

Workshop 1

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

London, 2019

Workshop Venue: The British Psychological Society, 30 Tabernacle Street, London
EC2A 4UE

Dr Arnie Reed

**Monday, Tuesday & Wednesday
10, 11 & 12 June 2019**

LONDON 2019

Workshop 1: Schema Therapy – The Model, Methods & techniques & Working with Complex Presentations including BPD

Date: Mon, Tues & Wed – 10th, 11th & 12th June 2019 (3 days).

Location: The British Psychological Society, 30 Tabernacle Street, London, EC2A 4UE

Tel: +44 (0) 207 330 0890

Thank you for your reservation to attend this workshop. Whether you are attending as part of one of our certification/accreditation 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 Schema 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 negative life patterns, and how to work with schemas and 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 list below) 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 OR www.schematherapytrainingUK.com)

To date, over 70 mental health practitioners have achieved eligibility for International Society of Schema Therapy (ISST) certification/accreditation in schema therapy through Schema Therapy Workshops Ltd.

Venue

This workshop will be held in the **British Psychological Society**. The address is:

The British Psychological Society
30 Tabernacle Street
London, EC2A 4UE
Tel: +44 (0) 207 330 0890

Directions to the venue:

Please see the BPS map and directions on the last page

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: 8.30 – 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 hot & cold lunch will be provided. In addition, there are on-site and off-site facilities available.

Pre-Workshop Reading

To get the most out of this workshop, whether you are on a certification programme or attending the workshop as a stand-alone workshop, we strongly recommend you 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)
- (5) Jacob, G., Van Genderen H. & Seebauer, L. (2015). *Breaking Negative Patterns*. (A Client's Self-Help book)

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 qualification as a Standard or Advanced level Schema Therapist please visit our websites:

www.schematherapyworkshops.com OR www.schematherapytraininguk.com

Or contact: info@schematherapyworkshops.com Or info@schematherapytraininguk.com

DIRECTIONS TO

THE BRITISH PSYCHOLOGICAL SOCIETY (BPS)
30 Tabernacle Street, London, EC2A 4UE
Telephone: +44 (0) 207 330 0890
E-mail: london@bps.org.uk

How to find the BPS building in Tabernacle Street:

From Euston, King's Cross or St. Pancras

Take the (Underground) Northern Line towards Morden to Old Street or bus 205 (from Euston & King's Cross) or 214 (from King's Cross).

Underground

All stations are less than ten minutes walk from the BPS building.

Liverpool Street: When leaving Liverpool Street Station take the Broadgate exit to Eldon Street/South Place, then right into Finsbury Pavement/City Road.

Moorgate: When leaving Moorgate Station follow the signs for Moorgate/Finsbury Square

Old Street: when leaving Old Street Station take exit number 2, City Road South (east side) leading to Finsbury Square

Buses

Numbers 21, 43, 76, 141, 205, 214 and 271 all stop on City Road/Epworth Street.

Numbers 55 and 243 stop on Old Street near Old Street Station.

Car Parking

Tabernacle Street is a one-way street and should be approached from the Finsbury Square end.

NCP car parks are located in Finsbury Square (hourly charge) and Clere Street (half-day or day rate only).

