

# **One-day Skills Development Schema Therapy Workshop**

**Working with OCPD & Structure and Process of a  
Typical Schema Therapy Session**

## **London 2019**

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

**Dr Arnie Reed**

**Thursday 12 September 2019**

## **One-day Skill Development Working with OCPD & Structure and Process of a Typical Schema Therapy Session**

**Date:** Thursday 12 September 2019

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

**Tel:** +44 (0) 207 330 0890

This workshop has been designed for clinicians who would benefit from guidance on the structure and process of a schema therapy session and also to introduce clinicians to the application of schema therapy to clients with OCPD or OCPD-type difficulties. Therefore, the day will be split into two distinct parts. The morning will consist of working with OCPD and the afternoon will focus on the structure and process of a typical schema therapy session. The second part of the day will also focus on commonly experienced difficulties facing clinicians working with challenging cases across diverse diagnostic criteria, including working with detachment, intense mood states & problematic behaviours. The precise direction and focus of the second part of the day will be developed from the needs of the workshop group on the day. It is assumed that attendees have a clear understanding of the Schema Therapy model. Video footage and/or live demonstrations will be used to assist with this learning experience.

### **Key learning areas**

Participants will gain:

- A total of 3 hours of supervised role-play: this will focus on the modes classically associated with OCPD: vulnerable child mode; demanding parent mode & perfectionistic overcontroller mode, and also on modes which become relevant in the second part of the day).
- A total of 3¼ hours of didactic (including discussion/demonstrations/videos) teaching on general elements of schema therapy, OCPD, structure and process of a typical schema therapy session, and commonly experienced difficulties facing clinicians.
- Experience of developing a session focus and maintaining structure through the use of attunement, understanding and empathic confrontation.

### **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.

## Venue/Timings

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

Registration:	8:45 AM - 9 AM
Workshop Start:	9 AM
Morning break:	10:45 AM
Lunch:	12:45 PM - 1:30 PM
Afternoon break:	3:15 PM
<b>Workshop finish:</b>	<b>4:30 PM</b>

## 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.

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

With Best Wishes  
Arnie Reed

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

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