

GROUP SCHEMA THERAPY ISST CERTIFICATION TRAINING

Schema Therapy Institutes Midwest & St. Petersburg

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Curriculum Plan for Group Schema Therapy Certification by training module



International Society of
Schema Therapy

STANDARD LEVEL GROUP SCHEMA THERAPY CERTIFICATION-24 TRAINING HOURS			
MODULE 1	MODULE 2	MODULE 3	MODULE 4
<p>Introduction to the GST model, co-therapist limited reparenting – learning the dance and signals, preparing patients for group, establishing safety and connection, setting and holding the frame, balancing structure and matching patient modes, goal vs. plan, “opportunity work”. ST Education in group Mode conceptualizations and translating problems into ST concepts in group. Practical issues of setting, time, etc.</p>	<p>Group interventions for the Maladaptive Coping Modes and Healthy Adult mode. Mode awareness and management work, Getting through Detached Protector, empathic confrontation limit setting for Overcompensating modes, pro & con work both cognitive and experiential (mode role-play experiences of modes negative effects) e.g.Group mode dialogues, group mode role-plays (aka mode dialogues). Healthy Adult Mode work- group as a reflective mirror, facilitating the experience of competence.</p>	<p>Group interventions for the Child Modes and Good Parent. Healing the Vulnerable Child, Channeling the Angry Child, Limiting the Impulsive Child, Happy Child Basic group imagery work, anger-release work, play in group. Banishing the Punitive Parent, moderating the Demanding parent, Good Parent component of Healthy Adult mode. Good Parent imagery, seeing DyPM modes as “not me”, mode dialogues with DyPM.</p>	<p>Self therapy in a group Participant opportunities to experience GST interventions themselves and to practice taking the leader role with trainer coaching and feedback.</p>
4 didactic and 2 role-play hours.	Modules 2-3 are each 3 didactic, 3 role-play hours.		2 didactic and 4 role-play hours
Module 1 should be taken first (whenever possible) followed by the remaining three in any order. Total required hours for Standard level GST Certification is 24: 12 didactic and 12 role-play hours.			

ADVANCED LEVEL GST CERTIFICATION			
MODULE 1 ADVANCED GST FOR THE MALADAPTIVE COPING MODES	MODULE 2 ADVANCED GST DYSFUNCTIONAL CRITIC MODES, HEALTHY ADULT	MODULE 3 ADVANCED GST FOR THE CHILD MODES	SPECIAL TOPICS/ GROUP SUPERVISION
Maladaptive coping modes and group empathic confrontation. Difficult Avoidant Coping modes and Overcompensating modes (e.g. Bully-Attack)	Advanced Limited reparenting work, limit setting for Angry and Impulsive Child, Enraged Child, Matching parenting style to your patient groups Healthy Adult component, parenting for autonomy.	Advanced Limited reparenting and Imagery rescripting, experiential interventions, play and the Happy Child for Vulnerable Child healing Angry Child work.	BPD, AvPD, mixed groups, Identity work for severe PD, Complex Trauma, DID, etc.- To meet the continuing education requirement for continued certification. Group Supervision to fulfill some of the supervision hours requirement
Each Advanced module is 6 training hours divided into 3 didactic, 3 role-play hours The Advanced modules may be taken in any order as long as all content is covered by completion. Total required hours for Advanced level Group ST certification is 18: 9 didactic and 9 role-play hours.			6 hours each workshop.

For more information or to reserve a place in the next training contact: Joan Farrell at drjoanfarrell@gmail.com or Paul Kasyanik at super-schema@yandex.ru