

Post Conference workshop



Schema Therapy Certification Level 1

"The Model, Method, and Techniques"

By

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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. It will provide you with a good platform for learning and practicing skills, as well as direct coaching of skills therapists often feel less confident in applying. This workshop presented by STTA is accredited by the International Society of Schema Therapy (ISST) as a 3-day introductory workshop that can be used for the purpose of accreditation as a schema therapist. For more information on the ISST accredited training program see www.schematherapytraining.com.

Workshop Outline

Day One

- Theory and conceptual model and Schema Therapy defined
- Core emotional needs and broad goal of schema therapy
- Schemas and Developmental Needs
- Definition of an 18 Early Maladaptive Schema
- Maladaptive Coping Styles
- Common Coping Responses
- 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

Day 2 and 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