



Schema Therapy- The Model Methods and Techniques

3-Day Workshop Accredited by the International Society for Schema Therapy



Course Content:

This introductory workshop will help attendees gain an understanding of the Schema Therapy model and provide an extensive platform for learning new skills and techniques used in Schema Therapy. The workshop will address both the schema and 'mode' models. The training is skills based, with multiple opportunities to learn complex techniques for working with difficult-to-treat clinical populations, with a particular focus on Borderline Personality Disorder and its treatment. For more details on this course, trainer bio, and our ISST accredited training program see schematherapytraining.com

The Workshop is based on active learning with many chances to practice skills and receive feedback. Workshops are small in size allowing for adequate assistance and coaching.

Registrations and bookings can be made at
www.schematherapytraining.com

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Day 1

- Theory and conceptual model and Schema Therapy defined
 - Core emotional needs and schema therapy goals
 - Schemas and developmental needs
- Definition of an 18 early maladaptive schema and maladaptive Coping Styles
 - Schema modes defined
 - Schema change strategies
 - Schema Therapy formulation- BPD
- Discussion of Young Schema Questionnaire results for attendees (to be completed and scores
 - prior to workshop)
- Assessment/ education / conceptualisation

Days 2 & 3

- Strategies for change
 - Limited re-parenting
 - Cognitive strategies
- Experiential strategies, emotional change through venting, imagery rescripting, mode dialogues, and letters to parents
 - Breaking through common therapeutic impasses
 - Behavioural strategies in change
 - Research and evidence base

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