

# GOOD PARENTING *enough*



# PROFESSIONAL TRAINING

Date: 29-31 October 2020 (Thursday – Saturday)  
Time: 8:00am – 4:00pm, GMT; 9:00am-5:00pm, CET  
Training will be provided **online** via Zoom

**USD 686: Standard Fees**

**USD 450: International candidate via ISST**

**USD 290: Non-ISST candidates from reduced rate countries**

**USD 266: ISST members from reduced rate countries**

**USD 245: Former training participants of the Schema Therapy and Training Center Budapest**

## Synopsis:

While clinicians and lay leaders attempt to help families resolve their diverse issues, many wonder: is there a preventive approach to equipping parents so that unhealthy patterns in families can be averted, families can be more connected, and children can grow up emotionally healthier and resilient?

"Good Enough Parenting" (GEP) is the solution to this pressing need. GEP is an in-depth, research-based, evidence-based parenting program which zooms in on the emotional and psychological impact of adequately (and inadequately) meeting Core Emotional Needs. It is based on Schema Therapy and endorsed by Dr. Jeffrey Young, Department of Psychiatry, Columbia University, New York, and Founder of Schema Therapy.

GEP is currently being taught in schools, corporations and other secular and faith-based organizations in many parts of the world.

## Who should attend:

- Counsellors
- Therapists
- Psychologists
- Social Workers
- Case Workers
- Family Life Educators
- Lay Leaders and Clergy involved in family ministries

## Learning Outcomes:

- Identify parenting and family issues using the Good Enough Parenting model
- Address problematic behavior in children and engage couples to work together on addressing these issues.
- Gain deeper understanding of key Schema Therapy tenets such as Core Emotional Needs, maladaptive schemas, positive schemas, schema domains and coping styles
- Learn the interplay of temperament, environment and parenting influences as key factors in the psychosocial and emotional health of children and adults, based on Schema Therapy

## About John and Karen Louis



About John and Karen Louis: John Louis holds a PhD in Clinical Psychology from the UK while Karen Louis holds a Master in Counselling from Monash University, Australia. John's research provided more robust empirical findings for their "Good Enough Parenting" model, which were published in several reputable journals.

He is a certified Schema Therapist and Supervisor who was trained directly by Dr. Jeffrey Young, founder of Schema Therapy; Karen is a Master Solution Focused Practitioner and Gallup Strengths Coach. John and Karen's passion for families led them to develop "Good Enough Parenting" (and its prequel, the "I Choose Us" Marriage Program) as a response to the pressing need of equipping parents to prevent maladaptive schemas from developing in children.

Since the launch of Good Enough Parenting in 2009, they have trained over 1,000 Facilitators from Asia, Europe, North America and Australia, and several countries in Central & South America and Africa. Their books: "Good Enough Parenting" (Christian and secular versions) and "I Choose Us" have been translated into seven languages. The Louis have been married for 33 years and have two married adult children and one grandchild.

### What you will receive:

- Certificate of Completion as a 'certified GEP Facilitator'
- Set of handouts

### Key takeaways from this training (and more!):

- "Good Enough Parenting" Model: The interplay of different factors on the outcome of parenting
- Core Emotional Needs vs Maladaptive Schema Domains
- 18 Negative Lifetraps or Schemas
- 14 Positive Schemas
- Three broad Coping Styles
- Nurturing vs Exasperating Interactions
- Specific ways to meet Core Emotional Needs
- Vortex of Conflict Escalation (and how to avoid it)
- Empathy and Validation of Feelings
- Four Domains of Moral Teaching
- Age-appropriate empowerment
- Needs, Wants, Rights and Privileges
- Learning-oriented vs Performance-Oriented Goals
- Power of Being Vulnerable and Forgiving



### Certified GEP Facilitator

Completing the GEP Professional Training qualifies participants to be a 'certified GEP Facilitator'. They can utilize the principles taught for one-to-one sessions with parents as well as small group discussions.

Visit us at [www.gep.sg](http://www.gep.sg) or [www.hetszinvilag.hu/](http://www.hetszinvilag.hu/) for more information!

