



Schema Therapy: Interventions for change

An introduction to Schema Therapy for use in an integrated clinical practice.

Schema Therapy has been designed to treat disturbed people, including those with chronic mood disorders and personality disorders. There is now considerable evidence of effectiveness with randomised control trials.

The purpose of this workshop is to introduce this therapy with a practical emphasis on learning and using experiential techniques such as cognitively challenging schemas (counterpoint), chair-work with modes, limited re-parenting for childhood experiences and sentence completion for emotional learning. The day is broken up into four sessions in which each session will introduce a skill to be practiced by participants..

Learning objectives of this training:

1. Understand introductory Schema Therapy including research basis;
2. Use counterpoint to challenge maladaptive schemas;
3. Begin to use chair-work with modes;
4. Begin to use visualization with re-scripting childhood memories;
5. Understand the integration of schemas, modes and emotional learning;
6. Use sentence completion for emotional learning



Professor Bruce A Stevens (PhD, Boston U, 1987) is an endorsed clinical and forensic psychologist. He holds the Wicking Chair of Ageing and Practical Theology and is director of the Centre for Ageing and Pastoral Studies at Charles Sturt University/ St Marks Canberra. He is an advanced trainer and supervisor in both individual and couples therapy with the International Society of Schema Therapists. He has written six books with the most recent: Schema Therapy with Couples: A Practitioner's Guide to Healing Relationships, with Chiara Di Francesco & Eckhard Roediger, Wiley-Blackwell, 2015. He has seen patients at Canberra Clinical and Forensic Psychology for over 25 years and has given professional workshops throughout Australia including regional areas. The workshop topics include Marketing Forensic Practice, Cross-examination in Court, Mindfulness with Personality Disordered, Therapy with Difficult Couples and Schema Therapy for Couples. He was convenor of the clinical psychology training program at the University of Canberra from 2010-2014 with over 60 graduate students.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points.

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

Morning Session

Introduction to Schema Therapy, scientific evidence of effectiveness, 18 schemas, Young's childhood needs, YSQ-3 test, Counter-point to challenge schemas. Demonstration and practice of the skill in groups of three.

Introduction to Modes. How to recognize in 'here and now'. See a video and fill out Mode Map.

Chair-work role play by participants in groups of three to challenge Demanding Parent. Then leader to demonstrate other ways to use chairs with multiple modes.

Afternoon Session

Re-parenting Visualization Introduction and research. Leader illustrates with Container visualization. Participants practice Behaviour Activation visualization in dyads. The use of re-scripting to meet childhood needs. Visualization practice with "one thing I would have liked to hear my mother or father say."

Theoretical integration of schemas and modes. Emotional learning from B. Ecker (discuss memory reconsolidation as a possible neurological mechanism). Case illustration of Sandra. Sentence completion intervention. Practice with a case study in role plays. Final leader led visualization about 'what will you take from today and put into practice'? Evaluation and closing.

"Helping difficult people requires powerful techniques." Professor Bruce A Stevens

How will you benefit from attending this training?

- A one-day introduction to Schema Therapy.
- Learn powerful experiential techniques.
- Schema Therapy has a proven effectiveness for working with personality disorder

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

Feedback form Professor Stevens' recent presentations of this training:

"Excellent linking of Schema Therapy to other therapies and good learning experience - both practical and theoretical."

"What a delightful way to learn! Bruce is such a professional and he includes his enthusiasm for the topic within a structured format which built our knowledge and skill throughout the day!"

"Bruce was the most passionate and knowledgeable presenter I have ever come across at a workshop. Very, very powerful!!!"

"Bruce has a lovely, passionate manner to help engage us in our learning. Thank you."

"Very, very, very good – that's it!"

"Bruce is a great speaker and very encouraging when it came to 'clunkily' trying to use the techniques. This workshop was incredibly interesting and highly relevant to my work with children, adolescents and families."

"Bruce is a very entertaining character and delivered the material in a professional manner with lots of examples to help with the application of the therapy. Will be looking out for further training presented by Bruce."

"Enjoyed the role plays and exercises very much – presenter was funny and lively whilst I learned so much."