

PROM & 4-dagers behandling

Bjarne Hansen
Senterleder BCBP/HUS
Professor UiB

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Professor NTNU

Motivasjon



Psykolog Jørgen Flor

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

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?
Psykologenråder deg til å spare.**









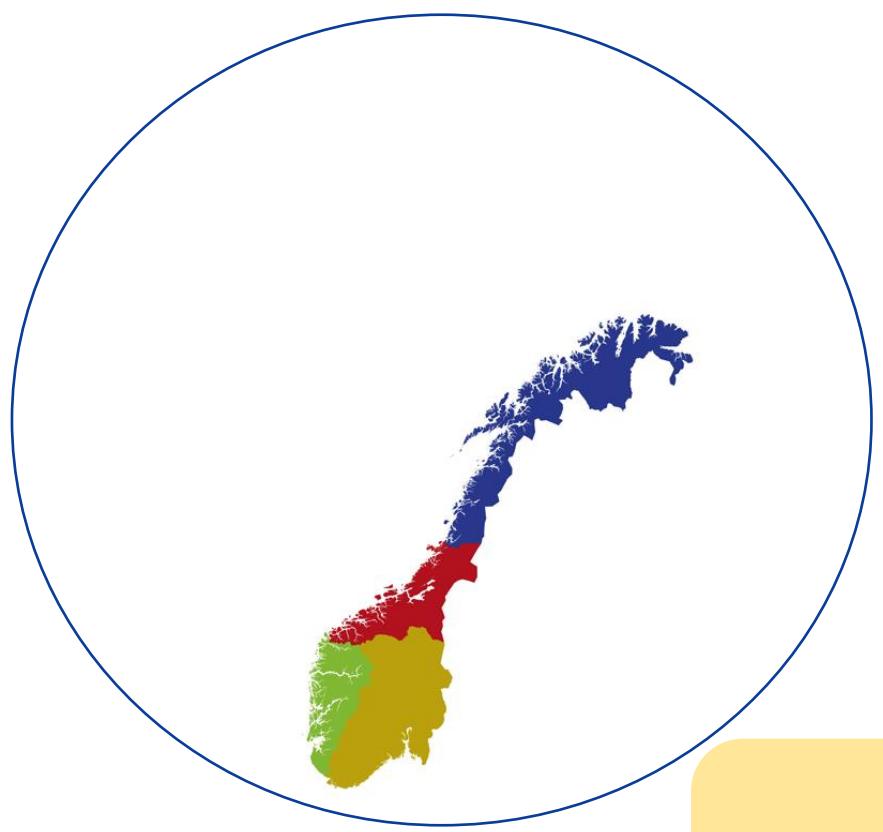
MODIFICATION OF EXPECTATIONS IN CASES WITH OBSESSIVE RITUALS

V. MEYER

Academic Department of Psychiatry Middlesex Hospital Medical School, London

(Received 6 May 1966)

