

Keynotes, Symposia, Workshops, Skill Classes and a Round Table Discussion on 26 May

Keynote Presentation

Experiencing Schema Therapy from the Inside-Out: Corrective Emotional Experiences for Therapists

by Joan Farrell and Ida Shaw

This keynote presents the use of self-practice (SP) and self-reflection (SR) in Schema Therapy based upon their book **Experiencing Schema Therapy from the Inside-Out: A Self-Practice/Self-Reflection Workbook for therapists** Guilford Press, 2018. The SP/SR process will be described in terms of its multiple applications: personal benefit, as a corrective emotional experience for therapists, improved understanding of the client experience leading to changes in ST practice and increased understanding of ST. Joan and Ida will demonstrate key SP/SR interventions to give the audience the experience of this approach. The research evidence supporting the use of SP/SR for both new and experienced therapists will also be briefly reviewed.

About the Presenters:

Joan Farrell, Ph.D. is a Licensed Clinical Psychologist and the Research Director of the Center for Borderline Personality Disorder Treatment and Research, Indiana University-Purdue University Indianapolis (IUPUI). She is an Adjunct Professor of Clinical Psychology at IUPUI and was on the faculty in Psychiatry at Indiana University School of Medicine for 25 years. She is co-principal investigator of an international trial of ST for BPD with Arnoud Arntz with 14 sites in five countries and was principal investigator of a randomized controlled trial of Group ST for BPD that was awarded a National Institute of Mental Health grant. Joan is the Coordinator for Training and Certification on the Executive Board of ISST.

Ida Shaw, M.A. is the Training Director of the Center for Borderline Personality Disorder Treatment and Research, IUPUI. 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.

Joan and Ida are the developers 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.

Keynote Presentation

The Neurobiological and Cognitive Impact of Complex Trauma: Implications for Interventions

by Kim Felmingham

Childhood trauma is a key risk factor that predicts a range of later psychological problems in adulthood. Converging evidence reveals a significant impact of childhood trauma on neurobiological development (in terms of brain structure and function), psychological processes, hormonal and cognitive functioning, which may underlie the effect of childhood trauma on later psychological functioning. This talk will provide an overview of current research findings on the impact of childhood trauma on key neural, hormonal, cognitive and psychological functions, and will highlight a role of critical “sensitive periods” of trauma exposure on development. Implications for psychological interventions will be discussed. A better understanding of the underlying processes mediating the impact of childhood trauma on later mental health may lead to novel interventions which focus on preventing the long-term impact of childhood trauma.

About the Presenter:

Kim Felmingham, PhD is the Chair of Clinical Psychology at the School of Psychological Sciences, University of Melbourne. She is a clinical psychologist and neuroscientist, who specializes in the field of Posttraumatic Stress Disorder (PTSD). She has over fifteen years of experience in treating PTSD, including treating adult survivors of childhood trauma. Professor Felmingham is recognized for her research examining the neural and biological mechanisms associated with PTSD, with a specific focus on key mechanisms such as emotional memory consolidation, fear conditioning and extinction, emotion regulation and hormonal and genetic influences on these processes. She has

published extensively in neuroimaging, event-related potential and psychophysiological fields in PTSD. A recent research focus is to identify the impact of childhood trauma on neural and psychological functioning, with a specific interest in identifying the impact of critical periods of trauma exposure during development.

Symposium 8: A 10-Year Journey: the International Multi-site Trial of Schema Therapy, Including Group Schema Therapy for Borderline Personality Disorder Patients

by Joan Farrell, Arnoud Arntz, Ida Shaw, and Gerhard Zarbock

About the Presenters:

Joan Farrell

Joan Farrell, PhD, (with her partner Ida Shaw) has facilitated self-therapy groups for over 30 years leading to their book [Experiencing Schema Therapy from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists](#) (Guilford Press, 2018).

She is an advanced level ISST Certified Trainer/Supervisor in individual & Group ST. She co-directs the Indianapolis Center of the Schema Therapy Institute Midwest, a training, research and practice center with ISST approved training programs in individual, Group and Child-Adolescent ST. She offers training nationally and in collaboration with ISST Training programs internationally – thirteen countries so far. She has published research articles, book chapters, a training DVD and three books on Schema Therapy. [Group Schema Therapy for Borderline Personality Disorder](#), Wiley 2012 and [The Schema Therapy Clinician's Guide: A Complete Resource for Building and Delivering Individual, Group and Integrated Schema Mode Treatment Programs](#), Wiley, 2014.

Joan is a licensed Clinical Psychologist, Ph.D., an adjunct professor of clinical psychology, at Indiana University-Purdue University Indianapolis and was a faculty member of the Indiana University School of Medicine (IUSM), in Psychiatry for 25 years. She is the Research Director of the Center for BPD Treatment & Research of the IUSM/Eskenazi Community Mental Health Center.

She is an investigator on a number of international schema therapy outcome studies and was awarded a National Institute of Mental Health (USA) award for a randomized controlled trial of Group Schema Therapy. Joan is a member of the Executive Board of the ISST and the Coordinator for Training & Certification 2012-2018.

Arnoud Arntz

Arnoud Arntz is professor of Clinical Psychology at the University of Amsterdam, the Netherlands, with an affiliation at Maastricht University, the Netherlands. His main research interests lie in the fields of PTSD and personality disorders, both applied and fundamental. He also practices as a psychotherapist at PsyQ in Amsterdam, where he treats patients with trauma and personality disorders. Together with Adam Radomsky he was editor of the Journal of Behavior Therapy and Experimental Psychiatry.

Ida Shaw

Ida Shaw, M.A. is the Training Director of the Center for Borderline Personality Disorder Treatment and Research, IUPUI. 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.

Symposium 9: Schema Therapy as a 3rd Wave Therapy: Integrating Mindfulness and Acceptance

by Eckhard Roediger, Erwin Parfy, Michiel van Vreeswijk, and Pierre Cousineau

Mindfulness and acceptance play a key role in so called 3rd wave therapies giving conventional CBT a new push. Schema therapy basically was designed as a 2nd wave therapy, but has recently been linked with new perspective and techniques with a meta-cognitive background making schema therapy a 3rd wave treatment. This symposium highlights some of the key aspects how mindfulness and ACT can contribute to the ongoing development of schema therapy. Literature: van Vreeswijk M, Broersen J, Nadort M (eds). Handbook of Schema Therapy. Theory, Research and Practice. New York: Wiley, p.229-282.

Segment 1

Title: Building the Healthy Adult. How can the 6 functional ACT processes contribute?

Presenter: Eckhard Roediger

Integrating the conceptual framework and meta-cognitive techniques e.g. taken from Acceptance and Commitment Therapy (ACT) deepen our understanding of Healthy Adult functioning. E.g. the six functional ACT processes support distancing, reappraisal and need- and value-based answers on dysfunctional beliefs and behaviour in a healthy adult way. They help us to develop a clear roadmap of skills enabling our patients to "shift gear" and escape their life-traps. Relevant reading: Roediger E, Stevens B, Brockman R (2018). Contextual Schema Therapy: An Integrative Approach to Personality Disorders, Emotional Dysregulation, and Interpersonal Functioning. Oakland, CA: New Harbinger (in press).

Segment 2

Title: Schema Therapy and ACT: Choreography for a Dance

Presenter: Erwin Parfy

Roots and structures of both approaches are compared and possible pitfalls of misinterpretation of the two concepts are highlighted. A seamless integration into an ongoing therapeutic process in terms of well balanced "dance choreography" is described. Smooth shifts between both genuine perspectives help to broaden the range of our therapeutic options and help dealing with stagnations in treatment. Flexibility is not merely relevant in terms of theoretical stances, but also on a practical level, where different perspectives create new technical tools modifying the therapeutic relationship.

Segment 3

Title: The mindfulness flash card: A tool to mindfully manage emotional activation

Presenters: Pierre Cousineau

Schemas are emotional memories that were first learned in order to adapt to a specific context—later on, they end up being maladaptive in other contexts. Emotional patterns are linked to specific response tendencies, the most primitive being flight, fight or freeze. Neurosciences have shown that this whole process is extremely rapid, in the range of milliseconds. Apart from changing the original emotional memories, there is no way to stop a response tendency once the schema is triggered ... but there are ways to slip between the response tendency and the actual response (evaluation is around 300 msec). Mindfulness and ACT strategies are tools that can serve this goal: feeling the affective response and the response tendency without acting on this response tendency. This is the purpose of the Mindfulness Flash Card. But people have often hoped for an even better option, a transformation of those primitive emotional memories and their linked response tendencies, a real schema modification, or a new emotional reaction that wouldn't trigger the undesired maladaptive action tendency. Well, memory reconsolidation research and clinical experiences have shown this is

possible. Coherence Therapy is one application of the Therapeutic Reconsolidation Process (TRP).

