

# Flyer

## Child and Adolescent Schema Therapy Workshops

Schema Therapy Workshops is delighted to announce that Ida Shaw intends to provide a Schema Therapy training workshop in the UK in March 2017 for professionals working in the field of Child and Adolescents.

This workshop will contain a good mix of didactic and role play and is a first in the UK.

This training can also be used to follow the newly developed pathway to become an International Society of Schema Therapy (ISST) accredited Child and Adolescent Schema Therapist. Details of this will be announced at the workshop.

### **Details**

#### **Three-Day Introduction to Schema Therapy for Children and Adolescents**

**Venue: London.** Hotel Ibis Euston St Pancras, London

**Cost:** £600

**Date:** 22, 23 & 24 March 2017

If you know of colleagues that might be interested in this training please feel free to pass on this flyer.

With Best Wishes

Arnie

Dr Arnie Reed

Course Director

For details of this or other schema therapy workshops and of the Certification Programmes leading to accreditation as a Standard or Advanced level Schema Therapist please visit:

Our website [www.schematherapytraininguk.com](http://www.schematherapytraininguk.com)  
or email [info@schematherapytraininguk.com](mailto:info@schematherapytraininguk.com)

### **3 DAY INTRODUCTION TO SCHEMA THERAPY FOR CHILDREN & ADOLESCENTS WITH IDA SHAW, MARCH 22-24, 2017, LONDON**

#### **HOST: SCHEMA THERAPY WORKSHOPS**

[www.schematherapytraininguk.com](http://www.schematherapytraininguk.com)

London, IBIS Hotel Euston-St. Pancras

#### **SCHEMA THERAPY MIDWEST-INDIANAPOLIS**

##### **ISST APPROVED CHILD-ADOLESCENT ST CERTIFICATION PROGRAM**

This 3-day introduction workshop presents basics of the C/A ST model and its core interventions, including work with parents. The primary focus is on the Mode Model and core interventions that will be covered include: limited re-parenting, imagery re-scripting, mode-specific role-plays, focused play therapy, puppet work and other experiential interventions. The importance of understanding childhood development and the neurobiology of key developmental periods is emphasized. The workshop incorporates: didactic sections with PowerPoint and group discussion, demonstrations by trainer in which the workshop participants play patients, and opportunities for participants to practice group interventions with coaching and feedback. This is the first workshop in an organized curriculum of training in Child-Adolescent Schema Therapy offered by the Schema Therapy Institute Midwest – Indianapolis. It is eligible for 18 training hours credit in the International Society of Schema Therapy C-A certification program. It is designed for people who have some exposure to ST from attending an intro workshop or reading the core literature.

#### **DAY ONE:** Introduction to the Schema Therapy Model

- Understanding the problems of children & adolescents in the Schema Therapy Model
- The Role of Unmet Core Childhood Needs
- The Therapy Relationship: Limited Reparenting
- Defining the Modes: Different ways to explain the concept of schema modes to children.
- Getting through the Maladaptive Coping Modes.

#### **DAY TWO:** Working with the Modes

##### Angry Child Mode Work

- Distinguishing anger in different modes
- Expressive work, e.g., making masks
- Exercises for working with the connection between the Angry child and Vulnerable child modes

##### Vulnerable Child Mode

- The internal “Good Parent” part of the Wise(Clever) Mode
- Imagery Work
  - “Visit to the Ice Cream Store”
  - Safety Images
  - Good Parent Image

##### Evoking the Happy Child for Balance through Play

- Therapeutic Play examples with demonstration

### Inner Critic Mode Work

- Making and using “Critic effigies”
- Demonstration using effigies and mode role play work with Inner Critic
- Participant practice via role-play

### **DAY THREE:** More Modes, Interventions & Strategies

### Impulsive/Undisciplined Child Work

- Limit setting
- Mode flashcards
- Cartoons
- Fairy-tale therapy work

### The Wise (Clever) Child Mode

- From therapists’ Good Parent to patient Good Parent
- Children as experts
- Goal-setting
- A group list of good habits

Introduction to Including Parents.

Wrap-Up, Evaluation



**Ida Shaw** is an ISST Certified Trainer-Supervisor in ST-Child/Adolescent, Group ST and Individual ST. In the last few years attention has been paid to the specific adaptations needed to use Schema therapy, which originated for adults, effectively with the child and adolescent populations. In 2014 a specialty area in Child-Adolescent ST was recognized by the ISST. A work group that began in Germany with Christof Loose, Peter Graf, Gerhard Zarbock and Petra Baumann-Frankenberger went on to include Ida Shaw,

Maria Galimzyanova, Elena Romanova and Paul Kasyanik. Ida is best known for her innovative experiential work and the development of the Group Schema Therapy model, but her graduate training focused on Developmental Psychology and work with Children and adolescents. She was pulled into working with BPD in her collaboration with Joan Farrell, but after three books and 20 years of specialization and providing training she has recently been returning to her roots in Child and adolescent ST. She is collaborating on training with Christof Loose, Erin Bulluss and Rachel Samson and has established an ISST Approved Certification Training Program in C/A ST at the Schema Therapy Institute Midwest-Indianapolis.

For more information and an overview of the ISST Certification curriculum go to the ISST website section on C-A ST.

For more about Ida and details regarding the full Child-Adolescent Schema Therapy Program: [www.BPD-home-BASE.org](http://www.BPD-home-BASE.org)