

The Second Schema Therapy Summer School in St. Petersburg, Russia

We invite you to take part in the
Second Schema Therapy Summer School in St. Petersburg sponsored by:

Schema Therapy Institute, St. Petersburg
Schema Therapy Institute Midwest, Indianapolis, USA
Russian Psychotherapeutic Association
Association of Cognitive-Behavioral Therapy, Moscow
Association of Cognitive-Behavioral Therapists



24 June 2016
Schema Therapy Self-Practice - Self-Reflection

25-26 June 2016
**Beyond the Basics: Schema Therapy for Complex Problems and
Challenging Populations**

There will be two training events: a **1-day workshop** for Psychotherapists on **Schema Therapy Self-Practice - Self-Reflection**, and a **2-day workshop** on **Beyond the Basics, Schema Therapy for Complex Problems and Challenging Populations**. The first day can be used toward the Self Practice requirement for Group ST Certification or provide 3 hours of supervision credit for individual ST certification. The 2 day training can be counted as the third module of the STIM – ST.PBSTI ISST Certification Course or the ISST required Continuing Education for Certified Schema Therapists.

Day 1 is appropriate for Schema therapists at all levels of experience including those in training as well as CBT therapists who want to learn more about and experience core ST interventions. **Days 2-3 are appropriate for** those in ST Training who need the 3rd Module of the curriculum and other schema therapists who want additional training in this topic.

The training will be conducted in English with Russian translation.

Program Description

Schema Therapy Self-Practice - Self-Reflection 24 June 2016 r.

An important part of training for Schema Therapists is self-therapy to understand one's own schemas and modes, the role they play in being a schema therapist and the impact of patients' in triggering schemas and modes. Such self-awareness is critical to the genuine, open presence required by Schema Therapy's limited reparenting model. Joan & Ida spent two years as members of a self-therapy group for therapists in their training and consider that experience critical to their

understanding of themselves, their reactions when participating in a group and what clients experience. Participation in the workshop will add new interventions to use with clients and the deeper experience of ST from the “inside – out”. They believe that what one learns from this experience cannot be taught as effectively didactically, if at all. For that reason self-therapy in a group is a requirement for ISST Group Schema Therapy certification and this workshop fulfills that requirement. It can also be used to meet three supervision hours credit toward individual ST certification supervision requirements. This day is appropriate for therapists new to ST and for those who are experienced with it.

Joan & Ida have facilitated self-therapy groups for over 30 years leading to their book *Experiencing Schema Therapy from the Inside Out*. The workshop begins with establishing safety and connection within the group and the agreement to keep confidential any personal material disclosed. Participants are encouraged to share as much or little content in the group as they feel comfortable with. They can choose to focus on a particular schema or mode issue that affects their personal or professional life or go into the day open to whatever experience they have. Just as they do with all groups, Joan & Ida assess the needs of the participants and plan the day’s work in collaboration with participants based upon the needs and modes present. The focus in the workshop is on experiential work including: exercises to identify maladaptive coping modes triggered in the group, awareness of the needs of your Vulnerable Child and self-care plans, further banishing work for the Demanding or Punitive Critic mode and evoking the Happy Child Mode to balance the hard work we do as therapists. **This experience will change every time it is offered, so it is possible to attend more than once.**

TRAINER SHORT BIOS

Joan Farrell, Ph.D. and Ida Shaw, M.A. are advanced level International Society of Schema Therapy (ISST) Certified Trainer/Supervisors in individual & group ST and Ida holds the same certification in Child & Adolescent Schema Therapy. They direct the Indianapolis Center of the Schema Therapy Institute Midwest, with ISST approved training programs in individual and group ST. They offer training locally and in collaboration with ISST Training programs internationally – thirteen countries so far - where they receive rave reviews for their enthusiastic teaching style.

Joan is a licensed Clinical Psychologist, an adjunct professor of clinical psychology, department of psychology at Purdue University (IUPUI) and a faculty member of the Indiana University School of Medicine (IUSM), in Psychiatry for 25 years. She is Research and Training director of the Center for BPD Treatment & Research of the Indiana University School of Medicine /Midtown CMHC. Ida is the Supervision Director at the center and was a Research Associate at IUSM. Ida’s expertise in experiential psychotherapies and her graduate degree in developmental psychology add critical elements to their collaboration. Joan is a member of the Executive Board of the ISST and the Coordinator for Training & Certification.

They have published research articles, book chapters, a training DVD and three books on Schema Therapy.

- *Experiencing Schema Therapy from the Inside Out*, Guilford, to be released 2016.
- *The Schema Therapy Clinician’s Guide*, Wiley 2014
- *Group Schema Therapy for Borderline Personality Disorder*, Wiley 2012
- *Group Schema Therapy: A DVD set in which they demonstrate GST*

More information is available on their website: www.BPD-home-BASE.org

Beyond the Basics: Schema Therapy for Challenging Populations and Complex Problems - 25-26 June 2016
Module 3 of the STIM-ST.PbSTI Certification Program
Continuing Education Credits for Certified Schema Therapists

This training is meant for those in the ST Certification program who have attended at least one basic training and for those who have completed the training program who want more detail on work with specific disorders like borderline personality, avoidant personality and complex trauma. It meets the requirements of the 3rd Stage of Certification course for Schema Therapists. It can also be used as the Continuing Education requirement for Certified Schema Therapists.

This module focuses on mode work for specific disorders. It includes using case conceptualizations, treatment protocols and session planning for clients with personality disorders, complex trauma, chronic depression and those with multiple comorbid diagnoses. These are often the clients who have had limited results with CBT and other theoretical approaches and may have tried several psychotherapists. The focus is on Mode Work This training covers the rationale for utilizing schema modes: review of the mode profiles for specific disorders; using the Schema Mode Inventory; mode work for clients who can't experience emotions; techniques for changing modes; use of story-telling to reach the VCM and demonstrate how modes develop, dealing with angry, clinging, critical, and help-rejecting clients; Imagery Rescripting; "Walking through the Modes"; Mode role plays (not to be confused with Gestalt Chair work)

Specialized Topics: Schema Therapy for Borderline Personality Disorder (BPD) Cluster C. complex trauma, dissociation and dissociative disorders. Discussion of other problems and disorders, depending on the interests of the participants and faculty.

Faculty:
Joan Farrell, Ph.D.
Ida Shaw, M.A.
Paul Kasyanik,
Ph.D.
Elena Romanova,
Ph.D.



For more information & registration Contact: schemaspb@yandex.ru