Segment 4

Title: The use of mindfulness to be an authentic therapist in Schema Therapy

Presenters: Michiel van Vreeswijk

Limited reparenting is believed to be a major aspect in Schema Therapy. In workshops and in supervision therapists are trained in limited reparenting as part of repairing unhealthy schema's and modes and making sure that unmet needs are met. However limited reparenting can only be powerful when the patient believes the sincerity of the therapist. To be authentic as a person the therapist has often to be able to cope with strong emotions and schema- and mode triggering. Mindfulness can be helpful to mentalise what is happening in the interaction, to cope with the situation and respond in a genuine way. In this symposium therapists are encouraged to reflect upon their authenticity and how mindfulness can be of help.

About the Presenters:

Eckhard Roediger

Eckhard Roediger is a neurologist, psychiatrist and psychotherapist, trained in psychodynamic and Cognitive Behavior Therapy. Previously, he was the director of a psychosomatic department of a clinic in Berlin. Since 2007, Eckhard has worked in his private practice, and is the Director of the Schema Therapy Training Center in Frankfurt. He has served on the ISST Board since 2008, including as President (2014-2016), and currently as Treasurer. Working on the conceptual background of Schema Therapy and its integration into Cognitive Behavior Therapy, couples therapy and integrating Mindfulness and ACT into Schema Therapy.

Michiel van Vreeswijk

Michiel van Vreeswijk is a Clinical Psychologist, certified as a Schema Therapist and Supervisor with the ISST. He is a certified CBT practitioner and supervisor, and is CEO of Gkracht Psychomedisch Centrum BV in the Netherlands. Michiel has written, edited and authored several books, chapters and articles on Schema Therapy, including editing, and writing several chapters in [The Handbook of Schema Therapy, Theory, Research, and Practice](#) (Wiley-Blackwell, 2012).

Symposium 10: Parent-Child Relationships and Early Maladaptive Schemas of Children and Their Parents: Empirical Data and Practical Application

by Maria Galimzyanova, Christof Loose, Laura Schall, Reinhard Pietrowsky, Uliana Rozova, Elena Romanova, and Jeffrey Roelofs

This symposium is devoted to the exploration of the connection between the parenting styles, parent-child relationships and the development of Early Maladaptive Schemas in childhood and adolescence. During the symposium the relationship between the parenting style and temperament in childhood with Early Maladaptive Schemas in adulthood, is going to be analyzed, as well as parents' Early Maladaptive Schemas in connection to their attitude to children. It will be followed with an overview of a naturalistic case-study in the field of Group Schema Therapy with adolescents and concluded by the analysis of the interrelation of Early Maladaptive Schemas, Parent-Child Relationships and Self-Attitude of Adolescents.

Segment 1

Title: Relationship between the parenting style and temperament in childhood with Early Maladaptive Schemas in adulthood

Presenters: Christof Loose, Laura Schall, Reinhard Pietrowsky

Introduction

In Schema Therapy, it is proposed that ongoing noxious experiences with caregivers during childhood - in combination with temperamental factors - can foster the acquisition of early maladaptive schemas (EMS). According to Baumrind (1971) four unique parenting styles can be differentiated on orthogonal dimensions of Responsivity (R) and Demandingness (D): neglectful style (R-, D-), permissive style (R+, D-), authoritarian style (R-, D+), and authoritative style (R+, D+). We investigated the association of Baumrind's parenting styles and temperamental factors ("Big Five", Costa & McCrae, 1992) with the prevalence of EMS. Method: N=327 participants (83% female; age: M 31y; SD: 10,82y; 75% attended high school) filled in YSQ-S3R, and retrospectively indicated their parent's parenting style, adding statements about their own temperament following Big Five dimensions.

Results

Significantly higher total sum scores in YSQ were found when the mother's and father's parenting style were neglectful (R-, D-), followed by the mother's permissive (R+, D-), and the father's authoritarian style (R-, D+). Lowest scores in YSQ were revealed when the parent's showed the authoritative style (R+, D+). In terms of temperament, significantly lower YSQ scores were found for higher scores in extraversion, emotional stability, openness and agreeableness compared to the negative dimension of the factors.

Discussion/Conclusion

On the one hand, higher YSQ total scores were found when participants reported neglectful parenting style, as well as their own introverted, emotionally unstable, disagreeable and not-open temperament. On the other hand, an authoritative parenting style as well as an extraverted, emotionally-stable, tolerant and open temperament can be regarded as EMS protective factors. Limiting factors are that the parenting style and the temperamental factors were assessed retrospectively, and in a self-questioning manner only. Further research will be necessary in the future.

Segment 2

Title: Inter-relations between the parent's early maladaptive schemas and their attitude to children.

Presenters: Elena Romanova, Uliana Rozova

Inter-relations between the parent's early maladaptive schemas and their attitude to children. The study describes inter-relations between the parent's early maladaptive schema and their attitude to their children. Sample: Parents of 96 children took part in the study. All of them live in Saint-Petersburg. There were 25 men and 52 women of different status, education, professions. Methods: Parameters used in the research are: early maladaptive schemas (YSQ-S3R (Young Schema Questionnaire), J.E. Young, adopted by P.Kasiyanik, E. Romanova), mothers' and father's attitude to their children («Questionnaire of parent attitude», A. V. Varga, V.V.Stolin, indices of mother's and fathers' contribution to forming early maladaptive schemas of children (Questionnaire «Features of child-parent relation» (E. Romanova, U. Rozova) developed on the bases of «Young Parenting Inventory» Questionnaire). Data processing: correlation analysis. Results. Parents emotionally accept their children but have difficulty in limit-setting. Correlation analysis has shown that mothers' early maladaptive schemas have more correlations with index of acceptance, attitude to children's failure, insufficient self-control, with indices of attitude that may contribute to development of schemas of «Impaired Autonomy» and «Disconnection and rejection» domains. Fathers' early maladaptive schemas have more inter-relations with index of cooperation, subjugation, emotional inhibition, with indices of attitude that may contribute to development of schemas of «Other-Directedness» domain. Conclusion Thus, the results confirm the hypothesis of the research: early maladaptive schemas are inter-related with parents' attitude to their children, the structure of inter-relations is different between mothers and fathers.

Segment 3

Title: Group-schema therapy for adolescents: a naturalistic case study

Presenter: Jeffrey Roelofs

The present study is a naturalistic case study, investigating whether group schematherapy (GST) can be applied to adolescents with personality disorders or personality disorder traits. Four clinically referred patients were included and completed questionnaires on quality of life, symptoms of psychopathology, schema modes, early maladaptive schemas, and schema coping styles. Patients

participated in weekly GST sessions complemented by weekly or 2-weekly individual sessions. The parents of the adolescents participated in a separate parent group. From pre- to post-treatment, results demonstrated improvements for some patients in quality of life and symptoms of psychopathology. Changes in a number of modes and schemas were observed in all patients from pre- to post-therapy. In addition to assessing changes from pre- to post-treatment, the current study investigated the temporal changes in modes during therapy as well. Results demonstrated that maladaptive modes decreased, whereas healthy modes increased for all patients across the course of therapy. The present study provides preliminary support for the applicability of GST for adolescents as well as the effectiveness of GST.

Segment 4

Title: Early Maladaptive Schemas, Parent-Child Relationships and Self-Attitude of Adolescents

Presenters: Maria Galimzyanova, Elena Romanova

This study examines the correlation between Early Maladaptive Schemas (EMS), parent-child relationships and self-attitude of adolescents. Sample: 60 adolescents 11 to 16 years old took part in the research. Methods: The EMS were studied by "The Dusseldorf Illustrated Schema Questionnaire for Children" (long version) (C. Loose, F. Meyer, R. Pietrowsky. Indicators of parent-child relationships from the perspective of adolescents studied by "Reflected parental attitude questionnaire" (A.Y. Varga, V.V. Stolin, modification by E.V. Romanova, M.V. Galimzyanova); "Features of parental attitude inventory" (E.V. Romanova, A.N. Sleptsova); "Kinetic family drawing" (R. Burns, S. Kaufman); drawings "My world", "Mother's world", "Father's world" (E.V. Romanova). Indicators of the self-attitude studied by "Self-esteem inventory" (S.R. Pantileev). Data processing: Mann-Whitney U-test, Wilcoxon T-test, Spearman rank correlation, regression analysis. Results: EMS of the "Disconnection and rejection" domain negatively correlate with the perception of parent's acceptance. EMS of the "Impaired Autonomy and Performance" domain correlate with the perception of parent's authoritarianism and cooperation with parents. Girl's EMS correlate with symbiosis with parents. EMS correlate with such parameters of the self-attitude as internal conflict and self-blame. Conclusion: the results confirm the hypothesis of our research: EMS are linked with cold and rejecting parent attitude or symbiotic relationships with parents and with negative self-attitude.

