

Rewriting Scripts

Research investigation in the field of psychology has established that personality in general and mental health in particular are often transmitted across generations. One theory argues that the transmission involves a process called scripting. Oftentimes unconscious of it, parents play a very active role in the shaping of their children's personalities for better or for worse. In fact in the workshop speaker's own research, *at least 54% of the variation of adolescents' mental health is explained by their scripts.*

Rewriting Scripts is a four-day workshop on how our psychological scripts are written and on how we can 'rewrite' these – guided by the principles of psychological freedom and responsibility.

The workshop draws from the **Script Theory of Transactional Analysis**, **Redecision Therapy**, and the **Constructivist Narrative Therapy** approaches to promoting positive mental health.

PROGRAMME OUTLINE

Part A: Healing and Releasing the Inner Child

This part introduces the participants to the concept of ego states and how experiences, memories, and early "scripting" shape one's view of the self, others, and the world. Participants will then undergo experiential exercises that provide them access to these early scripting experiences – paving the way for a reconstruction of meaning and change.

Part B: Understanding the Family Tree and Intergenerational Scripts

Part two introduces the basic types of transactions and how individuals unconsciously manipulate each other. How scripts are transmitted across a generation is discussed. Psychotherapeutic exercises that break script patterns will be conducted.

Part C: Rewriting Scripts

This part stands on the assumption that identities and personalities are "storied" realities. The task of healing and changing therefore not only involves breaking free from childhood influences and fixing relationships. It also requires a reconstruction of meanings and a rewriting of scripts. This part then engages the participants in exercises that provide cognitive and behavioral handles not only to help their clients change their life scripts but their own as well.

- Speaker** : Dr. Fredrick A. Boholst, M.A., Ph.D
- Date** : 29th April – 2nd May 2016, 9:00am – 5:00pm
- Venue** : Lighthouse Psychological Wellbeing Centre
18 – 2 (First floor), PJU 1/3d,
SunwayMas Commercial Centre,
47301, Petaling Jaya, Selangor.
- Intended Participants** : All mental health trainees and practitioners, social workers,
and psychiatrists
- *Number of participants is capped at **17** to allow for optimum experiential learning.
- Price** : Normal price – RM 1800
Early bird rate – RM 1500 (Registration before 22nd March 2016)
Student rate – RM 1300

SPEAKER'S PROFILE

Dr. Fredrick A. Boholst, M.A., Ph.D.

- Clinical & Organizational Psychologist
- Associate Professor & Head of Master of Clinical Psychology Programme, HELP University, KL, MY
- Adjunct Faculty, School of Psychology, Northcentral University, AZ, US
- Faculty on Mediation, Philippine Judicial Academy
- Former Editorial Board Member, Transactional Analysis Journal (TAJ), the Official Journal of the International Transactional Analysis Association (ITAA, 2004-2006)



Fredrick Alesna Boholst, nickname (almost all Filipinos have one): “Ricric”, holds a master’s degree in Industrial/Organizational Psychology and a Ph.D. in Clinical Psychology. He is currently a Faculty Mentor in the Department of Behavioral and Health Sciences – Psychology at Northcentral University, a fully on-line accredited university based in Arizona. At the same time he is an Associate Professor of psychology at HELP University in Kuala Lumpur, Malaysia.

His research interests are in Scripts, Life Positions, Attachment, Positive Mental Health, and psychobiographies of exemplary lives. He is a faculty member on mediation of the Philippine Judicial Academy and the Vice Chair of the Philippine Mental Health Association–Cebu City Chapter.

REGISTRATION

To register for the workshop, kindly send your payment receipt and your personal details to contact@lighthousepsych.com

Name :
Organization :
Contact number :
Email address :

For enquiries, please call:
03 – 7880 2255 (General line)
018 – 902 5702 (Wen Fang)

Account number for payment:

Lighthouse Psychological Wellbeing Centre
8007622035
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