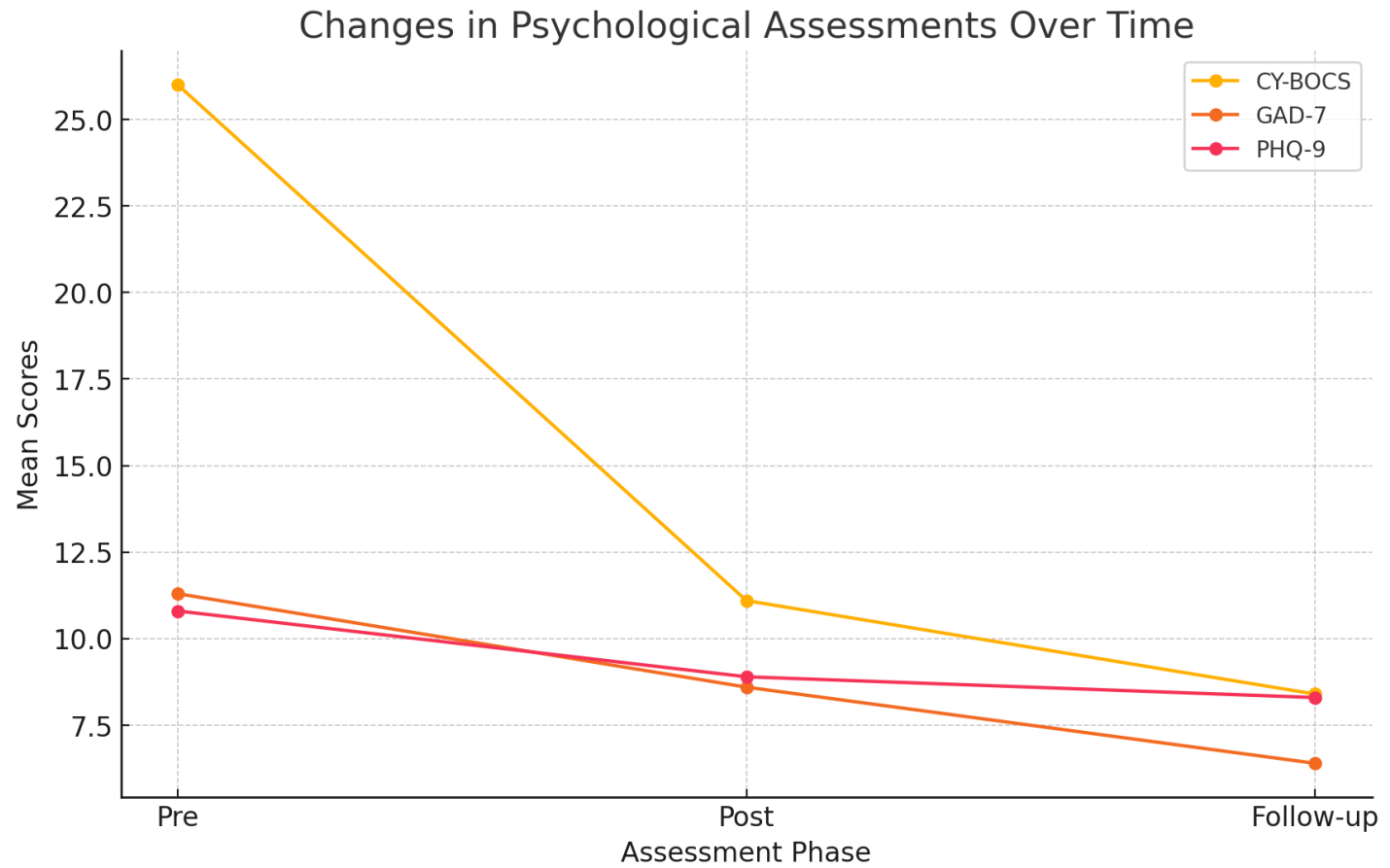


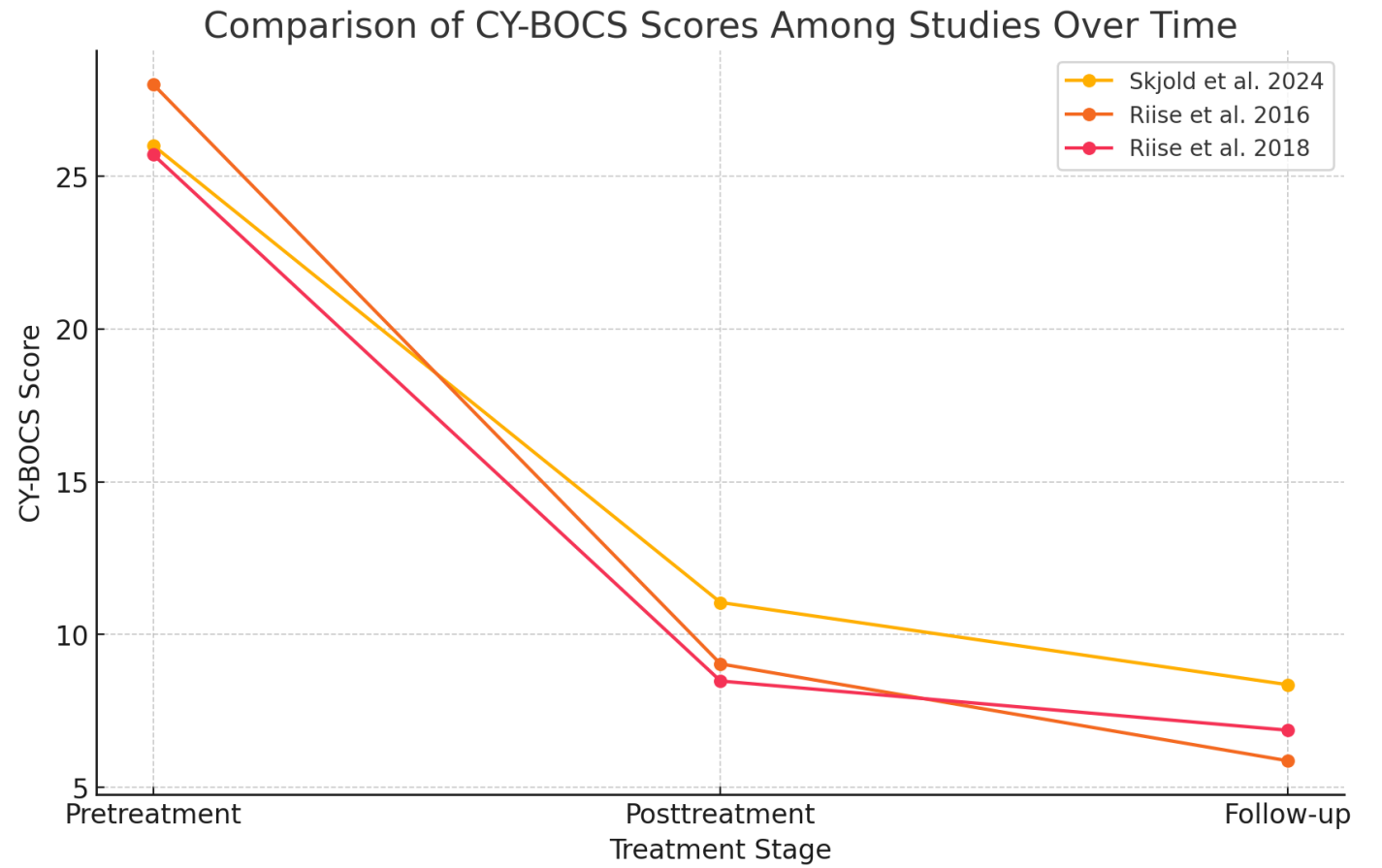
Total Active Teams Each Year

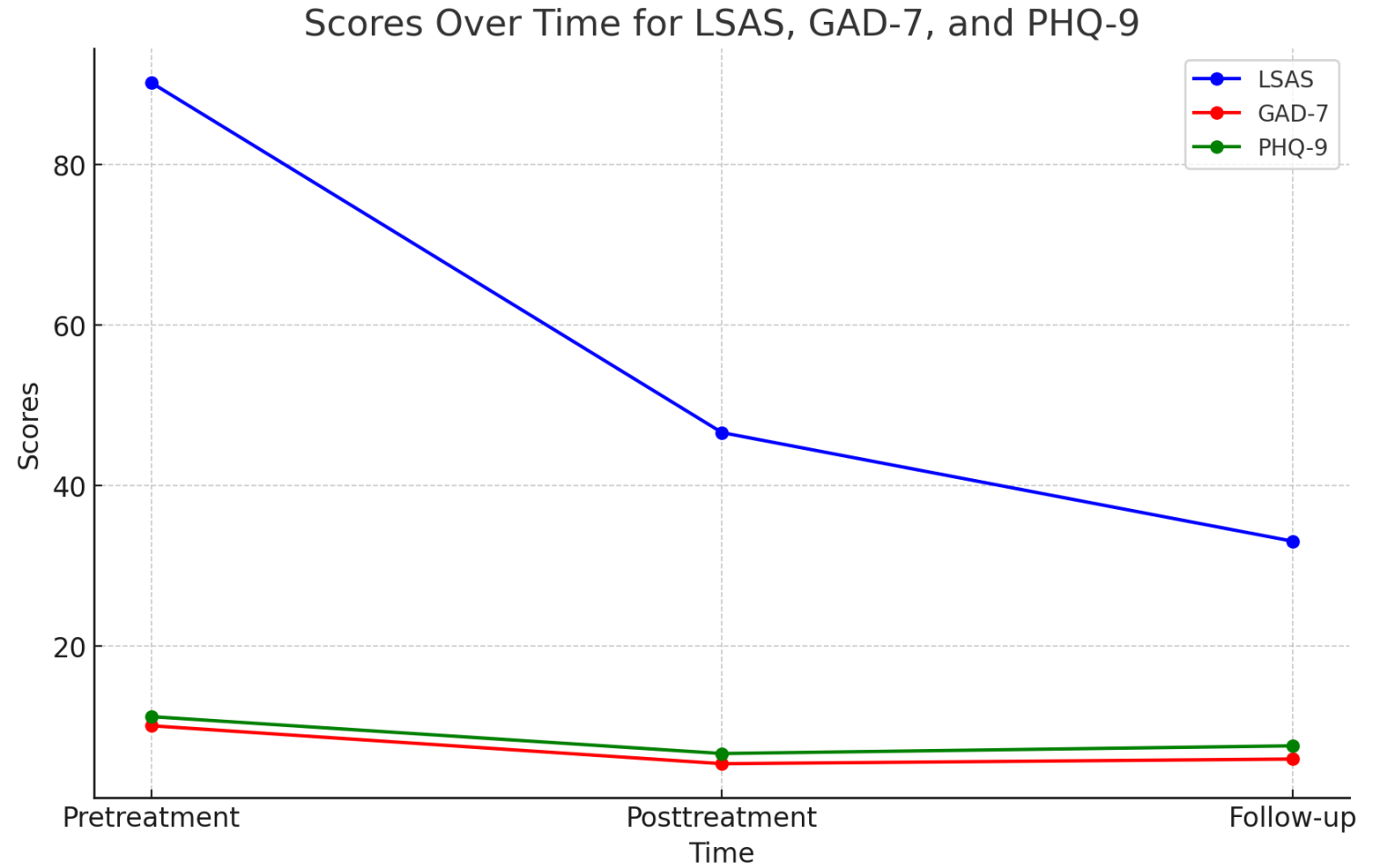


Cumulative  
samples for  
each year

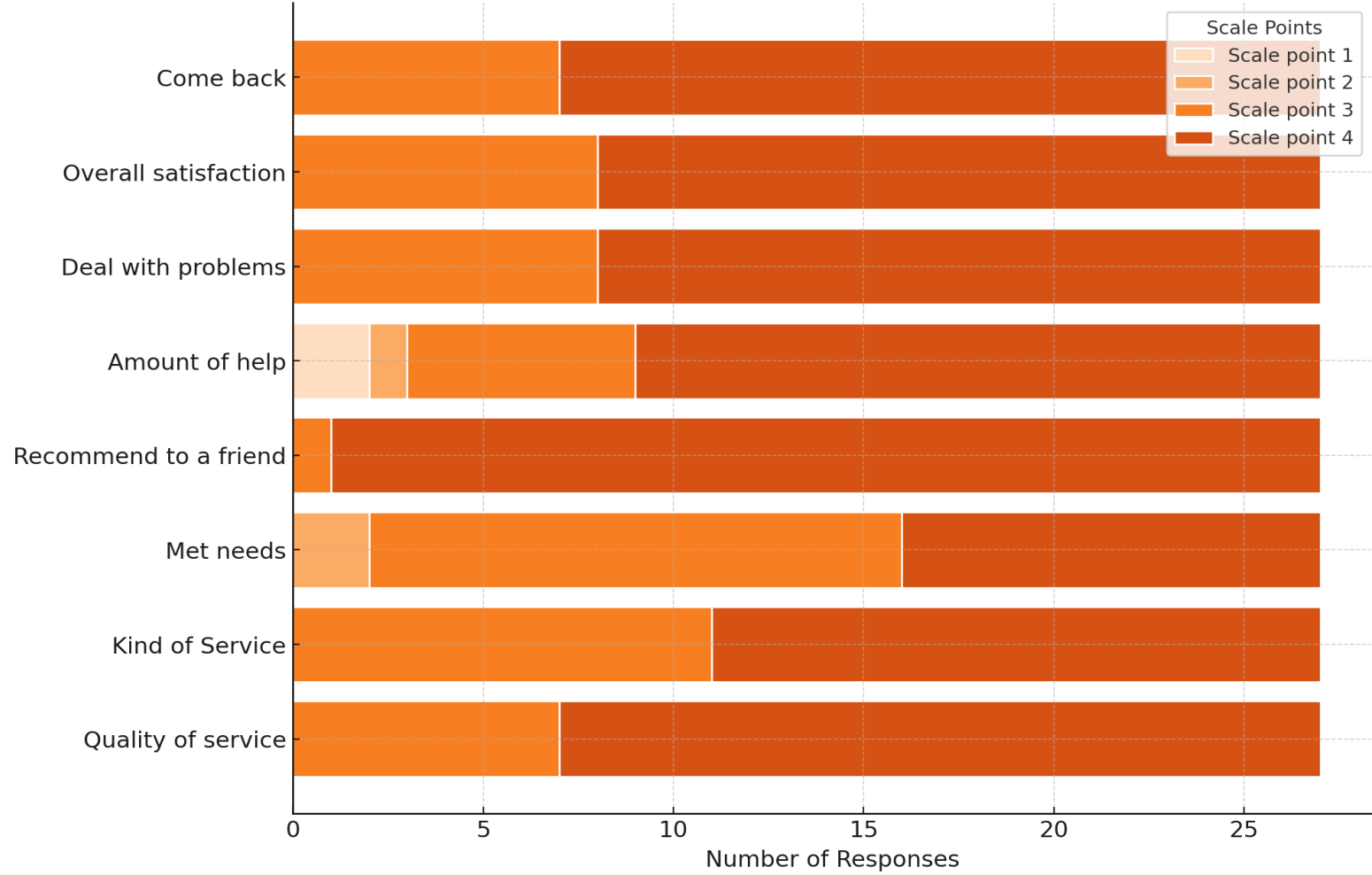






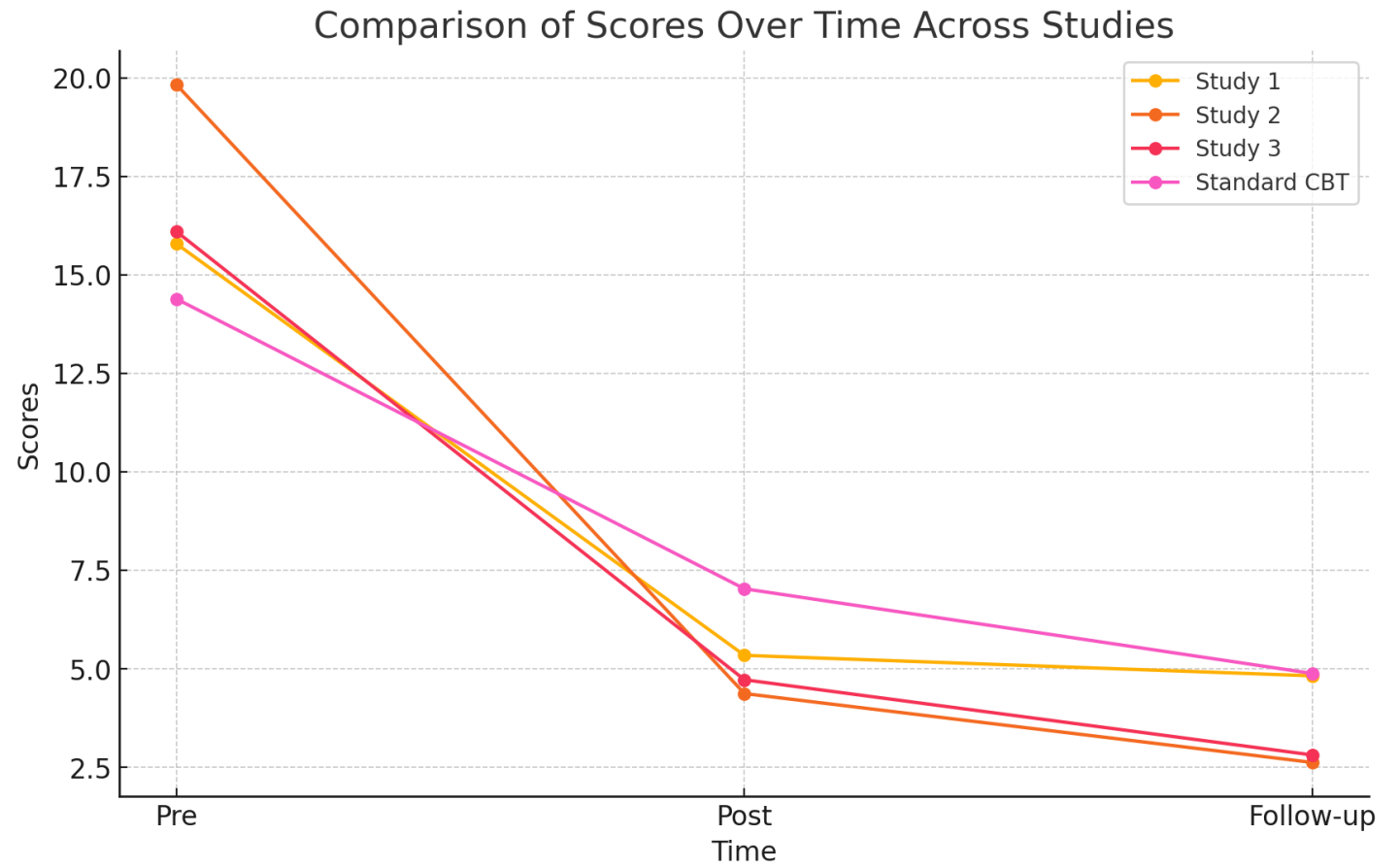