About the Presenters:

Elena Romanova

Elena Romanova has been treating patients, training professionals and supervising psychotherapists for more than 27 years. She has also been employing a wide range of experiential interventions from sensory motor therapy

to fairy-tales and life rescripting with a strong grounding in developmental psychology and consistency with the Schema Therapy model. Dr. Romanova is an Advanced Schema Therapists and Supervisor Trainer in Individual, Group, and Child-Adolescent Schema Therapy, and directs the Schema Therapy Institute of St Petersburg in Russia. They have presented advanced Schema Therapy training at EABCT, ISST Conferences and Summer Schools as well as in training programs in 9 countries.

Maria Galimzyanova

Maria Galimzyanova is an Advanced Schema Therapist and Trainer Supervisor in Individual, Group, and Child-Adolescent Schema therapy. Being an expert and an author in the area of Child-Adolescent ST, she has developed the Group model for Children and Adolescents, consistent with the GST concept by J.Farrell and I.Shaw and C-A ST approach by C.Loose. As a professor of St. Petersburg University she lectures on schema therapy both nationally and internationally to students and professionals. Her extensive private practice is primarily focused on treating children and their parents.

Symposium 11: Questionnaires Translation and Validation in Schema Therapy

by Paul Kasyanik, Amir Askari, Kaia Kastepold-Tors, Inga Ignatieva, Katrina Danilson, Cristina Sterie, Mert Aytac, Alp Karaosmanoglu, and Bahar Kose Karaca

The symposium is designed to gather specialists involved in the translation of the Schema Therapy instruments, to exchange and discuss common issues and cultural / national specifics in the translation, adaptation and application of widely used diagnostic tools. Questionnaires are extensively used in Schema Therapy studies and practice. In cross-cultural settings, use of questionnaires is complicated by the added step of translation. The translation is usually verified using the methods of back-translation and pilot-testing to identify and quantify

errors of literal translation, omission and mistranslation. Verification procedures substantially improve the internal validity of the translated questionnaires. It is important that in Schema Therapy researchers use relevant and compatible procedures to check and improve the internal validity of translated version while maintaining the original structure and methodology of the questionnaires.

Segment 1

Title: Farsi versions of YSQ and SMI

Presenter: Amir Askari

Schema Therapy questionnaires are broadly used in psycho-therapeutic practice in Iran especially after extensive growth of the number of therapists being trained in Schema Therapy. This made us to seriously reconsider the used versions of the questionnaires in the Persian language. Previously translated to Farsi versions of YSQ and SMI proved to contain some significant errors which made it necessary to perform new translation and validation. The presentation will indicate the main results of the new translation and adaptation of the above tools as well as the analysis of the cultural specificity of its application in different populations in Iran

Segment 2

Title: Translating Schema Therapy Questionnaires to Estonian Language

Presenters: Kaia Kasteõld-Tõrs, Inga Ignatieva, Katrina Danilson

This presentation emphasizes importance of the team approach to translation and review which proves to be most effective. It identifies some typical difficulties in translation of original questionnaires including maintaining the intended meaning of the questions and coordinating the semantic content and structure in questions and answers keys in both languages. There is a possibility of different meanings of questions across languages. One of the common problems arise when a questionnaire is translated too closely, focusing on the words and not the meaning of the questions. The other challenge is creating a different question than the original but still maintaining identical meaning to the source text. There are also issues regarding the translation of answer scales and use of a number of qualitative and quantitative methods including focus interviews, semantic analysis, respondent debriefing, back translation, statistical tests and some others, that are extremely important in the review process. Practical results and conclusions of the translation of YSQ and SMI to Estonian language will be also presented.

Segment 3

Title: Questionnaires Translation and Adaptation Procedures in Cross-Cultural Studies

Presenters: Paul Kasyanik and Elena Romanova

The growing popularity of the use of Schema therapy in different countries, as well as the rapidly increasing number of studies using questionnaires developed by Jeffrey Young require special attention to the purity of translation and adaptation procedures for the basic instruments. A well-translated survey instrument should have semantic equivalence across languages, conceptual equivalence across cultures, and normative equivalence to the source survey. Semantic equivalence refers to the words and sentence structure in the translated text expressing the same meaning as the source language. Conceptual equivalence is when the concept being measured is the same across groups, although wording to describe it may be different. Normative equivalence describes the ability of the translated text to address social norms that may differ across cultures. For example, some cultures are more reluctant to share personal information or discuss certain topics than other cultures. The overview will include typical procedures and norms of the questionnaires translation and adaptation used in major cross-cultural researches and adopted by international organizations such as World Health Organization and some other international bodies.

Segment 4

Title: Practical Implementation and Assessment Of Questionnaire Translation

Presenter: Cristina Sterie

When translating the questionnaire, important semantic problems need to be addressed in a similar manner to the way in which the formulation of monolingual questionnaires has taken place. Along with the formulation of the issue, special attention is required by the answers and instructions. All questions can be subject for different readings. Therefore, the provision of information and documentation on all aspects of the methodology should be standard practice in the translation. The need to research, document, systematize, accumulate and disseminate information on translation and adaptation procedures is still important today.

About the Presenters:

Paul Kasyanik

Paul Kasyanik has been treating patients, training professionals and supervising psychotherapists for more than 27 years. He also employs a wide range of experiential interventions from sensorimotor therapy to fairy-tales and life rescripting with a strong grounding in developmental psychology and consistency with the Schema Therapy model. Dr. Kasyanik is an Advanced Schema Therapist and Supervisor Trainer in Individual, Group, and Child-Adolescent Schema therapy, and directs the Schema Therapy Institute of St Petersburg in Russia. He has presented advanced Schema Therapy training at EABCT, ISST Conferences and Summer Schools as well as in training programs in 9 countries.

Hasan Alp Karaosmanoğlu

Psychiatrist, Founder of PsikoNET Psychiatry and Training Center

Advanced Certified Schema Therapist, Supervisor, and Trainer

He works as a psychiatrist and a psychotherapist in Istanbul.

Hasan Alp Karaosmanoğlu is the writer of the book [Oops, Something Bad Will Happen -The Pincer of Worry: Anxiety and Conscience](#). He continues his ISST-approved training and certification programs in Turkey and abroad.

Symposium 12: Broadening our Understanding of Schema Modes Across Disorders: Theory and Evidence

by Duygu Yakin, Richard Vuijk, Sandra Raabe, and Martine Daniels

Recent developments on the schema therapy model, with a specific focus on schema modes, displayed the effectiveness of schema therapy across a variety of disorders. Although schema modes are theoretically recognized as transdiagnostic factors that facilitate recovery, there is still lack of empirical evidence identifying the relationship between early maladaptive schemas and schema modes across different psychopathological problems. In this symposium, promising lines of research are introduced to provide information on this problem. The first talk identifies a schema mode model to specify the mechanism of change in schema therapy from a schema mode perspective for global severity of personality pathology. The second talk focuses on treatment of personality disorder comorbidity in adults with autism spectrum disorder by identifying the related early maladaptive schemas and schema mode structure. The third talk discusses the effects of Imagery Rescripting for patients with complex PTSD related to childhood abuse on schema modes, emotion regulation, and interpersonal functioning. The last talk compares the effectiveness of Imagery Rescripting and EMDR on schema modes while treating childhood trauma-related PTSD. Together, we aim to connect empirical data on different schema therapy settings across disorders and discuss clinical implications of schema modes.

Segment 1

Title: Mechanisms of change in schema therapy for personality pathology : A schema mode model

Presenter: Duygu Yakin

In recent years, schema therapy is recognized as an evidence-based treatment for people with personality disorders. However, an evidence-based explanation for the mechanism of change in schema modes has not been specified yet. The present study aims to identify a schema mode model to formulate the change in the global severity of the personality pathology during schema therapy. The data were collected from 12 Dutch mental health institutes as a part of a multicenter randomized controlled trial of schema therapy conducted by Bamelis and colleagues (2014). Multilevel autoregressive model with restricted maximum likelihood estimator was utilized in order to explore cross-lagged associations

between schema modes and personality psychopathology scores over subsequent measurements at baseline, 6, 12, 18, 24 and 36 months.

Two principal hypotheses were tested. First, maladaptive SM manifestations are positively associated with later severity of personality disorder. Second, Healthy Adult schema mode manifestations are negatively associated with later severity of personality disorder. Results revealed that The Vulnerable Child, Impulsive Child, Avoidant Protector and the Healthy Adult at a previous time point of the measurement are predictive of later global severity of personality psychopathology during treatment.

Segment 2

Title: Schema therapy as treatment for adults with autism spectrum disorder and comorbid personality disorder: Protocol of a multiple-baseline case series study testing cognitive-behavioral and experiential interventions

Presenter: Richard Vuijk

Background: To our knowledge treatment of personality disorder (PD) comorbidity in adults with ASD is understudied and is still in its infancy. This study investigates the effectiveness of schema therapy for PD-psychopathology in adult patients with both ASD and PD.

