

2019

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

Dates

Manchester: 17, 18 & 19 June 2019

London: 9, 10 & 11 Sept 2019

This 3-day workshop is designed for clinicians who have previously completed 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 role-play 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/Critic 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 Critic and Demanding Critic 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.

Main Facilitator: Dr Arnie Reed

Arnie Reed

Chartered Counselling Psychologist
Certified Advanced level Schema Therapist and Clinical Supervisor

Arnie enjoyed a full military career before pursuing a second career in Psychology. After leaving the Army he completed his BSc in Behavioural Sciences in 1998 and his Practitioner Doctorate in Psychotherapeutic and Counselling Psychology at the University of Surrey in 2001. Searching for the most useful interventions to fit the unique presenting difficulties of clients, Arnie completed a post-graduate diploma course (at UCL) in Applied Hypnosis, received training in EMDR and completed the National Intensive DBT Training. Arnie attended the first International Schema Therapy Certification course at the Schema Therapy Institute in New York and was trained directly by Dr Jeffrey Young. He is a fully certified Schema Therapist, Supervisor and Trainer, and full member of the International Society of Schema Therapy (ISST). Arnie has worked in the NHS since 1998 and currently works in a Community Mental Health Team (CMHT) in Cardiff and also has a busy private practice. Arnie now specialises in complex client presentations including those clients diagnosed with Borderline Personality Disorder and so-called “treatment-resistant” difficulties. He has also been involved in developing a local NHS BPD Service. Arnie teaches schema therapy on the South Wales PsychD in Clinical Psychology and has taught on the University of Wales, Newport, Graduate Diploma Course in CBT. He is co-director of Schema Therapy Workshops, which delivers Schema Therapy training and supervision in the UK and overseas and has done so since 2009.

Schema Therapy Workshops Ltd

To date, over 70 mental health practitioners have achieved International Society of Schema Therapy accreditation in schema therapy through ‘Schema Therapy Workshops Ltd’.

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