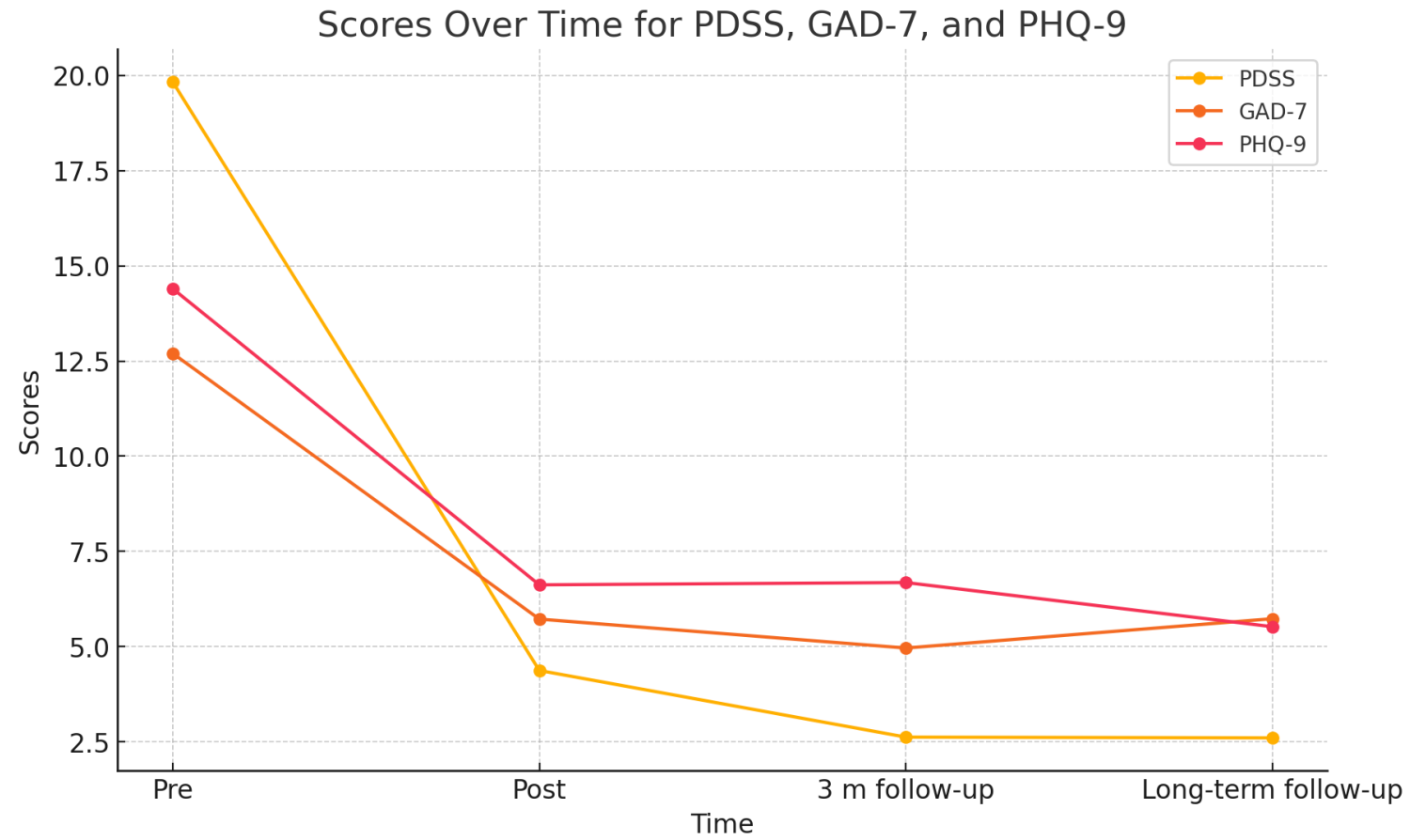
# Client Satisfaction Questionnaire-8

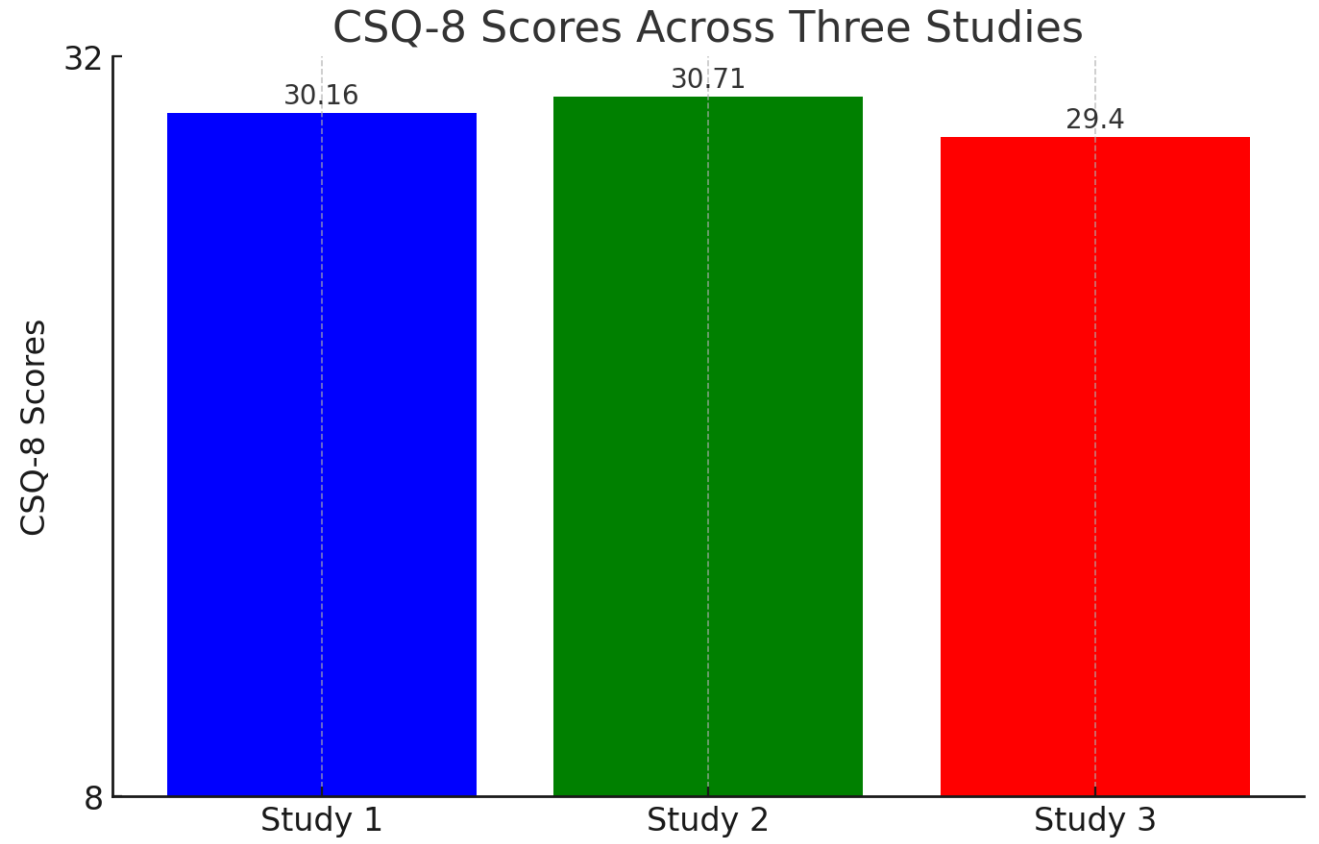


Mean CSQ-8 Score: 29.22 (SD: 2.60), Range: 24-32, Median: 30, N=27









NYHET

## Får 70 millioner kroner til nytt forskningscenter

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 