

Schema Therapy-The Model, Methods & Techniques

(3 Days, 21 Hours Active Cpd)

**Perth WA
March 2017**

**Presenter- Chris Hayes
Clinical Psychologist
Accredited Schema
Therapist and Trainer**

This workshop will help attendees gain a thorough understanding of the Schema Therapy model and provide an extensive platform for learning new skills and techniques used in Schema Therapy. The workshop will address both the schema and mode models. The training is skills based, with multiple opportunities to learn complex techniques for working with difficult-to-treat clinical populations. The training will centre around Borderline Personality Disorder and its treatment.

If you have attended 1 or 2 day workshops in the past, this workshop will still provide you with a good platform for learning and practicing skills, as well as direct coaching of skills therapists often feel less confident in applying.

We aim to have 1 presenter for every 15 attendees, allowing participants to have optimum coaching; observation and adequate supervision of skills- places are limited. There will be 8 hours of role- play dyadic work and 13 hours of didactic work.

Day One

- Theory and conceptual model and Schema Therapy defined
- Core emotional needs and broad goal of schema therapy
- Schemas and Developmental Needs
- Definition of an 18 Early Maladaptive Schema
- Maladaptive Coping Styles
- Common Coping Responses
- Schema Modes Defined
- Schema Change strategies
- Schema Therapy formulation- BPD
- Discussion of Young Schema Questionnaire results for attendees (to be completed and scores prior to workshop)
- Assessment/ Education / Conceptualisation

Day 2 and 3

Strategies for Change

- Limited Re-parenting
- Cognitive strategies
- Experiential Strategies, Emotional change through venting, imagery rescripting , Mode dialogues, and letters to parents
- Breaking through common therapeutic impasses

Behavioural strategies in change

Research and evidence base



About the Presenter

Chris Hayes

Clinical Psychologist

Accredited Schema Therapist and Clinical Supervisor
(International Society of Schema Therapy, ISST)

Board Secretary, International Society of Schema
Therapy, ISST

Chris has had extensive experience in both government and private settings working with clients with complex psychological presentations. Chris completed advanced certification in schema therapy at the Schema Therapy Institute in New York City (USA), and was trained directly by Dr Jeffery Young.

He now shares his time working as a Clinical Psychologist, at both public and private settings. He is currently employed with the Health Department of Western Australia as a Clinical Psychologist (within a specialist service working with those who have experienced recent or childhood trauma). He is currently serving as Secretary of the Board for the International Society of Schema Therapy.

www.schematherapytraining.com