

## **Workshop 2**

# **Schema Therapy – Beyond the Basics & Working with Complex Presentations including BPD and NPD**

## **London**

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

**Dr Arnie Reed**

**Monday, Tuesday & Wednesday  
5, 6, 7 September 2016**

# LONDON 2016

## Workshop 2

### **Schema Therapy – Beyond the Basics & Working with Complex Presentations including BPD & NPD (3 days)**

**Date:** Mon, Tues & Wed – 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> September 2016 (3 days).

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

Thank you for your reservation 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 is designed for clinicians who have previously completed some training in schema therapy and are looking to further develop skills in using the model. Its aim is to assist clinicians to develop more competence and confidence in the application of Schema Therapy as well as on the application of treatment for **Borderline Personality Disorder** and **Narcissistic Personality Disorder**.

Participants will gain practical experience and guidance in the use of essential experiential techniques such as imagery, chairwork and mode work and other cognitive and behavioural techniques for change. The workshop will include a strong component of supervised practise; it will have approximately 8 hours of dyadic work in a role-play format. This will involve coached practise of experiential exercises (chairwork and imagery) to enhance participants' skills in working with the Vulnerable Child mode, Dysfunctional Coping modes (such as the Detached Protector mode), Dysfunctional Parent modes, and Overcompensatory modes. Video footage and live demonstrations will be used to assist with the learning experience.

#### **Learning outcomes and objectives**

##### **Participants will be able to:**

- Conceptualise client difficulties involving complex presentations.
- Use mode work to provide limited reparenting to the vulnerable child mode and rescript difficult childhood situations.
- 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 tackle Overcompensatory modes, such as those seen in the Narcissistic presentation.
- Utilise empathic confrontation with challenging / critical clients.
- Formulate and follow a treatment plan for BPD and NPD clients.
- Understand the Schema Therapy Competency Scale and how it relates to developing therapist core competencies during the treatment process.
- Have a greater awareness of the clinician's own schemas and their influence in treatment, as well as ways to respond to one's own schema activation during the therapeutic encounter.
- Work with clients with self-harming behaviours
- Work effectively with angry and impulsive presentations.

### **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](http://www.schematherapyworkshops.com))

To date, over 40 mental health practitioners have achieved eligibility for International Society of Schema Therapy accreditation in schema therapy through 'Schema Therapy Workshops Ltd'.

### **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 cursor 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](#)

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.

### **Workshop Timings**

#### **Monday**

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

#### **Tuesday**

Workshop Start: 9.00am  
Lunch: 12.45 - 1.30pm  
Finish: 5.00pm

#### **Wednesday**

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 on-site and off-site facilities available.

## **Note**

Immediately following this 3-day workshop there will be a 1-day workshop (on Thursday) focusing on OCPD and ‘pulling together’ schema therapy knowledge and training. This workshop will be run in this venue and there is separate Joining Information for it. If you are interested in joining this 1-day workshop please visit our website for booking details.

## **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 attendees on the training have stressed how important this can be. The recommended readings are:

(1) 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)

(2) 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 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) 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)

We hope that this information sheet helps you to prepare for the workshop and to plan your journey and arrangements during the workshop. We look forward to meeting you.

With Best Wishes  
Arnie Reed  
Course Director

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

Our website [www.schematherapyworkshops.com](http://www.schematherapyworkshops.com)  
e-mail address: [info@schematherapyworkshops.com](mailto:info@schematherapyworkshops.com)