ISST Policy on the Provision of Schema Therapy Training Online during the Coronavirus Pandemic

Revision approved by the Executive Board 8ᵗʰ September 2020

1. In response to the unprecedented conditions worldwide resulting from the impact of the coronavirus, and the resulting need to limit person to person contact, the ISST allows that Basic and Advanced training courses in Schema Therapy that are part of ISST approved certification programs may be offered online for a time limited period, provided certain conditions, outlined below, are met. This includes training modules for Individual, Group, Couples, Children-Adolescent and Auxiliary ST Certification.

2. Such online trainings must meet the following requirements:

   2.1. The course must be offered using an online platform which provides the technological facility for breakout rooms so that the participants can do the dyadic exercises in pairs and the trainer can monitor and supervise them. In this regard the ISST and its members use Zoom which does have this capability. Therefore, Zoom is recommended but not prescribed. Any platform that offers this capability is acceptable.

   2.2. Trainers must have sufficient familiarity with the technology of the platform to be able to show powerpoints, DVD demonstrations, and to interact with participants and other regular features of the didactic training, as well as to manage work with breakout rooms for the dyadic exercises. The ISST Training Coordinator will make available links to YouTube training materials that can be used for self-training using the Zoom platform. Trainers will be asked to affirm that they have done one or more practice runs of the various aspects of the presentation to ensure this.

   2.3. Trainers who are not able to offer the facility of breakout rooms and the capacity to monitor and supervise dyadic exercises may offer didactic modules online with a view to offering the dyadic exercises *in vivo* at a later stage.

   2.4. All attendees must have access to a good quality and reliable internet connection and an uninterrupted private space in which to engage with the workshop.

   2.5. The limit of 20 participants per trainer will apply as it does for *in vivo* courses.

   2.6. Trainer musts have the ability to monitor attendance closely to ensure that participants attend all sessions, do not arrive late or leave early, and do not engage in other activities (such as internet surfing or doing other work on their devices) during the sessions. Participants must sign an agreement that they will not engage in any such activities and that they will inform the trainer, preferably in advance, if they have difficulty being on time for particular sessions for pressing personal reasons. It is stipulated that anyone joining a session more than 10 minutes after it begins, or leaving it more than 10 minutes it is complete will not be credited with attendance for that session. Trainers also have the latitude to be flexible if participants miss sessions or parts of sessions due to unavoidable personal circumstances (such an electricity or

internet outage or illness or family crises) and discuss this with the trainer. This flexibility will involve allowing the participant to make up the missed activity in an appropriate manner (eg for a didactic session watching a recording).

2.7. Trainers must ensure that they follow best privacy practices for online training, depending on where they and their participants reside. Trainers alone are responsible for adhering to applicable privacy laws related to the collection of personal data, and not ISST. Trainers are strongly advised to review their local guidelines, as well as the guidelines applicable where participants reside. For instance, a training program provided by trainers who reside in the United States would need to follow GDPR guidelines if any participants reside in Europe. A training program with trainers residing in Europe would need to follow California Online Privacy Protection Act (CalOPPA) if any participants reside in California. The ISST will provide an example of an opt-in privacy agreement for participants to sign. However, it is the trainer's responsibility to ensure that the privacy agreement is appropriate to the setting and the location of participants.

2.8. Trainers must write a brief report on the training including their own evaluation of positive and problematic aspects of offering the course online. In addition, an ISST training evaluation form must be given to all participants to complete at the end of the training. The trainers report and the completed forms from all participants must be scanned and sent to the Training Coordinator within two weeks of the end of the training.

3. Trainers are required to apply to the ISST Training Coordinator for authorization to deliver training online and sign an undertaking that all the above conditions will be met. An application form for this purpose will be provided. No trainings that have not received prior authorization will qualify for certification. Applications must be emailed to Rita Younan (ritayounan22@gmail.com) and must normally be received at least four weeks before the beginning of the proposed training.

4. These regulations were initially approved up until the end of August 2020, but have been extended by the Executive Board until the end of June 2021. In addition, it was agreed that Trainers who offer the first 12 hours (or more) of a training course online before the end of June 2021 may offer the remaining part or parts online up until the end of December 2021.