

## **TWO DAY MASTER CLINICIAN WORKSHOP**

**Using the experiential, emotion focused interventions of Schema Therapy to catalyze change: in clients with personality disorder, complex trauma and chronicity.**

**Joan Farrell, PhD and Ida Shaw, M.A.**

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International Society of  
Schema Therapy

This 2 day workshop will present and demonstrate expansions of experiential interventions like mode dialogues and imagery rescripting as well as innovations like storytelling, play and designing corrective emotional experiences in the session. The presenters will draw upon their 30 years of working with patients with a variety of clinical disorders including personality disorders, dissociative disorders and complex trauma and their development of creative interventions for the Group ST model. It focuses on interventions for the challenges these clients present and the schema activation and mode triggering, which therapists encounter in working with them. The overall focus will be on experiential interventions to get through or around the Avoidant Coping Modes, heal the frightened or traumatized Vulnerable Child and diminish the control of the Dysfunctional Critic Modes. Creative adaptations of imagery rescripting and the development of the client's "Good Parent" (part of the Healthy Adult mode) will be presented and demonstrated. Techniques to deal with flashbacks, avoidance, detachment and dissociation will be addressed – both in the session and in plans for clients to use outside of therapy. Case examples of clients who were successfully treated will be presented. The training will incorporate didactic sections, demonstrations by trainers in which the workshop participants play clients, and opportunities for participants to practice these interventions with coaching and feedback to increase their comfort in using experiential interventions. Participants will receive handouts, which they can use to implement workshop interventions in their clinical work.

The Schema Therapy approach, in particular the schema mode model is effective in helping patients identify the modes operating and employ the user-friendly Schema Therapy concepts as a way to understand and organize their experience. Healing the Vulnerable Child Mode is at the heart of Schema Therapy. This workshop is appropriate for Schema therapists at all levels of experience along with CBT therapists who want to learn about and experience core ST interventions.

**Joan Farrell, Ph.D.** is an advanced level Schema Therapist and Trainer/Supervisor in individual and group Schema Therapy. Dr. Farrell is the elected Executive Board Member, Coordinator for Training & Certification of the International Society for Schema Therapy. She is an adjunct professor in Clinical Psychology at Purdue University (IUPUI) and was a clinical professor at Indiana University School of Medicine (IUSM), in Psychiatry for 25 years. She is Research director of the IUSM/ Eskenazi CMHC Center for Borderline Personality Disorder Treatment & Research(CTRBPD). She is a principal investigator with Arnoud Arntz for a large international BPD trial of group and individual ST.



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**Ida Shaw, M.A.** is the Training Director of the CTRBPD. She is a member of the Training and Certification Advisory Board of ISST and Chair of the Child-Adolescent Certification Committee. Ida is the main clinical supervisor of the international BPD trial of group schema therapy, providing training and supervision for all trial therapists. She supervises the practice component of additional research projects on Avoidant personality disorder, dissociative disorders, complex trauma and child-adolescent treatment. Ida also provides training internationally in Child Adolescent ST.

Farrell and Shaw developed the model of group schema therapy that integrates experiential interventions and harnesses the therapeutic factors of groups. They have worked together since the 1980s and provide individual and group schema therapy training and self-practice/self-reflection workshops internationally. They are recognized internationally as expert and enthusiastic trainers, noted for their creativity and “thinking outside the box” while staying true to the integrity of the ST theoretical model. They co-direct the Schema Therapy Institute Midwest – Indianapolis which holds ISST approval for certification training programs in Individual, Group and Child-Adolescent Schema Therapy.

They are the authors of numerous chapters on schema therapy, research articles three books and a DVD set: **Group Schema Therapy for Borderline Personality Disorder: A Step-by- step Treatment Manual with Patient Workbook**, Wiley-Blackwell, 2012, **The Schema Therapy Clinician’s Guide: A Complete Resource for Building and Delivering Individual and Group Integrated Mode Treatment Programs**, Wiley-Blackwell, 2014, **Experiencing Schema Therapy from the Inside Out: a Self-practice/Self-reflection workbook for therapists**, Guilford 2018 and the DVD Set: **Group Schema Therapy: An innovative approach to treating patients with personality disorder**, IVAH-Hamburg, 2011.