Methods/Design: Twelve adult individuals (age > 18 years) with ASD and at least one PD are given a treatment protocol consisting of 30 weekly offered sessions. A concurrent multiple baseline design is used with baseline varying from 4 to 9 weeks, after which weekly supportive sessions varying from 1 to 6 weeks start with the study therapist. After baseline and 1 to 6 supportive sessions, a 5-week exploration phase follows with weekly sessions during which current and past functioning, psychological symptoms, and schema modes are explored, and information about the treatment is given. This is followed by 15 weekly sessions with cognitive-behavioral interventions and 15 weekly sessions with experiential interventions: patients are vice versa and randomly assigned to the interventions.

Finally, there is a 10-month follow-up phase with monthly booster sessions. Participants are randomly assigned to baseline length, and report weekly during treatment and monthly at follow-up on Belief Strength of negative core beliefs, and fill out SMI, SCL-90 and SRS-A 7 times during screening procedure (i.e. before baseline), after supportive sessions, after exploration, after cognitive and behavioral interventions, after experiential interventions, and after 5- and 10-month follow-up. The SCID-II is administered during screening procedure, at 5- and at 10-month follow-up.

Segment 3

Title: Imagery Rescripting versus STAIR/Imagery Rescripting for PTSD related to Childhood Abuse: A Randomized Controlled Trial

Presenter: Sandra Raabe

PTSD related to childhood abuse is often characterized by a complex presentation of symptoms, both in the areas of PTSD and in the areas of selfview- and others, emotion regulation, interpersonal functioning, and dissociation. The symptom overlap with personality disorders is high. In a recent randomized controlled trial we tested whether Imagery Rescripting (ImRs) is a helpful technique for processing childhood trauma and reducing PTSD-symptoms when administered as a stand-alone treatment.

We examined two main questions:

1) what is the efficacy of Imagery Rescripting (ImRs) as stand-alone treatment for patients with complex PTSD related to childhood abuse

2) does the addition of a skills training in emotion and interpersonal regulation (STAIR) as a preparatory phase prior to the ImRs-treatment phase enhance the treatment effect for PTSD-symptoms.

This presentation provides data on a comparison of ImRs as stand-alone treatment compared to the sequential treatment (STAIR/ImRs) and to a waitlist control group. Data consist of single-blind obtained interview-based measures for PTSD, and self-report measures for PTSD-symptoms, schema-modes, emotion regulation, and interpersonal functioning.

Segment 4

Title: Imagery Rescripting (ImRs) vs. Eye Movement Desensitization and Reprocessing (EMDR) for PTSD related to Childhood Abuse: effectiveness on the Schema Modes

Presenter: Martine Daniels

Many patients suffering from PTSD related to Childhood Abuse also suffer from comorbid personality pathology. It is therefore preferable that the treatment of the PTSD is also effective in reducing these comorbid problems. In a multicenter Randomised Controlled Trial on the effectiveness of ImRs vs. EMDR as treatment for PTSD related to Childhood Abuse, this additional study examines two main questions:

1) Is ImRs more effective than EMDR in the reduction of dysfunctional Schema Modes/enhancement of functional Schema Modes of childhood-trauma related PTSD?

2) To what extent is the effectiveness on the Schema Modes independent of the effectiveness on the PTSD? This presentation provides data on a comparison between 12 sessions of ImRs and 12 sessions of EMDR. Data consist of single-blind obtained interview-based measures for PTSD and self-report measures of Schema Modes (pre-, post treatment and 8 weeks follow-up, N=70).

Symposium 13: Therapy in Front of the Mirror - Boost the Integration Between Different Parts

by Harold Dadomo, Alessandro Carmelita, and Marina Cirio

In the last 30 years the field of Psychotherapy and of Neuroscience have developed significantly. According to the most important and enlightening studies on the psychological health Alessandro Carmelita and Marina Cirio developed a new way of doing therapy with the patients in front of the mirror. This new procedure from clinical observation in the last 5 years has shown to be very effective with many difficult clients. This new integrative modality integrates different aspects of Interpersonal Neurobiology, Polyvagal Theory, The Still Face, Mindfulness, Internal Family System Therapy, Sensorimotor Psychotherapy, Accelerated Experiential Dynamic Psychotherapy, Emotionally Focused Therapy into the model of Schema Therapy. The result is something unique, clear and very powerful even with patients that are difficult to be treated. Every phase of the Therapy starting from the Assessment to the ending of the Therapy is made in front of a Mirror in a very specific way. The work on the different modes is systematic and always done in parallel with the work on the relationships both bottom up and up down.

Segment 1

Presenter: Marina Cirio

Marina Cirio will present the reasons of why we created this new approach of doing therapy in front of the mirror. She will talk about all the theories that support this new way of using Psychotherapy in front of the mirror. She will talk first about the development of the personality in a child related to the Attachment relationship with significant others and then she will explain why integrate aspects of different therapies into the Schema Therapy model. She will also explain why this integration should be useful to have quicker and better results also with difficult clients.

Segment 2

Presenter: Alessandro Carmelita

Alessandro Carmelita will present the procedure from the assessment to the end of the therapy. He will show the different techniques and procedures in front of the mirror and explain the rationale of all of them. He will talk about how to do the assessment creating in parallel a shared awareness of the different modes and how to create from the very first beginning the basis for a significant relationship with the patient. Then he will explain the different phases of therapy and talk about the techniques that could be used.

Segment 3

Presenters: Alessandro Carmelita and Marina Cirio

Alessandro Carmelita and Marina Cirio will talk about clinical cases and will show some videos of different interventions that can give a sense of what they usually do when using the mirror during the therapy process. They will also talk about some dangers in using the mirror showing how being in front of the mirror for different kind of patients could be perceived in a different way.

Segment 4

Presenters: Alessandro Carmelita and Marina Cirio

Alessandro Carmelita and Marina Cirio will talk about the future steps in the developing of this new modality of Psychotherapy in front of the mirror. He will talk about new possible research projects and about the publication of a new handbook that could describe in details how to practice therapy in front of the mirror.

Case Presentation 3: Topics include Schema Therapy for High-Functioning Autism Spectrum Disorder and Therapeutic Reconsolidation Process in Schema Therapy

by Fumiyo Oshima, Ida Shaw, and Pierre Cousineau

Title: Individual Schema Therapy for high-functioning autism spectrum disorder with comorbid psychiatric conditions in Young Adults: Results of a Naturalistic Multiple Case Study

Presenters: Fumiyo Oshima and discussant Ida Shaw

Schema Therapy (ST) approaches to high-functioning autism spectrum disorder (HF-ASD) in young people have yet to demonstrate differential effectiveness, and there is little evidence that young people with HF-ASD adapt ST.

We conducted a pilot study and case series for HF-ASD in adolescents. We first included patients with HF-ASD (N = 9) into a 4-week baseline phase; this phase functioned as a no-treatment control condition. Then patients began a 5–20-week exploration phase during which symptoms and underlying schemas were explored; this phase functioned as a dysfunctional emotional and behavioural control condition. Next, the treatment phase, the patients received up to 25 sessions of individual ST. WHO-QOL and The Global Assessment of Functioning (GAF) were the primary outcome measures.

The treatment period showed a significant effect on QOL and GAF scores over the no-treatment control period. In this three-case series, all four participants reported severe maladjustment at baseline and achieved remission by the end of treatment.

Conclusions: Schema Therapy shows promise as a treatment for young adults with HF-ASD.

Points of Discussion:

- schema therapy for autism spectrum disorders
- Three case series for autism spectrum disorders with adolescent

About the Presenters:

Ida Shaw

Ida Shaw, M.A. is the Training Director of the Center for Borderline Personality Disorder Treatment and Research, IUPUI. 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.

**Skill Class 8: Talking to Chairs and Feeling Good About It:
Facilitating Corrective Emotional Experiences in Chair Dialogues**

by Samy Egli and David Hoehn

Mode Dialogues in chairs is a very helpful emotion-focused experiential technique for working with modes and for facilitating emotional activation and regulation resulting in corrective emotional experiences. This is especially relevant for patients with high levels of experiential avoidance, for whom engaging in such work can already represent a crucial step with regard to schema-breaking behaviour. A brief introduction is given positioning chair work within Schema Therapy. Using case vignettes as well as cases from the experience of the participants, helpful therapeutic tools (e.g. using pad- and pocket-“modicons”) are acquired in mode dialogue chair work sequences, in which participants and presenters take the role of the patient and the therapist. Challenges such as focusing on emotional exposure and the timing for limited re-parenting are discussed.

