



Schema Therapy: Beyond the Basics

3 Days (21 hours active CPD)

Presenter: Dr. Susan Simpson

Clinical Psychologist, Advanced Certified Schema Therapist & Trainer

This workshop will enable those with some background in Schema Therapy to develop and fine-tune their skills. The workshop will also specifically look at the implementation of treatment for Borderline Personality Disorder (BPD) as well as Narcissism. Participants will have extensive opportunity to practice experiential exercises such as imagery and chair-work. In addition, time will be allocated to commonly experienced difficulties such as working with the detached protector and parent modes.

Content of Workshop

We aim to have 1 presenter for every 18 attendees allowing participants to have optimum coaching , observation and adequate supervision of skills – places are limited.

Day 1

- Theory and conceptual model & Schema Therapy reviewed
- Schema Modes Defined
- Schema Therapy Cognitive Techniques for change
- Schema Mode Borderline Personality Formulation
- Specific methods to bypass Detached Protector
- Use of Historical Role Play (experiential technique)

Days 2 & 3 Fine Tuning & Specialist Skills

- Working with Overcompensation Modes
- Use of chair technique in Schema Mode work
- Limited Reparenting- review and fine tuning
- Limited Reparenting- fine tuning attainment
- Imagery Rescripting- window of tolerance
- Imagery Rescripting- working with different antagonists and troubleshooting
- Working with Angry child mode
- Narcissistic Personality Disorder
- Empathic Confrontation
- Therapists' own schemas - Reflection
- Schema Therapy Competency Scale
- Breaking through common therapeutic impasses