



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY

CERTIFICATE OF COMPLETION:

ISST online approved training module

Sandra Brudzińska

HAS ATTENDED:

**'INTRODUCTION TO SCHEMA AND MODES MODEL: COGNITIVE, EXPERIENTIAL AND BEHAVIOURAL
TECHNIQUES, LIMITED REPARING' (Module 1)**

9 – 11th December 2023, Warsaw, Poland

ISST- APPROVED TRAINER: Marta Żurowska

ISST- APPROVED TRAINER: Magdalena Kitlowska

CONTENT TRAINING PROGRAM OR MODULE

Subjects covered (ISST category)	Hours specified	Number of participants	Trainer
Concept and Case Conceptualisation (1)	Didactic: 7	40	MŻ MK
	Role Play: 1		
Therapy Relationship (2)	Didactic: 3	40	MŻ MK
	Role Play: 3		
Schema Therapy Techniques (3)	Didactic: 6	40	MŻ MK
	Role Play: 3		
Schema Therapy Literature (5)	Didactic: 1	40	MŻ MK

Literature used in this module:

Young, J. E., Klosko, J., & Weishaar, M. E. (2003). Schema therapy: A practitioner's guide. New York: Guilford

Arntz, A. & Jacob, G. (2012). Schema Therapy in practice. Oxford: Wiley/Blackwell

Young, J. E. & Klosko, J. (1994). Reinventing your life. New York: Plume

Signature of the ISST trainer

Signature of the ISST trainer

Warsaw 11st December 2023