Level of Experience Required for Participants:

Everyone

About the Presenters:

Samy Egli

M.Sc. in Applied Cognitive Psychology at the University of Zurich in 2004, after a year in research at Harvard Medical School affiliated McLean Hospital, Boston, USA in 2001. Ph.D. in cognitive psychology and psychopathology, with a research stay at the Ludwig-Maximilians-University in Munich in 2008. Master of

Advanced Studies and Certification in psychotherapy with a cognitive behavioral and interpersonal focus at the Klaus-Grawe-Institute for Psychological Therapy, Zurich and the University of Basel in 2012. After six years as a clinical psychotherapist and deputy Head of Psychology at the Schloessli-Clinic near Zurich until 2014, starting in 2015 as Head of Psychology at the Max-Planck-Institute of Psychiatry, Munich, Germany. Currently working in the continuous establishment of a method-integrative psychotherapy in clinical psychiatry, research and teaching with a focus in and passion for Schema Therapy in individual and group- in- and outpatient settings.

David Hoehn

Born in Seattle, lives in Munich, attended Medical School in Regensburg, Munich and Lille, MD from the Technical University Munich, BA in Philosophy from the Munich School of Philosophy, working as a clinical and research psychiatrist at the Max-Planck Institute of Psychiatry in Munich. Research interests include neuroimaging and imaging genetics, evolutionary psychiatry, psychotherapy research. Current clinical focus: inpatient and outpatient psychotherapy in psychiatry, with a special focus on schema therapy (applied in an individual as well as in a transdiagnostic group setting).

Session 6 - Topics Include: Pictorial Presentation of Early Maladaptive Schemas and Modes; Art Therapy for Cluster B/C Patients; Early Maladaptive Schema Domains and Defense Mechanisms; Transforming the Soldier

by Peter Graaf, Christof Loose, Suzanne Haeyen, Cemre Karaarslan, Dilay Eldogan, and Megan Fry

Session 7 - Topics Include: OCD and Imagery with Rescripting; Early Maladaptive Schemas for Alcohol/Substance Dependent; Two Faces of Narcissism; Shared Shame and Self-criticism in Group Therapy

by Barbara Basile, Brunetto de Sanctis, Stefania Fadda, Serap Guneltay, Bahar Kose Karaca, Utkan Tiyekli, Elif Uzumcu, Gonca Soygut Pekak, and Koffert Tarja

Barbara Basile

Barbara Basile, PhD, Psychologist and CBT Psychotherapist, Trainer and Supervisor in Schema Therapy, PhD in Neuropsychology, Institute "Dialogo in Schema Therapy", Frankfurt (Germany). Teaching at the School of Cognitive Psychotherapy (SPC) and Cognitive Psychology Association (APC). Wrote book chapters on OCD and on the neurobiological mechanisms underlying trauma, author of many scientific publications on Schema Therapy, Emotional Processing, and Neuroimaging in OCD and other psychopathological conditions.

Brunetto De Sanctis

Brunetto De Sanctis graduated in Psychology in 2010 at the Psychology University "La Sapienza" in Rome. He is a CBT Psychotherapist and Psychologist and works at the Cognitive Psychology Association (APC) in viale Castro Pretorio 116, Rome (Italy).

Stefania Fadda

Stefania Fadda is a CBT Psychotherapist and Psychologist specialized in Mental Health and Deafness at Gallaudet University, Washington D.C, in the Clinical Psychology PhD program. President of the European Society for Mental Health and Deafness and Director of The Center of Assistance for Deaf and Deafblind Children in Rome, Italy. Teacher at School of Cognitive Psychotherapy (SPC) and Cognitive Psychological Association (APC).

Session 8 - Topics Include: Schemas and Competitive Athletes; Russian Medical Students and Early Maladaptive Schemas; Schema Constellation in Iranian University Student; Schemas in Chronic Depression and Anxiety Disorders

by Gill Aspin, Martin Turner, Aleksandra Yaltonskaya, Denis Moskovchenko, Maryam Hedayati, Saade Malekasgar, Shima Asgari, Alexandra Schosser, Andreas Affenzeller, Birgit Senft

Keynote Presentation

Bypassing the Challenges in the Schema Therapy Supervisor Role *by Jeff Young and Jeff Conway*

This keynote will identify and address some of the most common challenges in Schema Therapy Supervision, including observing and understanding conditions for schema/mode activation and obstacles that arise for both the Supervisor and the Supervisee in the course of the Schema Therapy Supervision. We will also explore the various roles a Schema Therapy Supervisor can assume in order best meet the supervisory challenges and to attend to the important learning and emotional needs of the Schema Therapy Supervisee. It is hoped that this keynote will inspire participants to see typical supervisory challenges, although sometimes stressful and confusing, as opportunities for professional and personal growth that that could ultimately enhance schema therapy competence in the treatment room.

The learning experience will include the use of videos, demonstrations, and practice exercises with participants, as well as lecture and discussion.

This is an advanced-level workshop and will be offered to current Schema Therapy Supervisors and Advanced Certified Schema Therapists who are considering (or in the process of) becoming Schema Therapy Supervisors. This workshop satisfies the ISST requirement for Trainer-Supervisor status.

There are no prerequisites or preparatory reading suggested.

About the Presenter:

Jeffrey Young, Ph.D. is the Founder of Schema Therapy, He serves on the faculty in the Department of Psychiatry at Columbia University, is a Founding Fellow of the Academy of Cognitive Therapy, and is co-founder of the International Society for Schema Therapy. Dr. Young has led workshops for over 30 years throughout the world, including the United States, Canada, the UK, Europe, Australia, China, South Korea, Japan, New Zealand, Singapore, and South America.

Dr. Young has co-authored two Internationally best-selling books: **Schema Therapy: A Practitioner's Guide**, Guilford, 2003 for mental health professionals, and **Reinventing Your Life**, a self-help book for clients and the public. Both have been translated into many languages. He also has two DVDs in the prestigious American Psychological Association Video series one demonstrating Schema Therapy for Individuals and one Schema Therapy for Couples. Jeff Conway is the Chair of the ISST Committee on Supervisor Skills Training responsible for developing the required workshop to be certified as an ISST Supervisor Trainer. He is a founding member of ISST and a Certified Advanced Level Trainer-Supervisor since 2008.

Jeff Conway, LCSW is the Chair of the ISST Committee on Supervisor Skills Training responsible for developing the required workshop to be certified as an ISST Supervisor Trainer. He is a founding member of ISST, a Certified Advanced Level Trainer-Supervisor since 2008, and on the ISST Committee for Training and Education.

Skill Class 9: Using a Chair to Represent the Affair in Schema Couples Therapy

by Bruce Stevens

This class presents a brief overview of research about affairs and the difficulty of definition. The seven different types of affairs will be explained. Schema Therapy offers a rich model for understanding affairs in terms of mode dynamics, for example considering which mode(s) is driving the affair and how this can determine effective interventions. The use of chair-work to externalize the affair and how to encourage the couple to align with the therapist against the affair will be demonstrated. The Mode Cycle Clash Card will be demonstrated and then practiced. Also, the theme of exploring emotional learning, related to domains of schemas, will be illustrated using sentence completion, "I went into this affair because..." Finally, the question of forgiveness will be addressed. When? How?

Level of Experience Required for Participants:

Everyone

About the Presenter:

Bruce A. Stevens

Bruce Stevens (PhD, Boston University, 1987) is the Wicking Professor of Ageing and Practical Theology at Charles Sturt University, Canberra, Australia. He is an endorsed clinical and forensic psychologist, who has written seven books for publishers such as Random House, Harper Collins, PsychOz Publications, Australian Academic Press and Wiley-Blackwell. He is with Shayleen and he has four adult children. He has is a co-author of four books on Schema Therapy:

Schema therapy for couples: A practitioners guide to healing relationships, with international authors Dr Chiara DiFrancesco (USA) and Dr Eckhard Roediger (Germany), Walden, MA: Wiley-Blackwell, 2015.

Breaking negative relationship patterns, with Dr Eckhard Roediger, Walden, MA: Wiley-Blackwell, 2017.

Free to Love: Schema Therapy for Christians with Maureen Miner-Bridges New York: Novinka Publishers, 2017.

Contextual Schema Therapy, with Eckhard Roediger and Rob Brockman, in press with New Harbinger for 2018.

He has given over a hundred professional workshops in Australia and overseas.