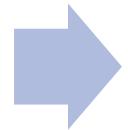


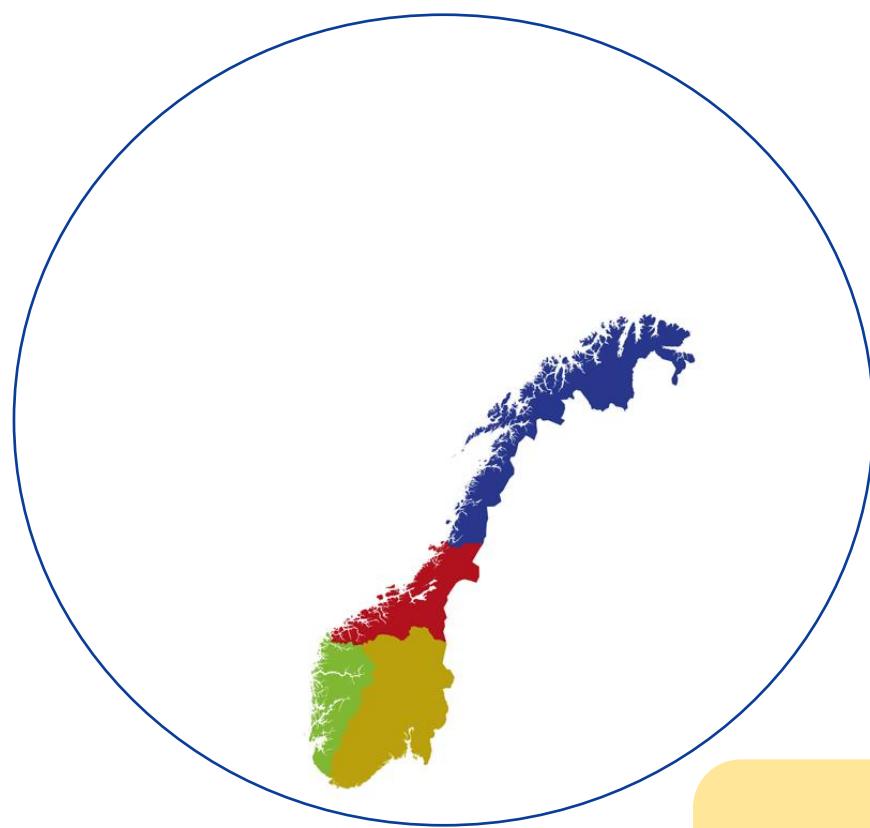


14.2 Months

88% non-evidence-based

0 til 4 hours of training



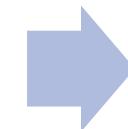


Norwegian National Project to Implement Evidence Based Treatment for OCD

14.2 Months

88% non-evidence-based

