

Schema Therapy-The Model, Methods & Techniques

(3 Days, 21 Hours Active Cpd)

Sydney NSW
March 2017

Presenter- Chris Hayes
Clinical Psychologist
Accredited Schema
Therapist and Trainer

This workshop will help attendees gain a thorough 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. The training will centre around Borderline Personality Disorder and its treatment.

If you have attended 1 or 2 day workshops in the past, this workshop will still 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.

We aim to have 1 presenter for every 15 attendees, allowing participants to have optimum coaching; observation and adequate supervision of skills- places are limited. There will be 8 hours of role- play dyadic work and 13 hours of didactic work.

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



About the Presenter

Chris Hayes

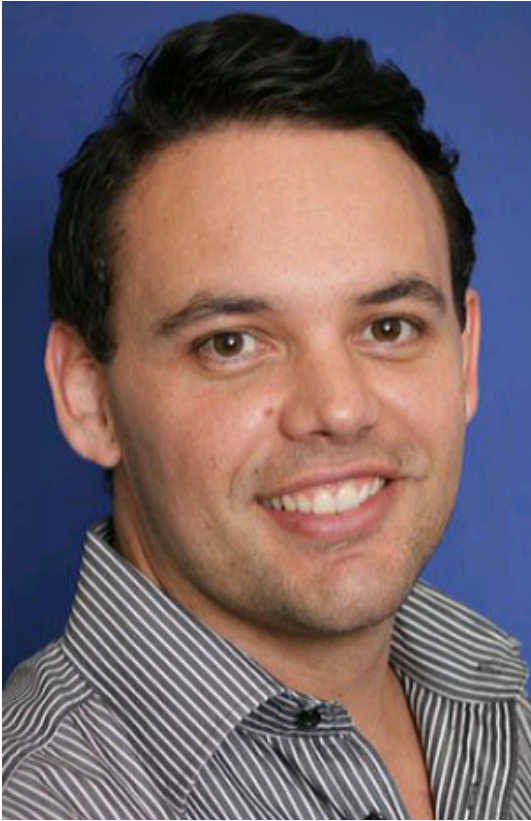
Clinical Psychologist

Accredited Schema Therapist and Clinical Supervisor
(International Society of Schema Therapy, ISST)

Board Secretary, International Society of Schema
Therapy, ISST

Chris has had extensive experience in both government and private settings working with clients with complex psychological presentations. Chris completed advanced certification in schema therapy at the Schema Therapy Institute in New York City (USA), and was trained directly by Dr Jeffery Young.

He now shares his time working as a Clinical Psychologist, at both public and private settings. He is currently employed with the Health Department of Western Australia as a Clinical Psychologist (within a specialist service working with those who have experienced recent or childhood trauma). He is currently serving as Secretary of the Board for the International Society of Schema Therapy.



About the Presenter

Dr Robert Brockman

Accredited Schema therapist Clinical Supervisor
(International Society of Schema Therapy)

Sydney, New South Wales

Robert is a Lecturer and Psychology Clinic Supervisor on the Clinical Psychology Masters program at the University of Technology - Sydney (UTS). He has extensive clinical experience in both the public and private sector and is accredited by the International Society for Schema Therapy (ISST) as a schema therapist, supervisor, and trainer. Robert 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, Problem Gamblers, Forensic Patients).

www.schematherapytraining.com