Workshop 1

Schema Therapy – The Model, Methods & Techniques & Working with Complex Presentations including BPD

London

Workshop Venue: Hotel Ibis London, Euston St Pancras, 3 Cardington Street, London, NW1 2LW

Dr Arnie Reed

**Mon, Tues & Wed,
5, 6, 7 June 2017**

LONDON 2017

Workshop 1: Schema Therapy – The Model, Methods and Techniques & Working with Complex Presentations including BPD
(Mon, Tues & Wed, 5, 6, & 7 June 2017 - 3 days)

Thank you for your application to attend the above workshop. Whether you are attending as part of one of our certification programmes or as a 'stand-alone' workshop we are looking forward to meeting you. This 3-day workshop will help participants gain a good working knowledge of both the Schema Model and Mode Model.   It will facilitate clinicians in being able to use Schema Therapy in their clinical practice immediately. Training will focus on the schema therapy essential basics as well as on the application of treatment for BPD and complex cases that require collaborative, compassionate and effective interventions. Participants will learn about underlying schema activation which creates significant emotional and behavioural difficulties and forms the negative life patterns, and how to work with schema modes, which is essential work to facilitate change. It will provide coached role-play practise of experiential exercises (chairwork and imagery) to enhance participants' clinical skills. Video footage and live demonstrations will be used to assist with the learning experience. This workshop provides a strong platform for learning further skills and techniques used in Schema Therapy.

This workshop is suitable for all mental health practitioners with some experience of working with complex cases. No prior knowledge of Schema Therapy is necessary but we would recommend appropriate reading (see the recommended reading section on the last page) in order to get the most out of the workshop.

Learning outcomes and objectives:

Participants will be able to:
- Convey the schema approach to clients.
- Identify and educate the client about their central life problems and unmet core needs.
- Formulate and conceptualise complex cases in terms of schema activation (including coping styles and responses) and schema modes.
- Utilise the Young Schema Questionnaire, Young Parenting Inventory, Young Compensatory Inventory & the Schema Mode Inventory.
- Work meaningfully within the therapeutic relationship during both the assessment and change phases.
- Understand and apply key components of schema therapy such as limited reparenting and empathic confrontation in order to heal schemas.
- Use chairwork and imagery experiential strategies for assessment and change.
- Use mode work to bypass the detached protector mode.
- Use mode work to tackle the Punitive Parent and Demanding Parent modes.
- Use mode work to identify and provide limited reparenting to the vulnerable child mode.
- Know their own schemas and their influence in treatment, as well as ways to respond to one's own schema activation during the therapeutic encounter.
- Understand and utilise cognitive (such as flashcards and diary cards) and behavioural components in effective treatments.
- Apply pattern-breaking techniques.

Certification Programme

Those attending this first workshop as part of either the Standard or Advanced Certification programme will be given more information about the requirements of the ISST, the supervision process and submission of recorded sessions for rating.

About the Main Facilitator

Dr Arnie Reed (Chartered Counselling Psychologist) is an International Certified Advanced Schema Therapist, Trainer and Supervisor, trained directly by Dr Jeffrey Young at the Schema Therapy Institute in New York, USA over the period 2006/2007. Arnie specialises in complex client presentations within and outside of the NHS, including those clients diagnosed with Borderline Personality Disorder and so-called "treatment-resistant" difficulties. He is the Director of Schema Therapy Workshops Ltd, which delivers Schema Therapy training and supervision in the UK and overseas and has done so since 2009.

Schema Therapy Workshops Ltd (www.schematherapyworkshops.com)

To date, over 45 mental health practitioners have achieved International Society of Schema Therapy accreditation in schema therapy through 'Schema Therapy Workshops Ltd'.

Workshop Timings

Monday		**Tuesday**	
Registration:	8.45 - 9.00am	Workshop Start:	9.00am
Workshop Start:	9.00am	Lunch:	12.45 – 1.30pm
Lunch:	12.45 - 1.30pm	Finish:	5.00pm
Finish:	5.00pm		

Tuesday
Workshop Start:	9.00am
Lunch:	12.45pm - 1.30pm
Workshop finish:	**4.30pm**

Food and Refreshments

During breaks, tea, coffee, light refreshments and lunch will be provided. In addition, there are also other on-site and off-site facilities available.

Venue

This workshop will be held in **Hotel Ibis** London, Euston St Pancras, 3 Cardington Street, NW1 2LW, London. Tel: 0207 3887777

Clicking on the link below, or if reading this from a paper copy, typing-in the link will take you to the home page for Hotel Ibis London, Euston St Pancras, directions and a local area map. The technique for clicking on the link is to first hold down your control button (keep it held down), place the curser over the link until you get the hand symbol, and then left click on the mouse.

Home Page for Hotel Ibis London Euston St Pancras and Local Area Map

Accommodation

We are often asked about which hotels we can recommend for you to stay during the training. Unfortunately we do not make recommendations as the prices and quality of hotels can change over time.

Pre-Workshop Reading

To get the most out of this workshop, whether you are on the certification programme or attending the workshop as a "stand-alone" workshop, it is advisable to begin your reading as soon as possible. Previous participants on the training have stressed how important this can be. The recommended readings are, in order of priority:

(1) Arntz, A. & Jacob, G, (2013). Schema Therapy in Practice: An Introductory Guide to the Schema Mode Approach. New York: Wiley-Blackwell. ISBN 978-1-119-96286-1 (pbk)

(2) Jacob, G, Van Genderen, H. & Seebauer, L. (2015). Breaking Negative Thinking Patterns - A Schema Therapy Self-Help and Support Book. Wiley-Blackwell. ISBN: 978-1-118-87771-5 (ppk).
Note: this is a self-help book about modes designed for clients to use themselves, but which is also very useful for the clinician.

(3) Arntz, A. & Van Genderen, H. (2009). Schema Therapy for Borderline Personality Disorder. Chichester: John Wiley & Sons Ltd. ISBN: 978-0-47051080-3 (cloth); ISBN: 978-0-470-51081-0 (pbk)

(4) Young, J.E., Klosko, J.S. & Weishaar, M.E. (2003). Schema Therapy -A Practitioner's Guide. London: Guilford Press. ISBN: 1-57230-838-9 (hardcover)

(5) Young, J.E. & Klosko, J.S. (1993). Reinventing Your Life. New York: Plume. ISBN: 0-452-27204-1
Note: this is a self-help book about schemas designed for clients to use themselves, but which is also very useful for the clinician.

We hope that this information sheet helps you to prepare for the workshop and to plan your journey and arrangements during the workshop. If however you have any queries between now and the time of the workshop please do not hesitate to contact us. We look forward to meeting you.

With Best Wishes
Arnie Reed
Course Director

For details of other workshops and of the Certification/Accreditation Programmes leading to qualification as a Standard or Advanced Schema Therapist or for training in Group Schema Therapy or Schema Therapy for Children and Adolescents training please visit:

Our Websites: www.schematherapyworkshops.com OR www.schematherapytraininguk.com
Our e-mail addresses: info@schematherapyworkshops.com OR info@schematherapytrainingUK.com