

**Schema Therapy for Adolescents and their Families:
Surviving Adolescence and Growing from Mode Clashes**
Ida Shaw, M.A.
September 28-29, 2018



This workshop will present a model for approaching and treating mode clashes with adolescents (ages 12-25) and their parents. Schema therapy (ST) with children and adolescents uses a developmental and systemic approach. When looking at problem behaviors and needs of adolescent clients, it is important to keep in mind the developmental stage your client is in- physical, cognitive, emotional and in social development. The relationships an adolescent has at home with parents and in other important environments must be addressed as part of ST. The mode model can be used to explain the problem behaviors of this critical developmental period to both adolescents and their parents. The concept of mode clashes is a productive way to describe and address these problems. It can remove blame, and facilitates getting through impasses in these important relationships. The mode clash approach includes looking at underlying needs and how they can be met. Changing the family dynamic in this way can even have preventative effects for adolescents.

Participants will learn how to identify these mode clashes, present them to adolescent clients and their parents and use Schema Therapy interventions to work through them so that the underlying needs are better met. There will be particular emphasis on creative experiential work. We will explore the milestones of each developmental phase, the effect they may have on modes and schemas and the mode clashes that can occur when parent and child/adolescent needs are different. The workshop will focus on practice: demonstrations of the interventions and opportunities for participant practice with coaching and discussion. There will be a brief didactic presentation as introduction.

Twelve credit hours for ISST certification in Child-Adolescent Schema Therapy will be awarded for attendance. The hours may alternatively be used to meet the continuing education requirement to maintain ISST certification.

Ida Shaw, M.A. is the Training Director of the Center for Borderline Personality Disorder Treatment and Research, Indiana University-Purdue University Indianapolis – Eskenazi Mental Health. 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 is a developer with Joan Farrell of a group model of 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. Ida also provides training internationally in Child Adolescent ST. They co-direct the Schema Therapy Institute Midwest – Indianapolis where they offer ISST Certification programs in Individual, Group and Child-Adolescent ST. They are the authors of numerous chapters on schema therapy, research articles evaluating their group model and three books: **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 and **Experiencing Schema Therapy from the Inside Out: a Self-Practice/Self-Reflection Workbook for Therapists**, Guilford 2018. The latter is the ST volume in the Guilford series on SP/SR edited by James Bennett-Levy. They have a DVD Set: **Group Schema Therapy: An innovative approach to treating patients with personality disorder**, IVAH-Hamburg, 2011.