



International Society of
Schema Therapy

Schema Therapy for Individuals WORKSHOP 1

Online: 23/02/24, 01/03/24 & 8/03/24

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

Workshop Venue: ONLINE (Start time: 11am - see details below)

Facilitators: Mandy Walsh & Anastasiya Lovegrove
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<https://www.drlovegrove.co.uk/schema-training>

Zoom LINK:

Topic: Schema Therapy Workshop 1

Time: This is a recurring meeting - use the same link for all 3 days.

Join Zoom Meeting

<https://us02web.zoom.us/j/3710305543?pwd=MHVoWHFnTW5WTGI4aVp5cGw3cklOQT09>

Meeting ID: 371 030 5543

Passcode: 888698



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Thank you for your interest & reservation to attend this workshop. Whether you are attending as part of the certification/accreditation programmes or as a 'stand-alone' workshop, we are looking forward to welcoming you on the course. This 3 day workshop will help participants gain a good working knowledge of both the Schema Model and 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 forming negative life patterns, and how to work with schema modes which is essential to facilitate change. It will provide coached role-play practice of experiential exercises (chariwork & 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 the key components of schema therapies 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 (flashcards & diary cards) and behavioural components in effective treatments



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- Apply pattern breaking techniques

About the Facilitators:

Mandy Walsh is an Advanced Certified Schema Therapist, Trainer & Supervisor for Individuals and Couples. Mandy sits on the ST-Couples committee; she is an active member of the Schema Couples Therapy Special Interest Group and the Schema Therapy Organisational Development Group. She completed her schema training for individuals with Dr Jeffrey Young, Dr Arnie Reid & Chris Hayes and her training for couples with Dr Eckhard Roediger, Dr Chiara di-Francesco, Travis Atkins and Poul Parris. Mandy spent the first half of her working life in the Financial Services sector and following a career change about 20 years ago gained a Masters Degree in CBT. Her early work as a therapist and supervisor within the NHS and a local Agency for survivors of rape and sexual abuse, led to her discovery of schema therapy. Today Mandy co-owns and runs a busy private practice in Cardiff, where approximately 18 therapists provide a service for individuals, couples & young people as well as a growing corporate service. Mandy is also a co-director of a newly formed CIC, Affordable Talk which provides a low fee service for unemployed, low-waged and students.

Dr Anastasiya Lovegrove is a Chartered Counselling Psychologist, an accredited CBT and Focusing-oriented therapist, and a Schema Therapy Supervisor/Trainer. She has worked for the mental health charities and the NHS for almost 10 years, predominantly working with people experiencing depression and anxiety symptoms, psychological effects of recent traumatic episodes and individuals who experienced childhood neglect/traumas leading to reoccurring interpersonal challenges and difficulties in regulating emotions in their adult lives. She currently works in her private practice in London.

Schema Therapy Wales is an ISST approved certification training program in Individual Schema Therapy. It provides workshops for anyone wishing to gain schema certification as well as stand alone workshops for all mental health professionals wishing to learn more about schema therapy.

Schema Therapy for Couples UK is an ISST approved certification program in Couples Therapy. It provides workshops for anyone wishing to gain schema certification as well as stand alone workshops for professionals working with couples.

Handouts:

Before the training days you should have received the following handouts:

Please contact us if you do not have all the handouts.

- This joining information sheet
- Exercise Handouts
- Non-Exercise Handouts
- PP Presentation in pdf format
- ISST Feedback form

Please either print out the Handouts or have them available on another device for the workshop and for the exercises in the breakout rooms.



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Online Workshop Timings:

Day 1: Friday 24th February 2024

Registration and Testing Computer Equipment: 10.50

Session 1: 11 am - 14.00 pm

Break from 14 to 14.30

Session 2: 14.30 pm to 17.30 pm

Short Comfort breaks will be provided throughout the training sessions.

Day 2 (Friday 3rd March) & **Day 3** (Friday 10th March) will **start at 11am** with the same timings as above. In addition to the above training days there will be 2 x 90 minute (online) follow up sessions. Dates to be confirmed on the course.

Please ensure that you have reliable internet connection with sufficient bandwidth for the Online Days and follow on sessions. You will also need an extra chair for the chairwork practice.

Pre-Workshop Reading:

To get the most out of this workshop, whether you are on the certification programme or attending the workshop as a 'stand-alone' workshop, it is advisable to begin some reading prior to the course. The recommended readings are:

- (1) Young, J.E., Klosko, J.S & Weishaar, M.E. (2003). Schema Therapy - A Practitioner's Guide. London: Guildford 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 Introduction 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 Thinking Patterns. Chichester: John Wiley & Sons Ltd. ISBN 9781118877715

We do hope that this information helps you to prepare and plan for the workshop. We look forward to welcoming you on Friday 24th February 2024. Please feel free to contact Mandy on 07846972824 or Anastasiya on 07778268172 if you have any questions.

With Best Wishes

Mandy Walsh (Course Director) & Anastasiya Lovegrove (Schema Trainer)