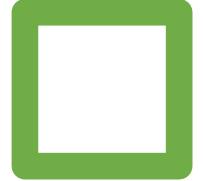
0 til 4 hours of training



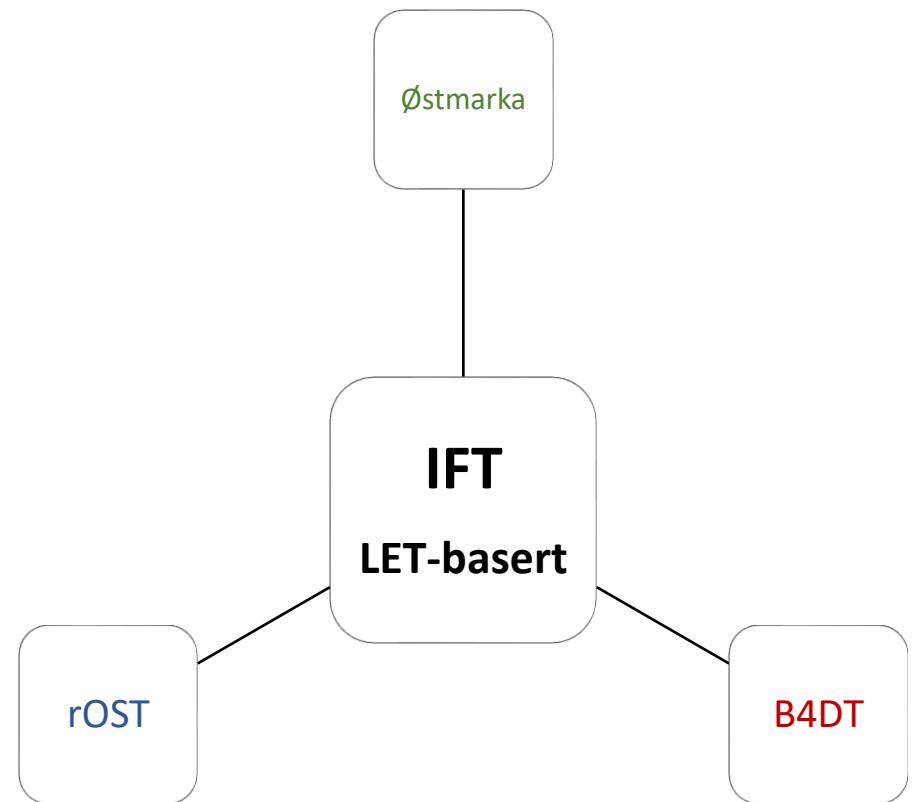
30 OCD-clinics

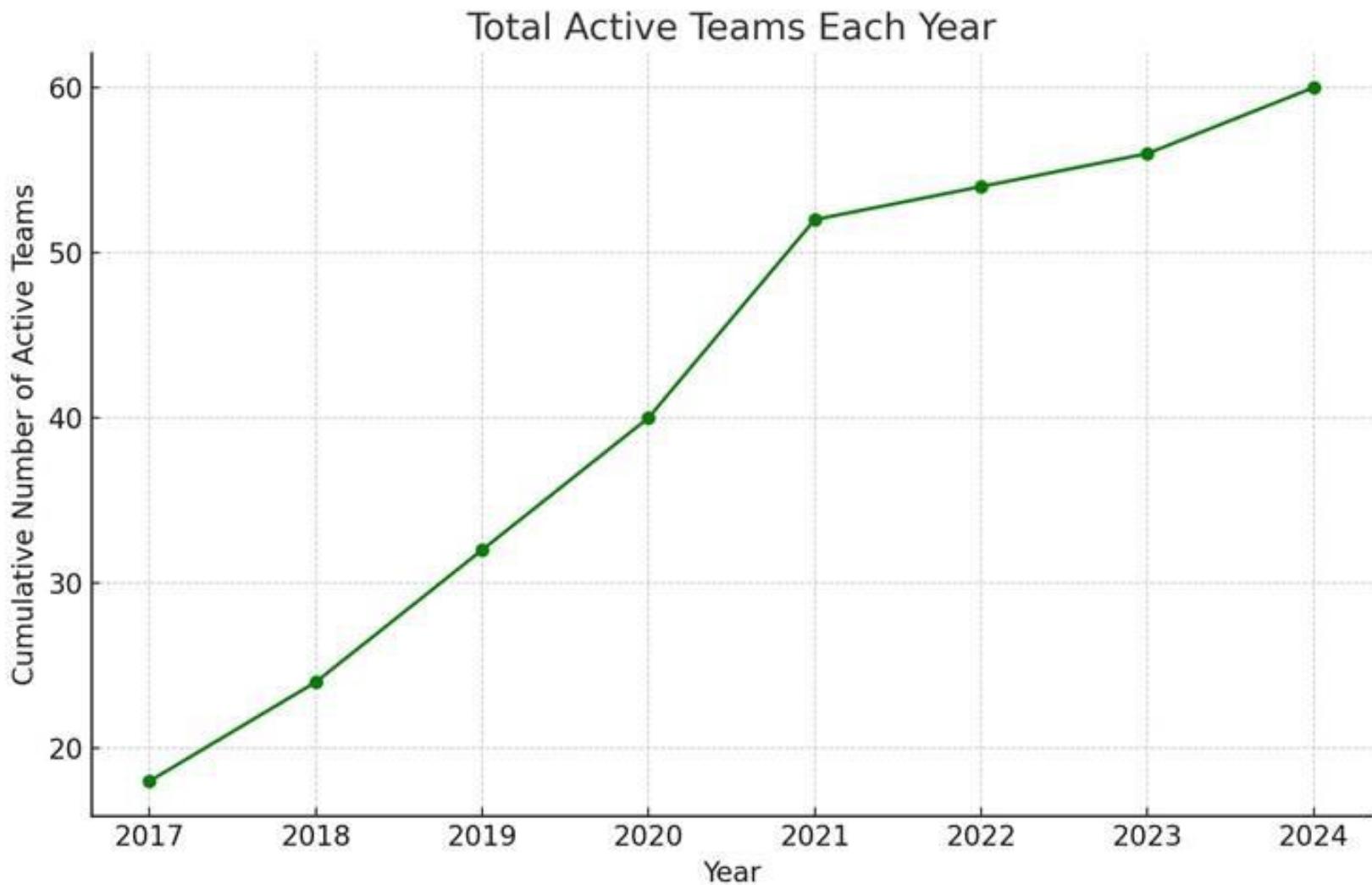
Extensive training

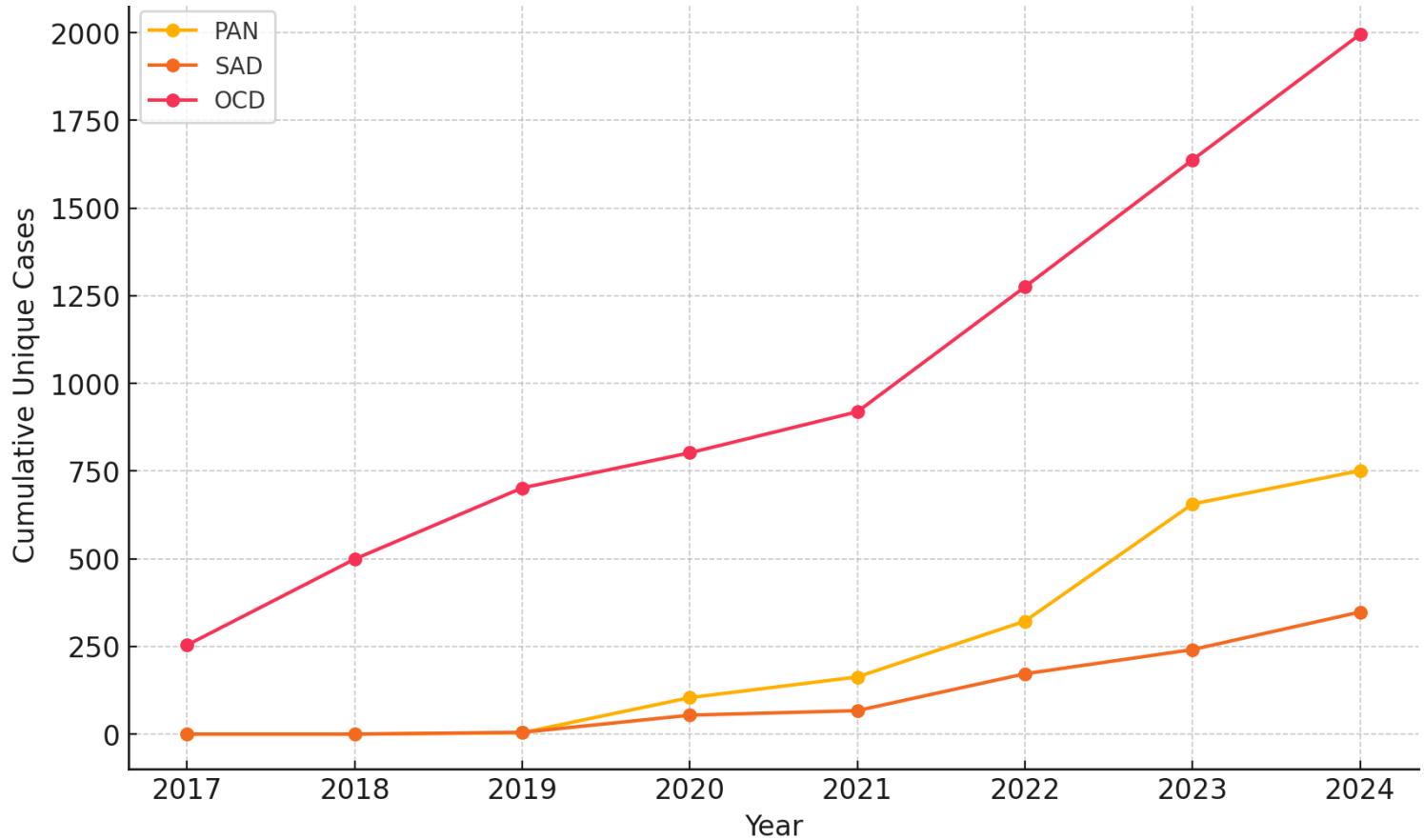
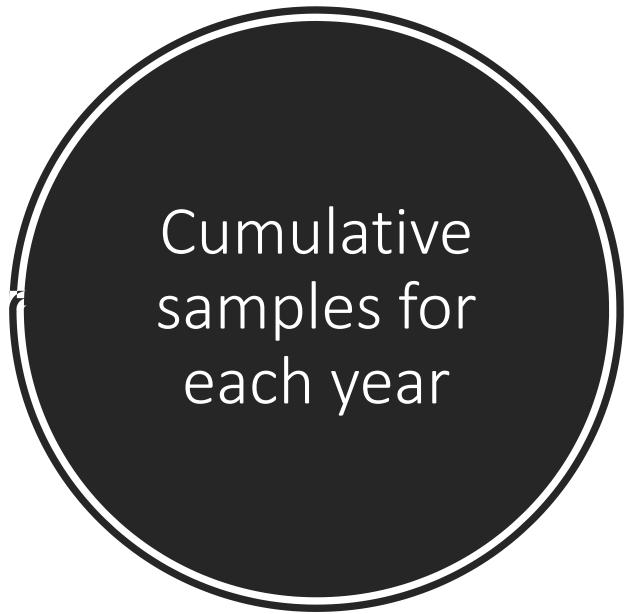
Systematic monitoring of outcome

