

**2020**

## **Workshop 1: Schema Therapy – The Model, Methods & Techniques & Working with Complex Presentations including BPD (3 days)**

### **Dates**

**Manchester:** 9, 10 & 11 March 2020.

This 3-day workshop will help participants gain a good working knowledge of both the Schema Model and the 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 the negative life pattern, and how to work with 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 section on our website) 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 Critic and Demanding Critic 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.

## **Main Facilitator: Dr Arnie Reed**

### **Arnie Reed**

Chartered Counselling Psychologist  
Certified 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. Arnie is a fully certified Schema Therapist, Supervisor and Trainer, and full member of the International Society of Schema Therapy (ISST). He 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 has taught on the South Wales PsychD in Clinical Psychology and 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 90 mental health practitioners have achieved International Society of Schema Therapy certification/accreditation in schema therapy through our certification/accreditation training programmes.

For more details of our various workshops please visit our Websites:  
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