forskningscenter 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<sup>1,2</sup>, Gerd Kvale<sup>1,2\*</sup>, Kristen Hagen<sup>1,3</sup>, Kay M. Hjelle<sup>1</sup>, Stian Solem<sup>1,4</sup>, Beate Bo<sup>1,5</sup> and Lars-Göran Öst<sup>1,6</sup>



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

Eili N. Risse<sup>a,b\*</sup>, Gerd Kvale<sup>a,b</sup>, Lars-Göran Öst<sup>b,c,d</sup>, Solvei Harila Skjold<sup>b,c</sup>, Bjarne Hansen<sup>a,b</sup>

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

Bjarne Hansen<sup>1,2</sup>, Kristen Hagen<sup>1,3</sup>, Lars-Göran Öst<sup>1,4</sup>, Stian Solem<sup>1,5</sup> and Gerd Kvale<sup>1\*</sup>

RESEARCH ARTICLE Open Access

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

Gerd Kvale<sup>1,2</sup>, Bjarne Hansen<sup>1,2</sup>, Þröstur Björgvínsson<sup>3,4</sup>, Tore Berveit<sup>1</sup>, Kristen Hagen<sup>1,5</sup>, Svein Haseth<sup>6</sup>, Uhn Beate Kristensen<sup>7</sup>, Gunvor Launes<sup>8</sup>, Kerry J. Ressler<sup>1,9</sup>, Stian Solem<sup>1,9\*</sup>, Arne Strand<sup>10</sup>, Odile A. van den Heuvel<sup>11</sup> and Lars-Göran Öst<sup>1,2</sup>