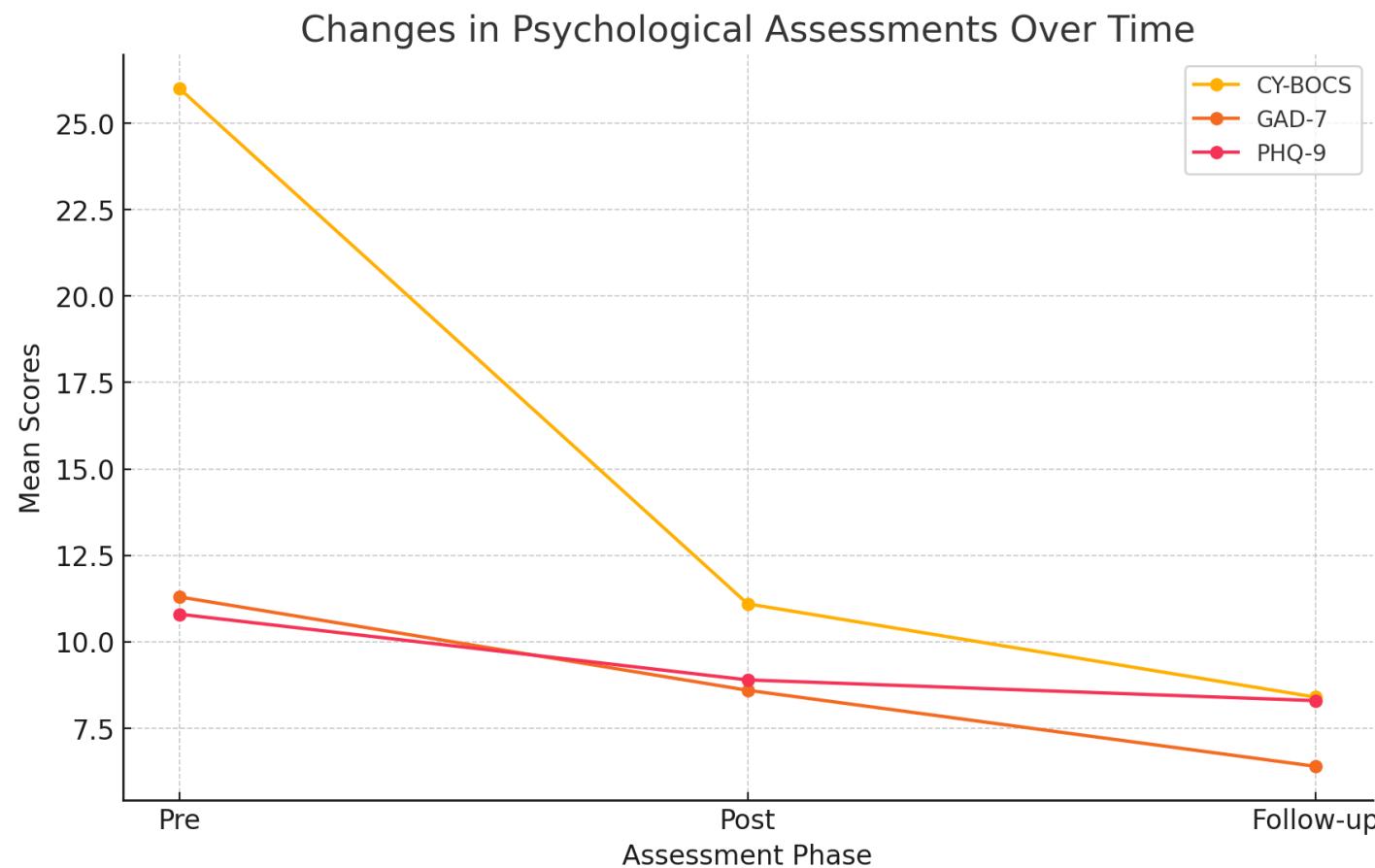


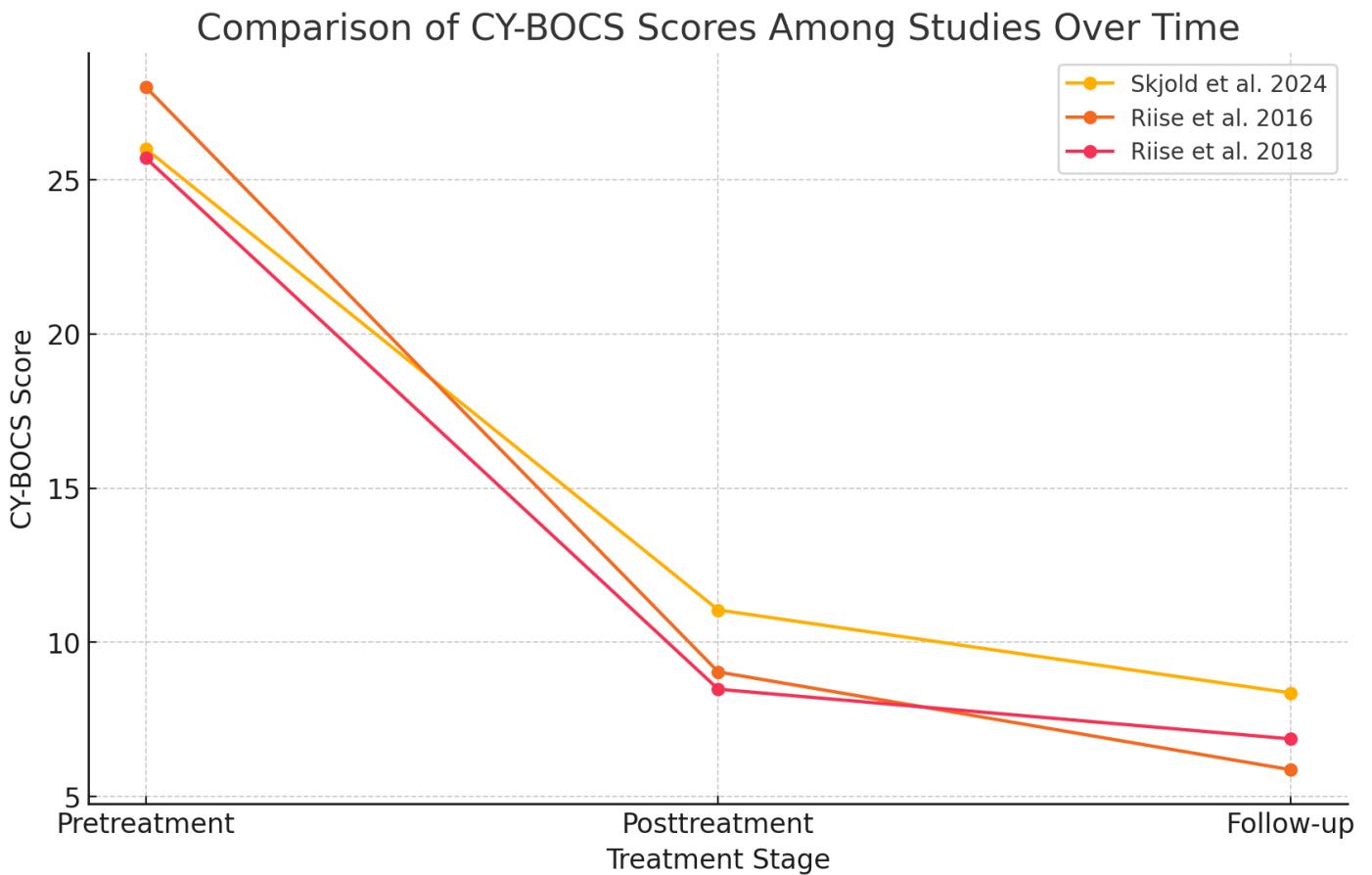
«The Bergen 4-day Treatment»