Skill Class 10: Dealing with Anger: Tips and Tricks for Therapists in Dealing with Angry Patients

by Remco van der Wijngaart and Hannie van Genderen

Clients' anger is often the hardest thing to handle – not just for those close to the client, but also for therapists. -The client is touchy and refuses to do the exercises suggested by the therapist, leading to ever-increasing irritation. -The client exhibits sudden outbursts of rage for no apparent reason, during which he spews out all the perceived injustices. -The client becomes threatening or angry in a denigrating fashion when he feels he is not treated with respect. Therapists can react to such forms of anger in very different ways. Some find anger so difficult that they try to head off any dissatisfaction, irritation or anger in the client before it happens. However, angry clients can also provoke feelings of fear or failure, causing the therapist to feel anxious and insecure or perhaps become angry him/herself. In therapy, these interactions can lead to stagnation of the therapy process, withdrawal from therapy or feelings of despondency and exhaustion on the part of the therapist. In this workshop, the participants will learn to differentiate between the various forms of anger and then to handle these different forms of anger better with the help of tips, tricks and specific methods and techniques.

The objective of the workshop is to help participants be better able to deal with anger in the therapeutic setting. Demonstrations will involve role-playing or DVD clips, which the participants then practice. Topics covered are: -Angry Protector, Bully & Attack mode, Self-Aggrandiser, Angry Child mode, Raging Child, Angry Punishing Parent and Healthy Adult anger -Empathetic confrontation, setting boundaries, the therapeutic relationship and private schemas.

Level of Experience Required for Participants:

Everyone

About the Presenters:

Remco van der Wijngaart

Vice President, ISST

Certified Advanced Schema Therapist, Supervisor and Trainer

Remco works as a psychotherapist in a private practice in Maastricht, the Netherlands. Initially trained in Cognitive Behaviour Therapy, he was trained and supervised in Schema Therapy personally by Dr Jeffrey Young from 1996 till 2000. Remco specializes in borderline patients, patients with cluster C personality disorders as well as Anxiety and depressive disorders.

Since 2000 he frequently has been given training courses in Schema Therapy worldwide. He produced and directed the DVD series "Schema therapy, working with modes" which is considered to be one of the essential instruments in

learning schema therapy. In 2016 he co-published 2 new DVD series "Fine Tuning Imagery Rescripting" and "Schema therapy for the Avoidant, Dependent and Obsessive-Compulsive Personality Disorder."

Hannie van Genderen

Certified Advanced Schema Therapist, Supervisor and Trainer

Hannie van Genderen is a clinical psychologist/psychotherapist and is the Director of the Schema Therapy Training Institute of the Netherlands, She also has a private practice in Schema Therapy. Hannie is co-author of Breaking Negative Thinking Patterns and Schema Therapy for Borderline Personality Disorder.

Skill Class 11: The Art of Limited Reparenting - Healing the Full Scope of Dysfunctional Schema-Mode Cycles

by Poul Perris

A hallmark for personality-disordered clients is the difficulty in forming stable intimate relationships. Emotional intimacy may be perceived as unsafe and reparenting attempts in therapy may trigger dysfunctional schema-mode cycles. Bypassing rigid coping modes with empathic confrontation is an art by itself, but once accomplished a dysfunctional parent mode may "kick in". The therapist then has to shift into setting limits to the parent mode to protect the vulnerable child. Once the parent mode is put in place, the therapist has to shift stance again, this time into a reparenting mode to heal the vulnerable child. Shifting stances back and forth like this is a challenging endeavor. If performed well it will help strengthen the client's healthy adult by fostering inner-connection and self-assertiveness, as well as being a pivotal corrective emotional experience for the client's difficulties with intimacy.

In this skill class participants will be presented with a step-by-step rationale for how to conceptualize dysfunctional schema-mode cycles within the therapy relationship. Case vignettes will be presented and role-plays. The class aims to help schema therapists deepen their limited reparenting skills by focusing on how to handle the full scope of schema-mode processes as they evolve during reparenting attempts when working with complex cases.

Level of Experience Required for Participants:

Intermediate (Participants have had basic Schema Therapy Training)

About the Presenter:

Poul Perris

Poul Perris, MD, is the Director of the Swedish Institute for Cognitive Behavior Therapy and Schema Therapy. He is trained in both individual and couples therapy. Poul is a certified in both Individual and Couples Therapy as a Schema Therapist, Supervisor, and Trainer. He has served on the Schema Couples Therapy Committee since 2014.

Poul is the Founding President of the International Society of Schema Therapy (ISST), and served on the ISST Executive Board from 2008 to 2010. He also served as President of the Swedish Association for Cognitive Behavioral Therapy (SACBT), from 2010 to 2016. Poul has trained therapists nationally and internationally for over 10 years, and is the co-author of "Schematerapi en clinkers handbook & terapiberattelse," currently available in Swedish.

Skill Class 12: Getting Micro with Schema Therapy: Fine tuning Reparenting and Schema Attunement Skills

by Chris Hayes & Robert Brockman

Are you looking for ways to provide understanding and connection to your clients resulting in strong limited reparenting? As schema therapists we are encouraged to have an "Excellent ability to understand and empathize" and understand the patient's "internal reality" (Schema Therapy Competency Scale).

Attunement is seen as an essential skill of schema therapy practice, however how do we get better? Frequently it is seen as a pre-existing skill that therapists "have already" with little guidance in how to improve.

- Assist attendees how attunement is linked to attachment
- Help attendees develop a framework in gaining better attunement
- Look at therapist own schemas and how this may block effective attunement and understanding
- Looking at identifying what clients need in limited reparenting and identifying specific therapist sentiments that are attuned to needs

Level of Experience Required for Participants:

Everyone

About the Presenters:

Chris Hayes

Chris has had extensive experience in both government and private settings working with clients with complex psychological presentations. He completed advanced certification in schema therapy at the Schema Therapy Institute in New York City (USA), and was trained directly by Dr Jeffery Young. Chris is an advanced Schema Therapist, supervisor and trainer, and has completed advanced level training in Schema Therapy including Group Schema Therapy; chair-work; "shorter term" Schema Therapy; and couples schema work. In

addition, he has presented workshops in the Austria, UK, Ireland, Spain, Malaysia, New Zealand and Australia.

Chris now shares his time working as a Senior Clinical Psychologist, at both public and private settings. He is currently employed with the Health Department of Western Australia as a Senior Clinical Psychologist (within a specialist service working with those who have experienced recent or childhood trauma). Since 2014, Chris has been serving as Secretary of the Board for the International Society of Schema Therapy (ISST).

Robert Brockman

Robert has extensive experience teaching and supervising on clinical psychology masters programs in Sydney since 2010. His clinical experience is drawn from both public (e.g. Hospitals, community mental health) and private health sector positions (e.g. private practice) in Sydney. Robert currently holds a research fellowship with Australian Catholic University (ACU) where he researches psychological approaches to well-being. He has a major clinical and research interest in formulation and intervention with complex presentations that prove difficult to treat via standard evidence-based protocols. He is currently engaged in clinical research focusing on extending the schema model into novel populations (e.g. GAD, Eating Disorders, HIV Sufferers, Problem Gamblers, Forensic Patients, and Psychosis).

Skill Class 13: Looking for the Pain: The Corrective Emotional Experience in Therapeutic Relationships

by Bastian Willenborg, Rosi Reubsæet, and Guido Sijbers

Because schemas have a strong relational impact, the therapeutic relationship - called 'limited re-parenting (LR)' - plays an essential role in the schema therapy process. From a schema therapist's point of view, psychotherapeutic interventions depend essentially on the activated schema/mode combination and the underlying basic core needs. In this context, the response to a client's emotion or state should be more need-specific than emotion- or behavior-specific.

This means, for example, that the response to a detached protector mode with an activated schema of abandonment and instability should be different from a detached protector with an activated dependence and incompetence schema.

Consequently, it is important that schema therapists acquire skills to adapt the nature of LR to the patient's individual schemas, needs, modes and problems.

This workshop will give an overview of the theoretical background of different ways of LR with demonstrations. Three presenters will show their personal LR styles and how to adjust these according to the relevant schemas or needs. Moreover, they will demonstrate how to use LR to make the patient aware and connect with the pain of the unfulfilled basic core needs.

Following the demonstrations, participants will have practice opportunities in small groups.

Level of Experience Required for Participants:

Everyone

About the Presenters:

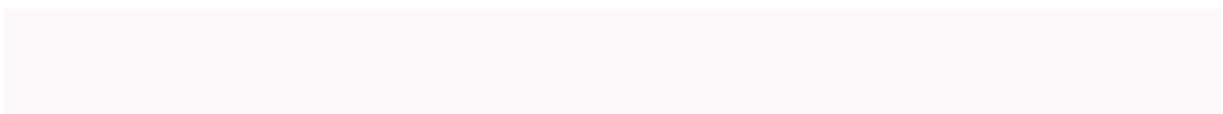
Guido Sijbers

Guido Sijbers is a clinical psychologist/psychotherapist, an Advanced Level Cognitive Behavioral Therapist, and an Advanced Certified Schema Therapist and Trainer/Supervisor.