Concentrated ERP delivered in a group setting: An effectiveness study  
Audun Havnen<sup>a,b</sup>, Bjarne Hansen<sup>a,b</sup>, Lars-Göran Öst<sup>b,c,d</sup>, Gerd Kvale<sup>a,b\*</sup>

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

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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 Havnen<sup>(a)1 (a2)</sup>, Bjarne Hansen<sup>(a)1 (a2)</sup>, Lars-Göran Öst<sup>(a)1 (a4) (a5)</sup> and Gerd Kvale<sup>(a)1 (a2)</sup>   
DOI: <https://doi.org/10.1017/S1352465817000091> Published online: 13 March 2017

COGNITIVE BEHAVIOUR THERAPY  
<https://doi.org/10.1080/16506073.2018.1478447>

Routledge  
Taylor & Francis Group

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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<sup>a,b</sup>, Gerd Kvale<sup>a,b</sup>, Kristen Hagen<sup>a,c</sup>, Audun Havnen<sup>d</sup> and Lars-Göran Öst<sup>a,d</sup>

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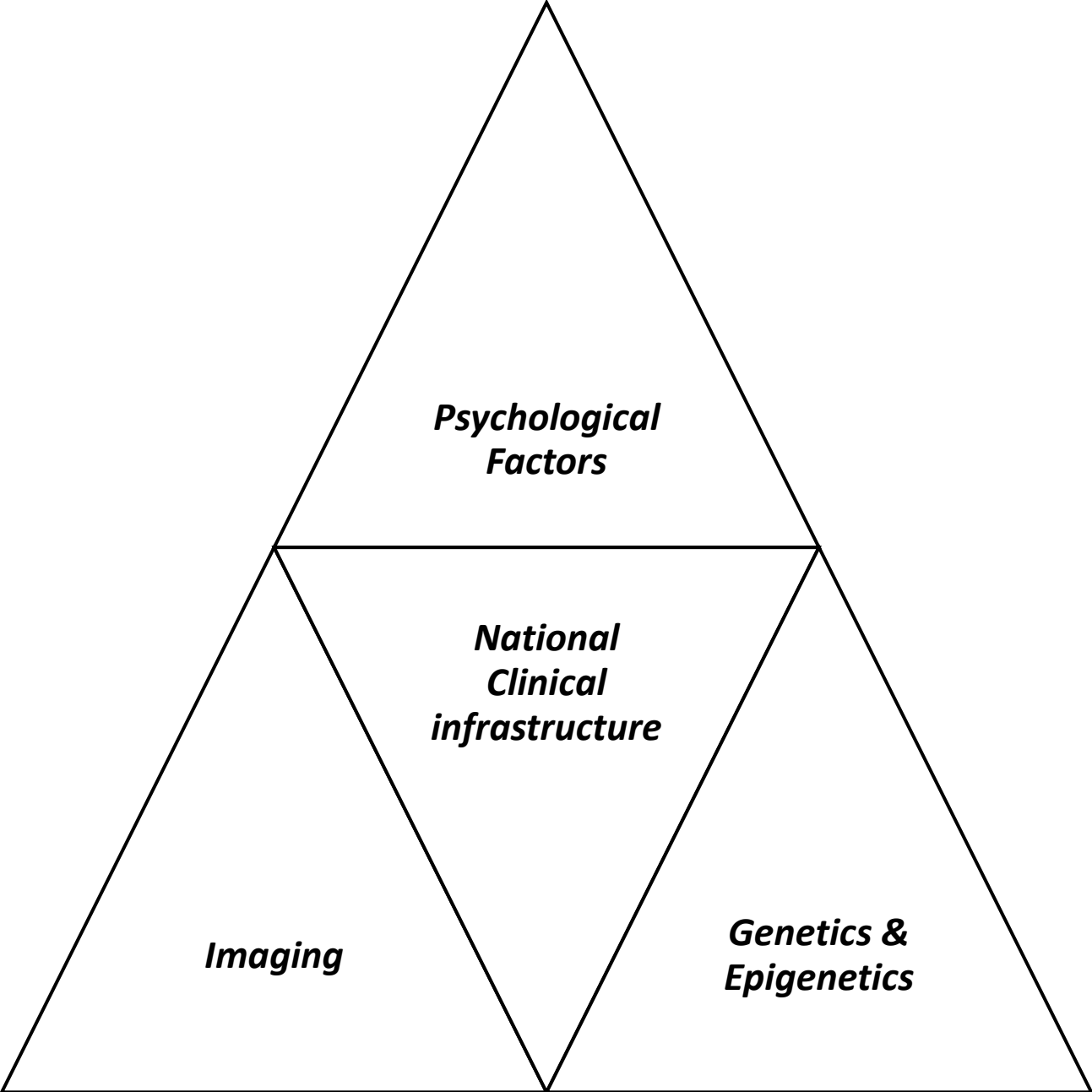
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Concentrated ERP Delivered in a Group Setting: A Replication Study