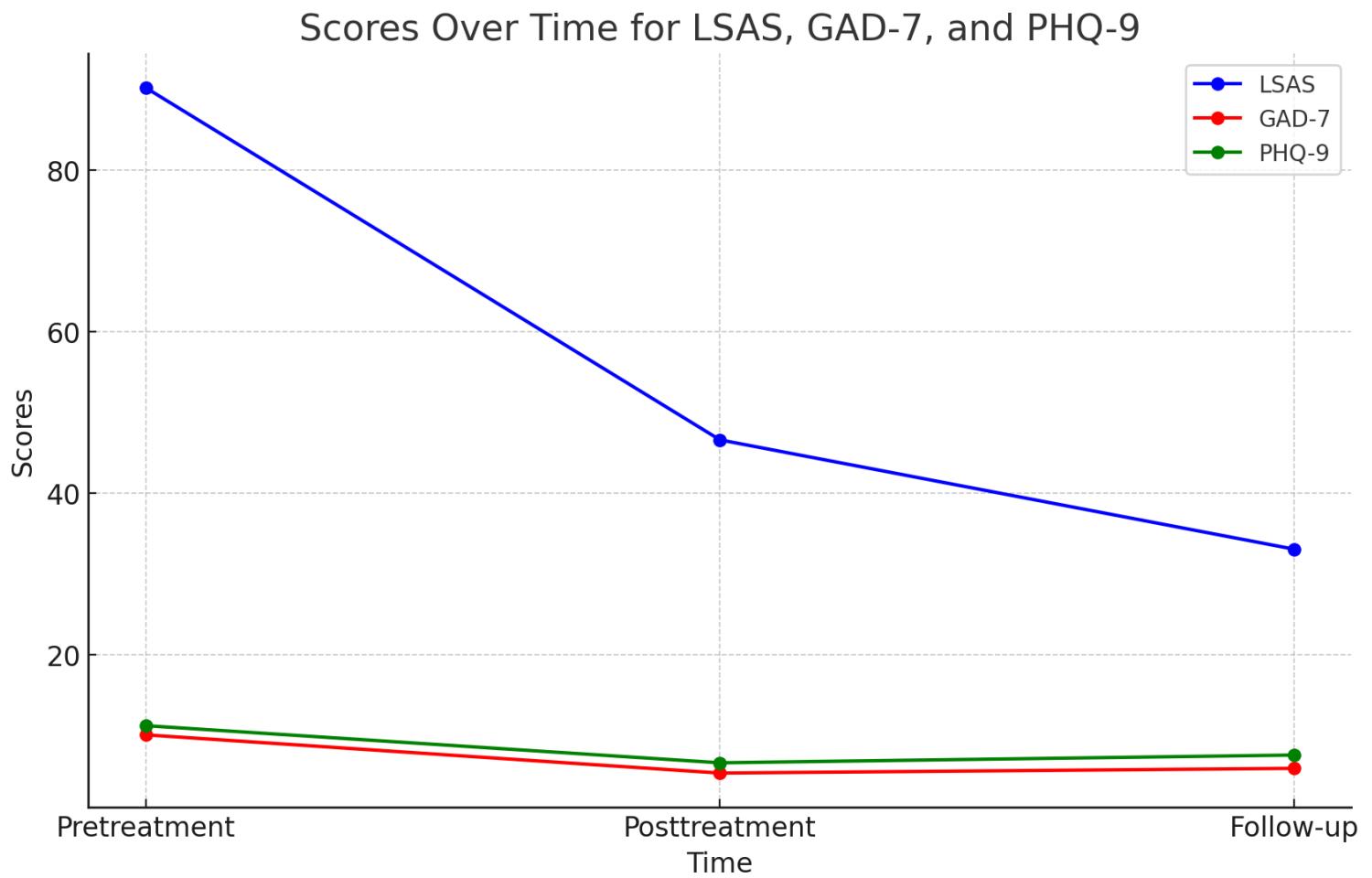




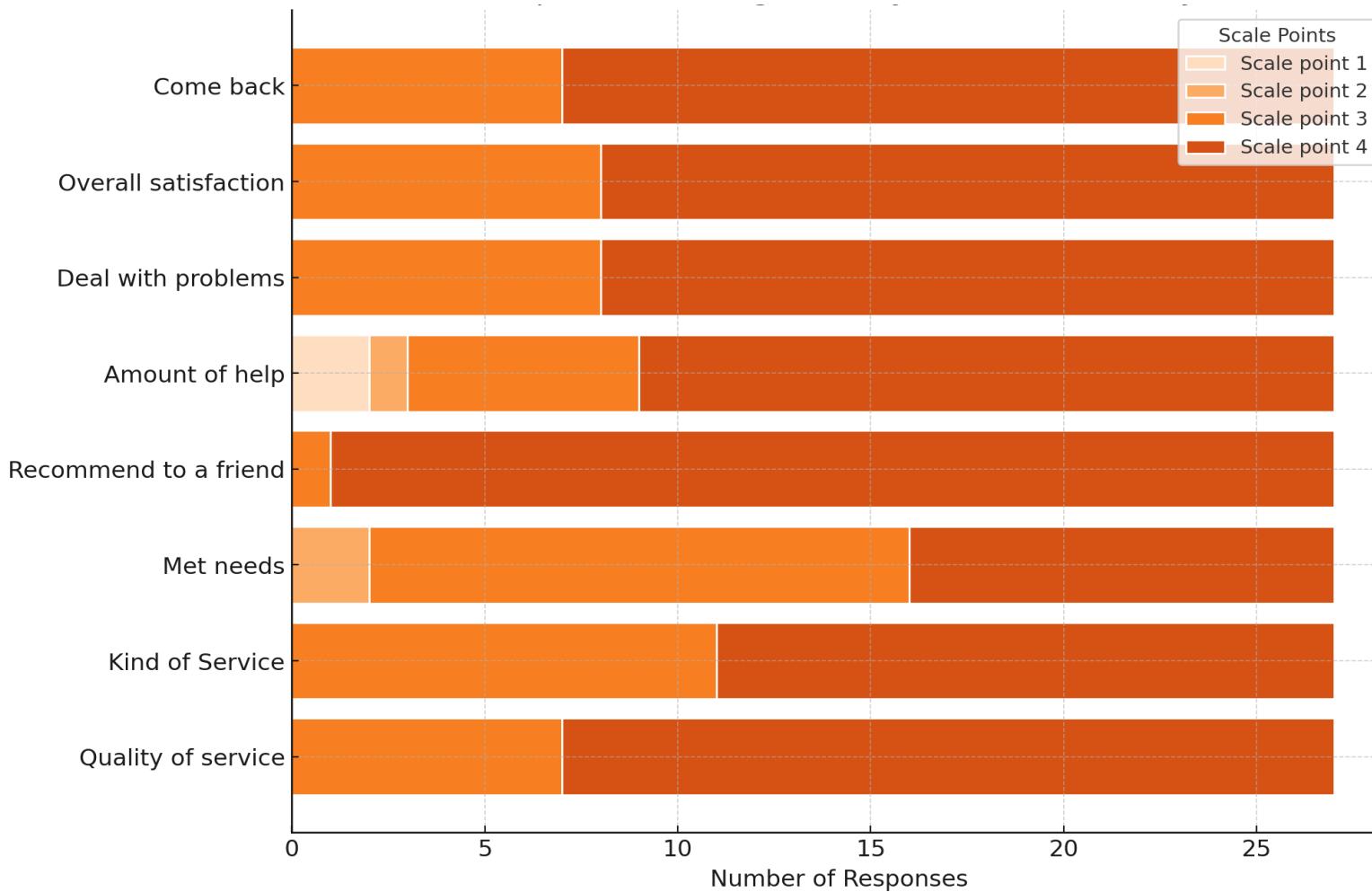




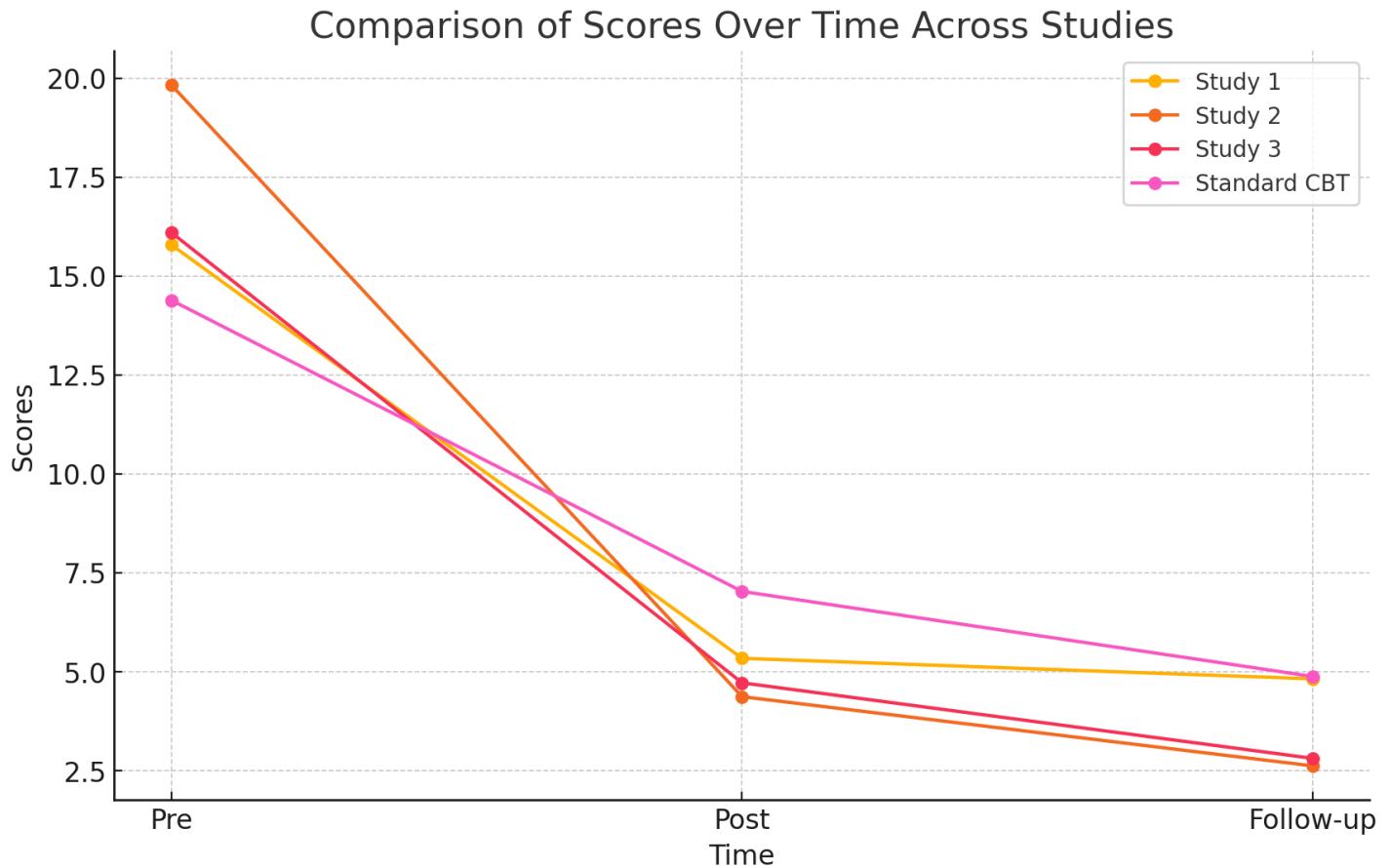


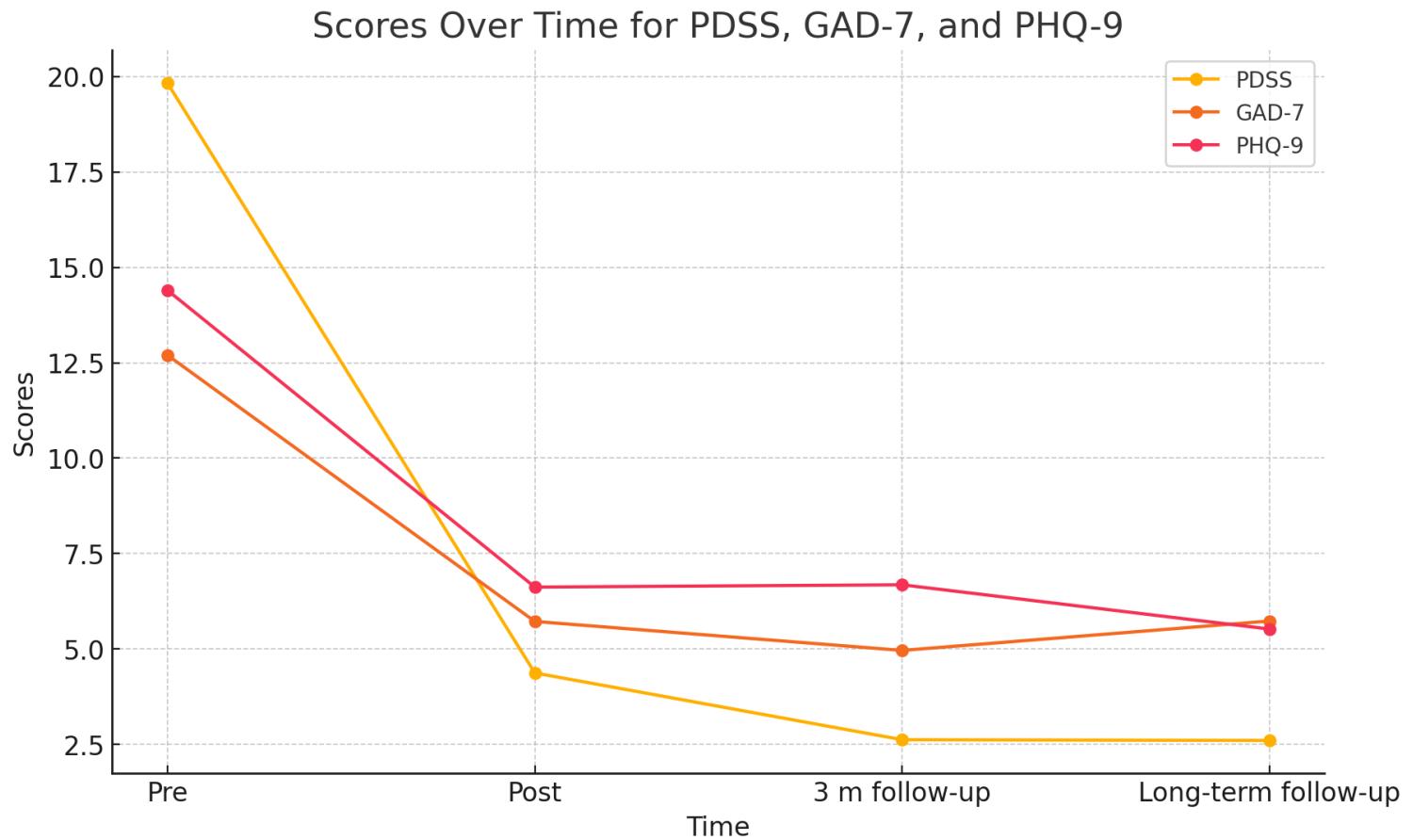


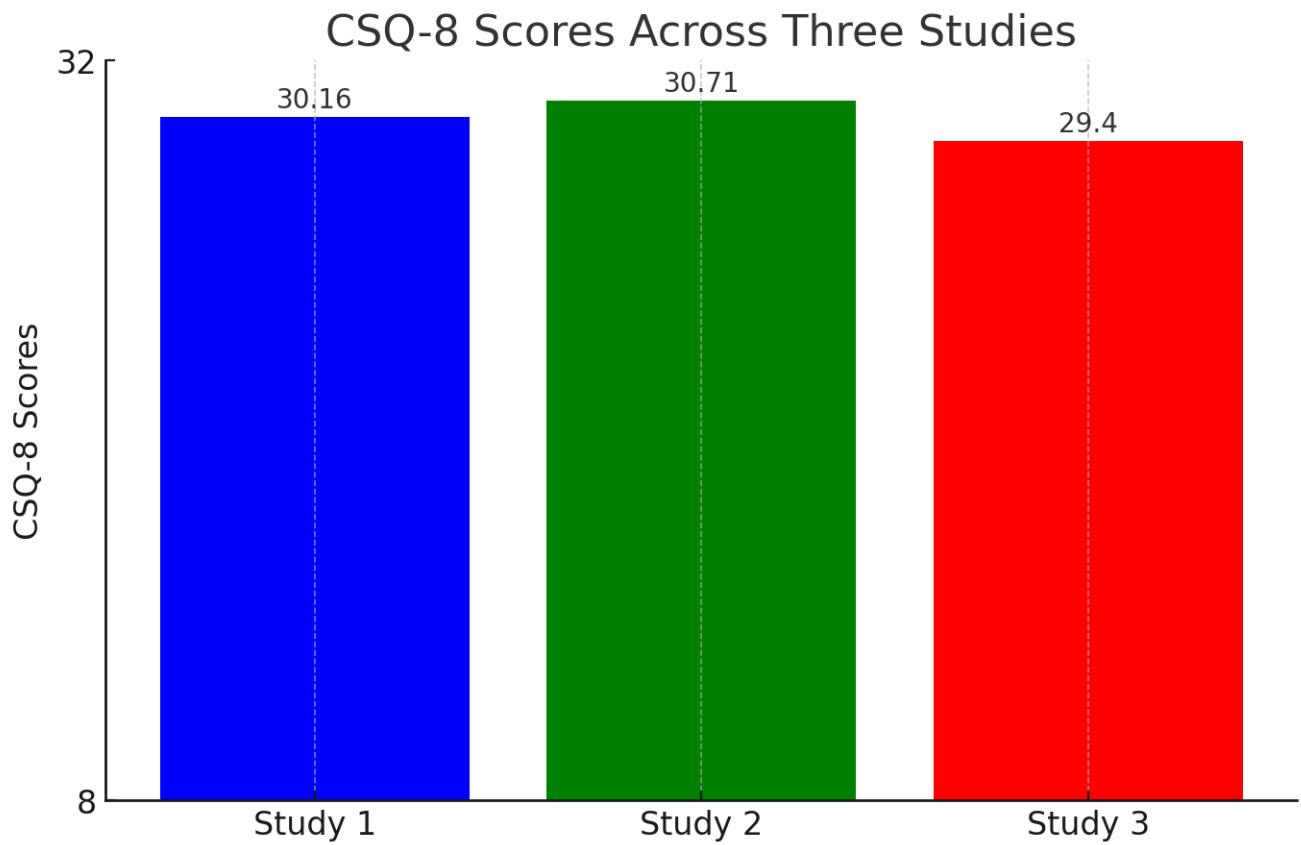
Client Satisfaction Questionnaire-8



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







NYHET

Får 70 millioner kroner til nytt 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 Kavlfondet.