He works with Schema Therapy to treat personality disorders using individual and in group therapy in tertiary (outpatient) health care in Maastricht, the Netherlands. Previously Guido collaborated with Arnoud Arntz at the University of Maastricht, and was in private practice in Cologne, Germany. He has been training other therapists in Schema Therapy since 1999 (ptkoeln.de).

He is one of the founders of academievoorschematherapie.nl

Since the Dutch Membership of Schema Therapy was formed in 2007, Guido has been a Senior Member, and received Advanced Certification by ISST in 2008 as a Trainer/Supervisor in individual therapy, along with Advanced Certification for Group Schema Therapy as a Trainer/Supervisor in 2014.



Round Table Discussion 2: Corrective Emotional Experiences in Child-Adolescent Schema Therapy

by Christof Loose, Ida Shaw, Maria Galimzyanova, and Sigrid Geertzema

Schema Therapy (ST) can be regarded as an enhancement and development of cognitive behavioral therapy, and integrates emotions and also developmental aspects in particular at the centre of their diagnostic and therapeutic considerations. It is also particularly suited to generating action-guiding, diagnostic and therapeutic concepts, especially in the field of child and adolescent therapy.

The aim of this round table is to establish and/or to improve a better and profound understanding of how we can support our young patients and their parental caregivers to overcome schemas (parents) and schema dispositions (children/teenagers) by means of emotionally-experienced techniques rather than cognitive interventions.

We will therefore discuss schema- and mode driven interventions within ST-CA for patients of all ages. In the center of all our considerations will be the issue of how we can learn about, and address the patient's and their caregiver's emotional needs behind their functional or dysfunctional coping strategies. Following the concept of "empathic confrontation", we will especially discuss how to soothe, validate and strengthen the Vulnerable Child mode (VCM), for the child as well as for the parental caregivers.

About the Presenters:

Christof Loose

Christof Loose, PhD, is affiliated with Heinrich Heine University at the Institute of Experimental Psychology in the Department of Clinical Psychology, and has a private practice in Dusseldorf, Germany. He is an Advanced Certified Schema Therapist, Supervisor and Trainer in Individual and Children and Adolescents Schema Therapy. Christof was the chair of the Workgroup for Schema Therapy for Children and Adolescents (ST-CA) for several years, and is the editor and author of several ST-CA books and videos (DVDs) in Germany. He conducts workshops and seminars in ST-CA worldwide.

Ida Shaw

Ida Shaw, M.A. is the Training Director of the Center for Borderline Personality Disorder Treatment and Research, IUPUI. 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.

Maria Galimzyanova

Maria Galimzyanova is an Advanced Schema Therapist and Trainer Supervisor in Individual, Group, and Child-Adolescent Schema therapy. Being an expert and an author in the area of Child-Adolescent ST, she has developed the Group model for Children and Adolescents, consistent with the GST concept by J.Farrell and I.Shaw and C-A ST approach by Christof Loose. As a professor of St. Petersburg University she lectures on schema therapy both nationally and internationally to students and professionals. Her extensive private practice is primarily focused on treating children and their parents.

Skill Class 14: Feeling the Healthy Adult Grow: Learning Through the Ups and Downs in Group Schema Therapy

by Judith Hollands and Guido Sijbers

It is one thing to get rid of dysfunctional modes and schemas, but another to build on the healthy ones. During the course of therapy, the schema therapist is aware of building on things like healthy standards, flexibility, self-compassion, perseverance, strength, etc. Especially during the (phase of) behavioral change, the patient is challenged to keep self-confidence and faith in their possibilities. Here the patient, more than ever, needs the therapists' support in strengthening the Healthy Adult (HA). Even at the end of treatment things can get shaky in sessions How can we keep track of letting the HA grow? How can we stay with the patient, but simultaneously give the patient confidence in their possibilities? How can we "withdraw" and stimulate autonomy, without patients are feeling neglected?

This skill class provides a clear guideline for the needed therapist attitude and how to act in challenging situations in the last phase of (group) therapy. There will be demonstrations how to use experiential techniques to strengthen the HA in group and individual sessions. After the demonstration, the participants will work in small groups to practice these skills.

Level of Experience Required for Participants:

All participants

About the Presenters:

Judith Hollands

Judith Hollands is a Senior Registered Drama Therapist and Senior Schema Therapist in the Dutch Schema Therapy Register. Since 2009, Judith has been working with Schema Therapy, and is one of the founders of combining Psychodrama Therapy and Group Schema Therapy in a day center for Borderline Personality Disorder in Maastricht.

Since 2013, Judith has been teaching workshops, with a focus on cooperation in multidisciplinary psychotherapy teams and in using experiential techniques in a Schema Therapy context. She is a co-founder of the Academy of Schema Therapy (Academie voor Schematherapie), and maintains a private practice.

Guido Sijbers

Guido Sijbers is a clinical psychologist/psychotherapist, an Advanced Level Cognitive Behavioral Therapist, and an Advanced Certified Schema Therapist and Trainer/Supervisor.

He works with Schema Therapy to treat personality disorders using individual and in group therapy in tertiary (outpatient) health care in Maastricht, the Netherlands. Previously Guido collaborated with Arnoud Arntz at the University of Maastricht, and was in private practice in Cologne, Germany. He has been training other therapists in Schema Therapy since 1999 (ptkoeln.de).

He is one of the founders of academievoorschematherapie.nl

Since the Dutch Membership of Schema Therapy was formed in 2007, Guido has been a Senior Member, and received Advanced Certification by ISST in 2008 as a Trainer/Supervisor in individual therapy, along with Advanced Certification for Group Schema Therapy as a Trainer/Supervisor in 2014.

Skill Class 15: Inner House: A Diagnostic and Corrective Emotional Exercise

by Christof Loose

The Inner House approach integrates mode and schema work using three levels or floors. The mode level is the top floor of the Inner House. It represents conscious experiencing and behavior in the here-and-now.

The main modes are represented here by symbols (e.g., finger puppets, mode cards). The next level is the experience level. In this space under the mode level, typical experiences from the past can be restaged. Here figures stand for people who were present in the original scene (e.g., mother, father, siblings, peers, teacher). The goal of the experience level is to provide biographical context to modes.

To understand how the restaged experience is connected to a specific mode, it is helpful to create the third level. On this lowest level, the therapist can "re-play"

a new ending to the story (instead of "re-writing"). This enables the patient to feel the difference, creating an emotionally corrective and interactive, playfully-induced experience. The contrast between the historical experience and what the patient deserved allows them to understand the roots of maladaptive schemas emotionally, and also to disempower the dysfunctional coping modes that perpetuates them.

Level of Experience Required for Participants:

Intermediate (Participants have had at least basic Schema Therapy Training)

About the Presenters:

Christof Loose

Christof Loose, PhD, is affiliated with Heinrich Heine University at the Institute of Experimental Psychology in the Department of Clinical Psychology, and has a private practice in Dusseldorf, Germany. He is an Advanced Certified Schema Therapist, Supervisor and Trainer in Individual and Children and Adolescents Schema Therapy. Christof was the chair of the Workgroup for Schema Therapy for Children and Adolescents (ST-CA) for several years, and is the editor and author of several ST-CA books and videos (DVDs) in Germany. He conducts workshops and seminars in ST-CA worldwide.

Skill Class 16: Schema Therapy for Anxiety: A Domain Focused Approach

by Hasan Alp Karaosmanoglu

It is well-known the Vulnerability to Harm schema is closely related to most of the anxiety disorders. This schema's main characteristic is the cognition that something "bad" will happen at any time and the person will be helpless. These "bad" things can be related to medical, legal, economic and natural situations. Our research about the schema domains shows that the Vulnerability to Harm schema occurs in the same domain as Pessimism, Mistrust, Punitiveness, and Self-Sacrifice. These schemas are all related to high levels of anxiety. These findings suggest that anxious people are not only sensitive to being in a helpless situation; they are also sensitive about being responsible for a catastrophe. In light of these findings, we developed a "domain focused" procedure which targets the "guilt" side of anxiety, also. In this skill class the participants will learn domain-focused schema techniques specific to anxiety for the Vulnerability to Harm schema, Pessimism, Mistrust & Abuse; and also they will learn to manage

the strong "Superego" side of the anxious people: Punitiveness and Self-Sacrifice schemas.

Level of Experience Required for Participants:

Intermediate (Participants have had basic Schema Therapy training)

About the Presenter:

Hasan Alp Karaosmanoğlu

Psychiatrist, Founder of PsikoNET Psychiatry and Training Center

Advanced Certified Schema Therapist, Supervisor, and Trainer

Hasan Alp Karaosmanoğlu works as a psychiatrist and a psychotherapist in Istanbul. He is the author of the book [Oops, Something Bad Will Happen -The Pincer of Worry: Anxiety and Conscience](#). Alp continues his ISST-approved training and certification programs in Turkey and abroad.

