



## Schema therapy for couples (ST-C)

### How to apply for registration of an ST-C Training Program

#### 1. Requirements for registering a ST-C Training Program

In order to offer a Training Program in ST-C you must be registered with the ISST as an ST-C Training Center. You will be accountable to the Training and Certification committee of the ISST for ensuring that your Center and program adhere to the requirements set out in this document, in the documents that set out the curricula for ST-C training courses (Standard and Advanced), and in any revisions of these documents that may be approved by the ISST in the future.

The Training Center must offer the following to potential trainees:

##### 1.1. A series of workshops that cover the curriculum

You must be prepared to offer workshops that cover the full curriculum of the ST-C training at the level you are offering it (as summarized in the curriculum document available at <http://www.schematherapysociety.org/page-18350>). This does not mean that you have to schedule all these workshops but you must have the resources to offer them.

The didactic training must be given by one or more ISST certified ST-C Educational Consultants/Trainers. For the 14 didactic hours at Standard level, not more than 6 can be given to an audience of more than 40. The maximum number of participants is 20 for all 9 Advanced level didactic hours.

For the role-play experiential hours, the maximum number of participants is 20 per facilitator. These sessions must be led by a certified ST-C trainer, but additional facilitators with Standard ST-C certification may assist. For advanced level training, additional facilitators must be certified in ST-C at Advanced level.

You must supply to trainees who attend your workshops a certificate that records the number of hours of didactic and experiential role-play training and the portions of the curriculum covered. This must be dated and signed by you or the certified ST-C trainer who gave it.

## **1.2. Educational Consultation**

Trainees who attend your workshops must be able to access ST-C educational consultation from you, someone else associated with your Training Center, or another ISST certified ST-C Educational Consultant and Trainer. **You must be prepared to offer educational consultation to 25% of those who approach you after attending your workshops.** Where you cannot offer the consultation yourself above this amount, you should arrange to refer trainees to another qualified ST-C Educational Consultant. You (or others on your staff) must also be prepared to discuss questions or concerns expressed by any such outside ST-C Educational Consultant with respect to the training and certification process.

## **1.3. Monitoring of Trainees**

You must keep a record of the training hours of trainees who attend your workshops and receive supervision from you.

## **2. Applying for approval of a ST-C Training Center and workshop program**

To apply to register as a ST-C Training Center and for approval of your workshop program, you must submit an application to the Chairperson of the ISST's ST-C Committee. The application must include the following:

### **2.1. Presenter qualifications and details**

Your name and address as well evidence that you are certified as a ST-C Educational Consultant/Trainer. Provide the same information for any others who will be involved in presenting the training with you.

### **2.2. Information about the proposed workshop program**

**2.2.1.** Level (Standard, Advanced, or Educational Consultant/Trainer)

**2.2.2.** List of training modules: Summarize your program as a series of workshop modules. For each module specify the number of hours of didactic training and the number of hours of dyadic practice. Set out the content of the modules so that it is clear how they cover the ISST's requirements for ST-C training.

### **2.3. A statement of undertaking that you will provide resources to trainees**

Provide a statement of undertaking that you will offer trainees the services and resources indicated in paragraphs 1.2 and 1.3 above, with respect to Educational Consultation and record keeping.