GRATULERER: Daglig leder i Bergens forskningsstiftelse, Sveinung Hole, og daglig leder i Kavlfondet, 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. Hjelle¹, Stian Solem^{1,4}, Beate Bo^{1,5} and Lars-Göran Öst^{1,6}



Concentrated exposure and response prevention for adolescents with obsessive-compulsive disorder: A replication study
Eili N. Riise^{a,b,*}, Gerd Kvale^{a,b}, Lars-Göran Öst^{b,c,d,e}, Solvei Harila Skjold^{b,f}, Bjarne Hansen^{a,b}

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,*}



Successfully treating 90 patients with obsessive compulsive disorder in eight days: the Bergen 4-day treatment
Gerd Kvale^{1,2}, Bjarne Hansen^{1,2}, Thróstur Björgvísson^{3,4}, Tore Bartveit¹, Kristen Hagen^{1,5}, Svein Haseth⁶, Unn Beate Kristensen⁷, Gunnor Launes⁸, Kerryl Ressler^{3,4}, Stian Solem^{1,9}, Arne Strand¹⁰, Odile A. van den Heuvel^{1,11} and Lars-Göran Öst^{1,12}

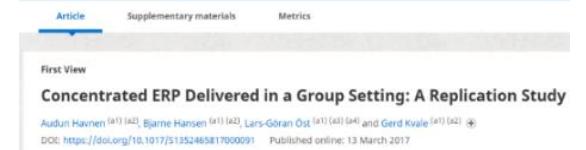


Concentrated ERP delivered in a group setting: An effectiveness study
Audun Havnen^{a,b}, Bjarne Hansen^{a,b}, Lars-Göran Öst^{a,c,d}, Gerd Kvale^{a,b,e}

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

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Behavioural and Cognitive Psychotherapy



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



OPEN ACCESS

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 Havnen^{a,d} and Lars-Göran Öst^{a,e}

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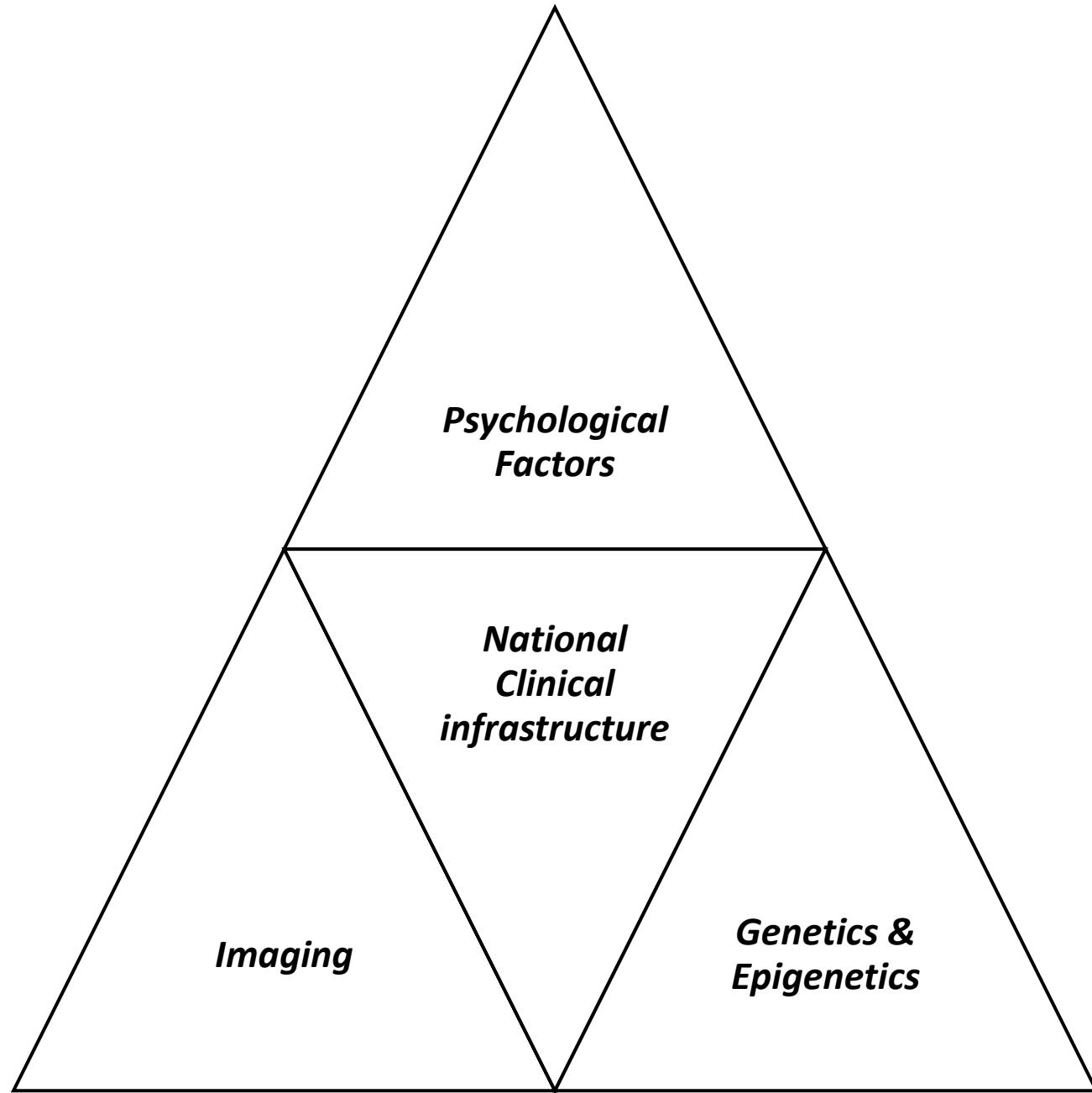
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The Bergen 4-day treatment for OCD: four years follow-up of concentrated ERP in a clinical mental health setting
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Concentrated ERP Delivered in a Group Setting: A Replication Study

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 Kvæle og Bjarne Hansen får innovasjonsprisen for behandlingsprogrammet¹ Bergen 4-Day Treatment.

PRESSEMEDDELElse - 10. JUNI 2012



The New York Times

THE NEW YORK TIMES, TUESDAY, AUGUST 26, 2008

Short-Term Therapy Programs for Quick Relief

By ANNELA RITTER

See more about this topic on [NYT.com](#). You can also get a radio or a mobile version of this article on [NYT.com](#).

For many years, the conventional approach to treating anxiety disorders has been to provide a series of weekly or monthly sessions over several months. But now, some therapists are offering a different kind of treatment: short-term therapy, often called “speedy” or “intensive.” In just four days, patients can learn how to manage their symptoms and reduce their fears. “These young people have had a lot of anxiety and panic attacks, and they’re afraid to leave the house,” says Bjarne Hansen, a clinical psychologist at Haukeland University Hospital in Bergen, Norway. “They are perfect candidates for this kind of treatment.”

“It’s a very effective way to treat anxiety,” says Gerd Kvæle, another clinical psychologist at the hospital. “It’s a good alternative for people who don’t want to go through a long-term program.”

Both Hansen and Kvæle are part of a team of researchers who have developed a new model of treatment for anxiety disorders. They believe that traditional therapy is too slow and ineffective for many people. Instead, they have created a program that focuses on the most common symptoms of anxiety disorders: panic attacks, phobias, and social anxiety. The program consists of a series of four sessions, each lasting about two hours. During these sessions, patients complete the following tasks:

- Identify and understand their symptoms.
- Develop coping strategies to manage their symptoms.
- Practice these strategies in a safe environment.
- Apply what they have learned to real-life situations.

According to Hansen, the results are impressive. “After just four days, patients report significant improvements in their symptoms,” he says. “They feel more confident and capable of managing their anxiety on their own.”

While the program is still being evaluated, it has already received positive feedback from patients and therapists alike. “It’s a great alternative to traditional therapy,” says Kvæle. “It’s quick, effective, and it works.”

For more information about this program, contact Haukeland University Hospital in Bergen, Norway. To learn more about the latest research in anxiety disorders, visit [NYT.com](#).

