



# When the patient dissociates. When cognition no longer works. What then?

The 4th Wave of Behavioral Therapy gives you concrete tools for exactly these moments – evidence-based and immediately applicable.

 24 CME Credits · Medical Association of Hesse

## VT 4TH WAVE INTEGRATES

### Behavioral Therapy

Scientific precision

### Body-Oriented Trauma Work

Deep impact

### ACT

Flexibility & Acceptance

### Schema Therapy

Pattern recognition

→ **Into a coherent framework:** You always know what to do next.

## WHAT COLLEAGUES SAY

"The VT 4th Wave technique finally gives me a concrete tool for trauma – something neither behavioral therapy nor schema therapy offers. In the self-experience, I could feel the helpful effects myself."

– Clinical Psychologist (CBT)

"Techniques for emotion regulation and trauma processing without involving cognition – that's a real gain for my practice. I'm already applying many techniques."

– Clinical Psychologist (Psychodynamic)

## WHAT YOU'LL LEARN IN THE 8-WEEK TRAINING

- ✓ Perceive and regulate body reactions
- ✓ Learn to regulate emotional overwhelm
- ✓ Techniques for reducing panic attacks and anxiety
- ✓ Identify and transform schema modes
- ✓ Recognize and work with family patterns
- ✓ New approaches for complex cases

## Evidence-Based

Based on methods with extensive research (RCTs, Meta-Analyses)

## FOR WHOM?

Licensed Psychotherapists

Physicians with PT

Trainees

## Therapeutic Foundation

 8 sessions à 2 hours

 Live online via Zoom

 Max. 12 participants

 24 CME credits

 All sessions recorded

 All content in the academy

**Next Start:** Thu, March 5, 2026

Thursdays 2:00-4:00 PM CET

**Investment:** €1,080 incl. VAT

2 installments possible · Money-back guarantee

## Learn More



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