

Workshop 2

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

London, 2019

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

Dr Arnie Reed

**Monday, Tuesday & Wednesday
9, 10 & 11 Sept 2019**

LONDON 2019

Workshop 2: Schema Therapy – Beyond the Basics & Working with Complex Presentations including BPD & NPD (3 days)

Date: Mon, Tues & Wed – 9th, 10th & 11th September 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 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 complex presentations including **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 7 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.schematherapytraininguk.com OR www.schematherapyworkshops.com

To date, over 70 mental health practitioners have achieved eligibility for International Society of Schema Therapy accreditation in schema therapy through our training programmes.

Venue

This workshop will be held in the **British Psychological Society** building in London. 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.

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 also 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 or contact Arnie.

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).

