

**Dr. Robert N. Brockman**  
**Schema Therapy Training Australia**

Present Keynote

**When CBT Fails:**  
**Schema Therapy for Chronic Axis I Disorders**

**Asia Schema Therapy Conference Monday**

**Date: 27th April 2020**

**Venue: Pearl Point International Hotel Kuala Lumpur**



**ROBERT BROCKMAN**

**Course Presenter:** Robert has extensive experience teaching and supervising on clinical psychology masters programs in Sydney since 2010. His clinical experience is drawn from both public (e.g. Hospitals, community mental health) and private health sector positions (private practice) in Sydney. Robert is accredited by the International Society for Schema Therapy (ISST) as a schema therapist, supervisor, and trainer. Robert currently holds a research fellowship with Australian Catholic University (ACU) where he researches psychological approaches to well-being. He has a major clinical and research interest in formulation and intervention with complex presentations that prove difficult to treat via standard evidence-based protocols. He is currently

engaged in clinical research focusing on extending the schema model into novel populations (e.g. GAD, Eating Disorders, HIV Sufferers, Therapists, Psychosis, Asian Populations). Robert regularly runs ISST accredited training workshops across Australia, New Zealand, and Singapore, and is currently a consultant clinical supervisor for Institute for Mental Health (IMH) Singapore.

**Focus of the course:** Whilst CBT enjoys strong empirical support across a large range of psychopathology, a significant proportion of patients show poor treatment response. In many cases, this poor response can be argued to occur due to patient characteristics/traits which make them poor candidates for standard CBT protocols. Recent research has confirmed the status of Schema Therapy as an evidence-based treatment for a personality disorders using 'extended schema mode conceptualizations'. Robert will provide a brief outline of recent advances in formulation in Schema Therapy of chronic axis 1 problems (e.g. Eating Disorders, Obsessive-Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), and Depression), before demonstrating how within-session mode management strategies can be used to overcome common treatment roadblocks to evidence-based therapy, including detaching, over-analyzing and extreme avoidance.

This keynote will be presented at the Asia Schema Therapy Conference which you can know more at <http://schematherapyasia.net/> for date,time and registration.

For inquiries, please email to [Info@Psychology.com.my](mailto:Info@Psychology.com.my). or visit [www.ISPCP-TRCP.org](http://www.ISPCP-TRCP.org)