For Enquiries contact Andrea Balint: +36205823577

Registrations: <https://forms.gle/ZTffEGkuW24n3ust6>

Email: [pozitivsematrening@gmail.com](mailto:pozitivsematrening@gmail.com)

### Testimonials:

"In a world of too much information, Good Enough Parenting teaches parents how to meet core emotional needs, and, at the same time, how to avoid passing down their own dysfunctional behaviors. Schema Therapy has been successful with adults, but I have always wanted to see someone do something on preventing schemas, or Lifetraps, in children, and here it is!"

— Dr. Jeffrey Young  
Dept. of Psychiatry, Columbia University, New York  
Founder, Schema Therapy

"The principles of *Good Enough Parenting* apply across race, religion and culture. The focus on the quality of the parent-child relationship and the associated wide array of positive outcomes makes this a book an asset on the shelf of every parent and would be parent."

— Dato' Seri Dr Wan Azizah binti Wan Ismail  
Former Deputy Prime Minister of Malaysia  
Former Minister of Women, Family and Community Development, Malaysia

"This handbook presents a detailed and scientifically based schema perspective on parenting, linking theoretical knowledge with expressive examples from everyday life (including from the authors' own family) plus vivid cartoons. The tone of the book is non-judgmental, warm and encouraging, while the title 'good enough parenting' cautions us against unrelenting standards."

— Eckhard Roediger, MD  
Former President, International Society of Schema Therapy, Frankfurt, Germany

"This ground-breaking book will help parents raise healthier children, and when they grow up, healthier and more successful adults. I highly recommend it."

— Charles L Whitfield, MD  
International bestselling author, "*Healing the Child Within*" and "*Wisdom to Know the Difference: Core Issues in Relationships, Recovery and Living*", Atlanta, USA



# GOODENOUGH PARENTING- PROFESSIONAL TRAINING REGISTRATION FORM

(As we have limited slots, please sign up early)

## Participant's Details

Full name as in ID / Passport	
CompanyName	
Designation	
Email	
Contact No.	
Billing Address	
Name to be printed on Certificate	

**Please note**, to complete your full registration you're invited to: <https://forms.gle/ZTffEGkuW24n3ust6>

## Course Fee: (please tick accordingly)

- USD 686: Standard Fees**
- USD 450: International candidate via ISST (International Society of Schema Therapy)**
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**ISST membership number:** \_\_\_\_\_ **Countries eligible for reduced rate:** Albania, Argentina, Brazil, Bulgaria, Chile, China, Colombia, Czech Republic, Egypt, Estonia, Greece, Hungary, India, Indonesia, Jordan, Kosovo, Latvia, Lithuania, Malaysia, Mexico, Morocco, Nigeria, Oman, Pakistan, Peru, Philippines, Poland, Romania, Russia, Serbia, Slovakia, Slovenia, South Africa, Thailand, Turkey, Ukraine, Venezuela, Vietnam.

## Terms & Conditions

- The training will be delivered in English (with Hungarian synchronic translation available).
- The training will be recorded and will be available for participants to view it later for a period of time only (subtitled in Hungarian to avoid losses of information because of possible faults with translation).
- No refunds due to imperfections of translation, no surfing or other activities during the training time, and no home recordings are allowed.
- More details and GDPR are available on the online Registration form (<https://forms.gle/ZTffEGkuW24n3ust6>)

## Payment Instructions

- Fund Transfer** - We recommend Transferwise for low fee international bank transfers.  
Please make payment as follows:  
Pay to : Hétszínvilág Egyesület  
Address : 1157. Budapest, Zsókavár u. 61.  
Bank Name : Budapest Bank  
Bank Account No. : 10101470-77314900-01004006  
IBAN Bank Account No.: HU54101014707731490001004006
- PayPal: SEND to [pozitivsematrening@gmail.com](mailto:pozitivsematrening@gmail.com)** Hétszínvilág Egyesület or we'll send a payment request in email upon application.
- Credit Card Payments** via PayPal, Barion, or Simple pay

**For Enquiries:** contact Andrea Balint: +36205823577  
Email: [pozitivsematrening@gmail.com](mailto:pozitivsematrening@gmail.com)

**Registrations:** <https://forms.gle/ZTffEGkuW24n3ust6>

## Organizers and Partners:

**Organizer:** Hétszínvilág Egyesület and **Schema Therapy and Training Center Budapest**

**Partners supporting the workshop are:** Karoli Gaspar University of the Reformed Church, Institute of Psychology, Department of Personality and Health Psychology; Louis Counselling & Training Services, Pte. Ltd, Singapore.