

# Schema Therapy Training Australia

Presents

## Schema Therapy for Couples

### Practitioner Training

Professor Bruce A. Stevens



INTERNATIONAL SOCIETY OF  
SCHEMA THERAPY

#### **2-day ISST accredited workshop:**

ISST Accredited Individual and Couples Schema Therapist, Supervisor, & Trainer with clinical and forensic endorsement.

**Focus of the course:** Day 1 will include Introduction to couple therapy including a systems perspective, the first interview, Assessment with genogram, Working hot with Emotion Focused Couple Therapy, Role play, Schema Therapy perspective, Inter-relationship of schemas and modes, Mode mapping and Mode Cycle Clash Cards, intervention with chair work, and a special focus on affairs. Day 2 will include Imagery work to build couple empathy, Family of origin dynamics, Re-scripting messages, Distinguishing needs and wants, Behaviour pattern breaking, Case conceptualization, Building Healthy Adult and Hidden or implicit learning for couples.

**Dr Bruce A. Stevens** (PhD Boston University, 1987) is the Wicking Professor of Ageing and Practical Theology at Charles Sturt University, Canberra, Australia. He founded Canberra Clinical and Forensic Psychology in Canberra with over twenty clinical psychologists. He is an endorsed clinical and forensic psychologist, who has written ten books for publishers such as Random House, Harper Collins, PsychOz Publications, Australian Academic Press, Wiley-Blackwell and New Harbinger. He has written four books on schema therapy, including an influential one on couple therapy *Schema Therapy with Couples* (Wiley, 2015) and most recently *Contextual Schema Therapy*, with Eckhard Roediger and Rob Brockman, New Harbinger 2018. His latest book is *The Storied Self* (Fortress Academic, 2018) on narrative gerontology. He is ISST accredited for training in individual and couple therapy.