Photo: Bjarne Hansen and Gerd Kvæle

TIME

HEALTH CARE 50



Bjarne Hansen and Gerd Kvæle

Speeding Up Therapy



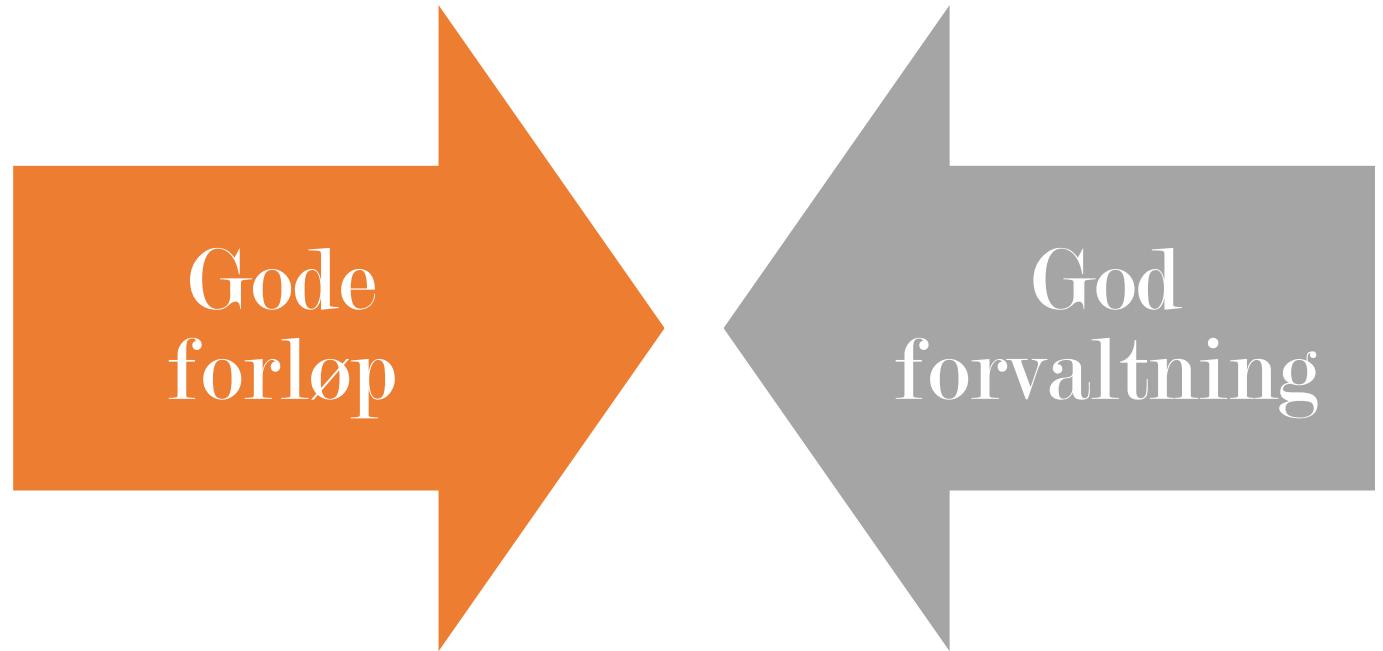
Obsessive-compulsive disorder (OCD) can take months of therapy to treat. But Kværn and Hansen, who are clinical psychologists at Haukeland University Hospital in Norway, have shown they can treat it in just four days. Presented by the traditional model of therapy—meeting with patients just once or twice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

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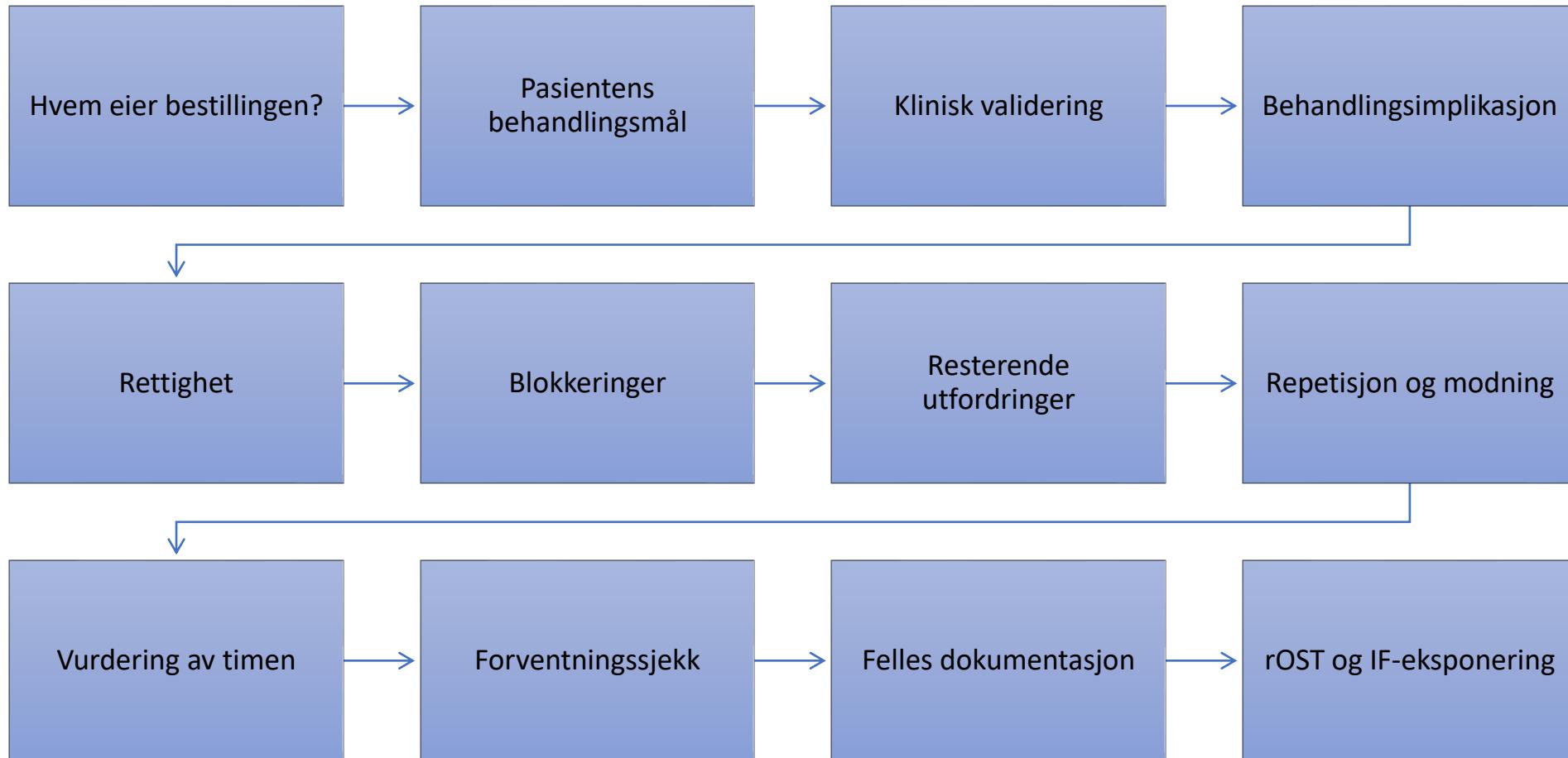
Gigazine

ノルウェーの臨床精神科医であるBjarne Hansen氏とGerd Kvæle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。

Forenkle & forbedre



Målrette og kalibrere kontinuerlig



Spørsmål

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