Audun Havnen and Bjarne Hansen

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





*I løpet av 2027 skal vi ha over > 100  
klinikker internasjonalt som tilbyr  
behandlingen*

*internasjonalt og antall behandlede  
pasienter skal overstige 5 000 pasienter*

*Betydelig tilstedeværelse på alle kontinent*

# Angstbehandling får Forskningsrådets innovasjonspris

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

PRESENTERING: FOR JOBBET KL. 18:30 2022



# 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, have shown they can treat it in just four days. Frustrated 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

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*Forenkle &  
forbedre*



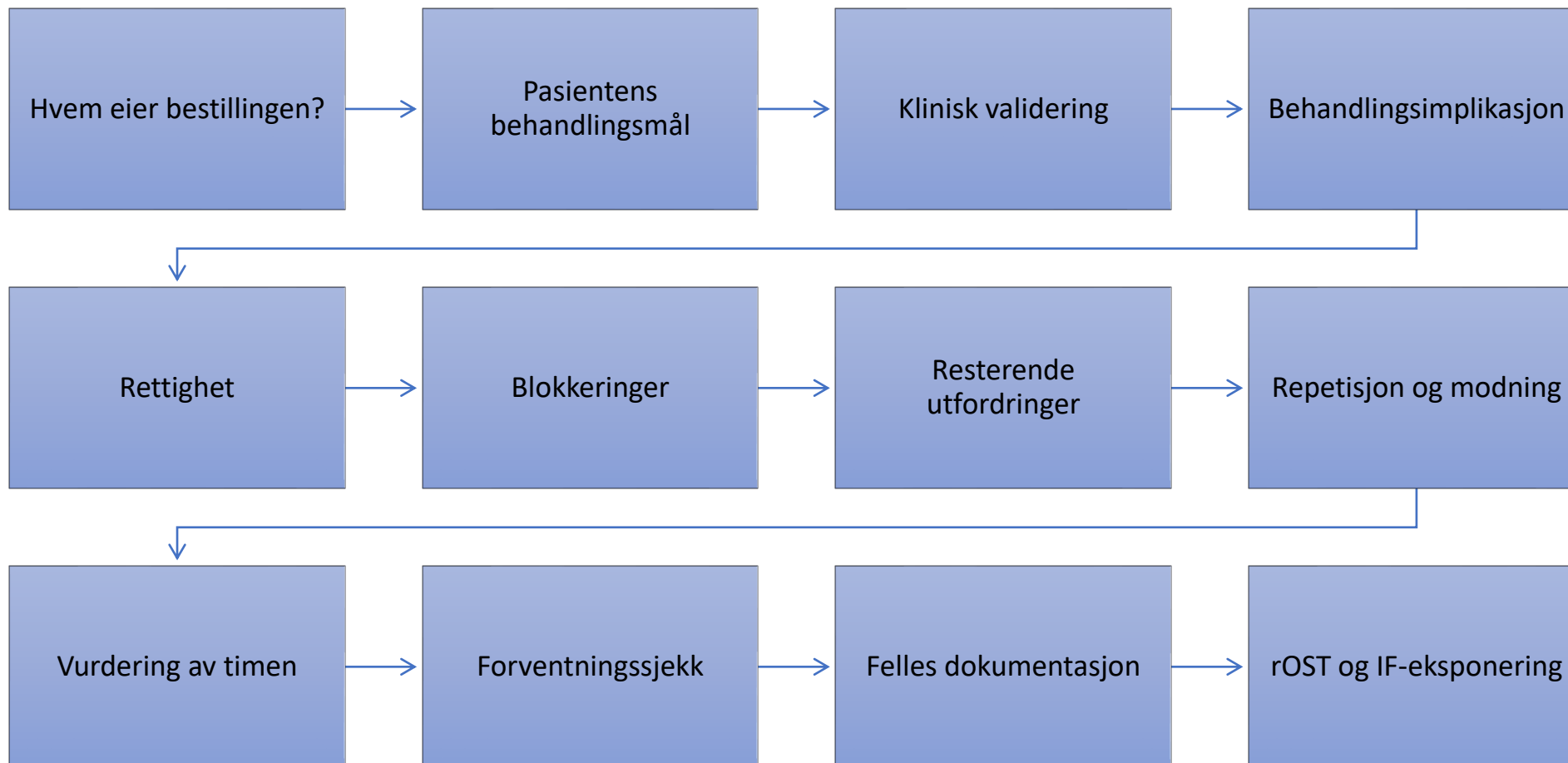
Gode  
forløp



God  
forvaltning



# Målrette og kalibrere kontinuerlig



# Spørsmål

*Så hvor kommer dette med Patient-reported outcome measures (PROMs) inn?*