Skill Class 17: How Dysfunctional Modes Mess Up Your Sexuality

by Wiesette Krol and Judith van Hommerig

Schema therapy is all about the interaction between temperament, upbringing and (traumatic) experiences in the family and or the environment / at school. Schemas emerge because of the lack of fulfilling the basic needs. The literature describes schemas, coping and modes, but not sexuality. It is our experience that this theme is important in therapy and essential to elaborate. Sexuality is all about self-esteem, fear of rejection and abandonment, identity, intimacy, and distance. When we talk about sexuality in therapy, we learn more about the core themes of the patient, his schemas, and modes. How can you bring this subject up in therapy? Is it possible to use ST language? Which exercises can you use? In this skills class, we will teach you to be comfortable talking about this subject. We developed a two-year tapering treatment plan in phases. After one year of therapy, they reach the phase referred to as puberty, and we talk for a few weeks about sexuality. The client has grown and can talk about sexuality. He /she can discover what he likes or dislikes. We do experiential exercises with demanding and punitive parents, detached protectors and self-soothers. In this model, a punitive side is forcing the patient to discover dangerous forms of sexuality because he thinks he is worthless or because he is afraid of setting limits. This workshop will help you talk about sexuality with clients, give you a framework for doing this and encourage you to develop additional experiential exercises to use in individual and group therapy. Attendees at this workshop may choose patients from their case load. We look at how to regulate tension, intimacy, and distance, how to feel emotions and reflect on them, how to make healthy choices in behavior.

Level of Experience Required for Participants:

Intermediate / Advanced ST Therapists

About the Presenters:

Wiesette Krol

Wiesette Krol is a clinical psychologist, Cognitive Behavior Therapist Supervisor, and Schema Therapist Trainer/Supervisor.

From 1997- 2000, Wiesette was trained and supervised by Jeffrey Young, the founder of Schema Therapy. She has also been trained and supervised in Group Schema Therapy by Ida Shaw and Joan Farrell.

For the past 15 years, Wiesette has worked with schema therapy, treating personality disorders (cluster B and C), individually and in groups, along with ambulant and day treatment care. Previously, Wiesette was the head of the Department of Personality and Developmental Disorders at the RIAGG Maastricht. Currently, she works at the Academic Hospital in Maastricht as Manager/Clinical Psychologist.

Since its formation in 2007, Wiesette has been a Senior Member of the Dutch Schema Therapy Society, and is an ISST Advanced Certified Schema Therapist since 2008.

Judith van Hommerig

Judith van Hommerig is a Registered Drama Therapist, Psychodrama Therapist, and Senior Schema Therapist. She teaches schema therapy with her colleagues at the Academy of Schema Therapy in the Netherlands. Judith has developed new programs in schema therapy for youth, family relationship therapy, and adults with personality disorders. She is also supervising teams and individuals to help integrate specialized experiential tools within schema therapy.

Skill Class 18: Emotion-Focused Work with Vulnerable-Narcissistic Patients with a Focus on "Covert" Overcompensatory Modes

by David Hoehn and Samy Egli

Traditionally, there has been a strong focus on the grandiose subtype of narcissism (also called „overt“). Increasingly, the existence of a vulnerable subtype of narcissism (also referred to as „hypersensitive“ or „covert“ narcissism) is being recognized. While both subtypes share pronounced self-centeredness, vulnerable narcissistic patients clinically differ quite strongly from grandiose narcissistic patients, appearing introverted, defensive and avoidant, often to the degree of resembling avoidant personality disorder. On the level of social interaction, these patients can appear antagonistic or „passive-aggressive

". From a schematherapy perspective, they exhibit modes that can be conceptualized as „covert“ or „hidden“ overcompensatory modes, which are often suppressed in their outward manifestation. We will demonstrate an approach to these covert overcompensatory modes utilizing the safe space of therapy to access the modes experientially through chair work or imagery exercises. These are ways to gain access to the underlying child modes, particularly the angry child mode and redirect the anger against punitive parent modes. These interventions will be demonstrated, and participants will practice in small groups, and the challenges and pitfalls will be discussed.

Level of Experience Required for Participants:

Intermediate (Participants have had basic Schema Therapy Training)

About the Presenters:

David Hoehn

Born in Seattle, lives in Munich, attended Medical School in Regensburg, Munich and Lille, MD from the Technical University Munich, BA in Philosophy from the Munich School of Philosophy, working as a clinical and research psychiatrist at the Max-Planck Institute of Psychiatry in Munich. Research interests include neuroimaging and imaging genetics, evolutionary psychiatry, psychotherapy research. Current clinical focus: inpatient and outpatient psychotherapy in psychiatry, with a special focus on schema therapy (applied in an individual as well as in a transdiagnostic group setting).

Samy Egli

M.Sc. in Applied Cognitive Psychology at the University of Zurich in 2004, after a year in research at Harvard Medical School affiliated McLean Hospital, Boston, USA in 2001. Ph.D. in cognitive psychology and psychopathology, with a research stay at the Ludwig-Maximilians-University in Munich in 2008. Master of Advanced Studies and Certification in psychotherapy with a cognitive behavioral and interpersonal focus at the Klaus-Grawe-Institute for Psychological Therapy, Zurich and the University of Basel in 2012. After six years as a clinical psychotherapist and deputy Head of Psychology at the Schloessli-Clinic near Zurich until 2014, starting in 2015 as Head of Psychology at the Max-Planck-Institute of Psychiatry, Munich, Germany. Currently working in the continuous establishment of a method-integrative psychotherapy in clinical psychiatry, research and teaching with a focus in and passion for Schema Therapy in individual and group- in- and outpatient settings.

Round Table Discussion 3: Online Schema Therapy Special Interest Group: Emotion-Focused Experiential Work via Video Conferencing

by Xi Liu and Josh Kates

A roundtable discussion of the opportunities and challenges related to the delivery of Schema Therapy through online video conferencing technologies.

There are a number of potential benefits in delivering therapy online. However - while it allows for greater convenience, easier access, and more mobility for patients and therapists - significant potential barriers exist.

The first part of the discussion will address some of the practical issues regarding online work in any therapy modality including, for example, the management of suicidality risks and client confidentiality.

The second part of the discussion will address issues specific to schema therapy:

- How to do emotion focused experiential work when the patient is not in the same room?
- Is it possible to develop strong limited reparenting relationships online?
- What schema strategies transfer well to the video conferencing environment?

We will hear anecdotes from therapists who have grappled with some of these issues and there will be room for questions from the audience.

Workshop 7: Engineering Corrective Emotional Experiences: Designing Protocols for Group Schema Therapy in Various Settings, Treatment Lengths, and Patient Groups

by Joan Farrell, Rita Younan, Heather Fretwell, and Eelco Muste

This workshop will present a method for designing flexible protocols for Group Schema Therapy of varying lengths from 20 sessions to 2 years; for mixed or homogeneous diagnoses; with and without individual therapy sessions. This method of protocol design divides schema therapy into its major components (Mode Awareness, Mode Management and Mode Healing) and then selects structured sessions of each for the modes pertinent for a specific group and treatment length. Setting goals appropriate for various lengths of treatment and with various patient membership and plans for non-responders will be discussed. The issue of integrating individual and group ST will be addressed and the use of individual therapy "bank accounts". The need for flexibility and the caveat that ST cannot be totally manualized will be emphasized. Presenters represent and have extensive experience in university outpatient and inpatient settings, private psychiatric hospital and day-therapy programs, a large community mental health outpatient clinic, and private practice. They practice in the US, Australia and the Netherlands. They have developed protocols for a wide range of treatment lengths, patient groups and settings. The work of the presenters on protocols for Borderline Personality Disorder, Avoidant Personality Disorder, mixed personality disorders, chronic depression and complex trauma will be used as examples. Research on these protocols will be briefly summarized. The emphasis will be on participants being able to apply the method to their own patient groups and settings. Participants will work on a rough draft plan for their population and setting of interest in the workshop with presenter feedback. The emphasis is on program design not lecture.

This workshop is intended for:

Intermediate (Participants have had at least basic Schema Therapy Training)

About the Presenters:

Joan Farrell

Joan Farrell, PhD, (with her partner Ida Shaw) has facilitated self-therapy groups for over 30 years leading to their book *Experiencing Schema Therapy from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists*. Guilford Press, 2018.

She is an advanced level ISST Certified Trainer/Supervisor in individual & Group ST. She co-directs the Indianapolis Center of the Schema Therapy Institute Midwest, a training, research and practice center with ISST approved training programs in individual, Group and Child-Adolescent ST. She offers training nationally and in collaboration with ISST Training programs internationally – thirteen countries so far. She has published research articles, book chapters, a training DVD and three books on Schema Therapy. *Group Schema Therapy for Borderline Personality Disorder*, Wiley 2012 and *The Schema Therapy Clinician's Guide: A Complete Resource for Building and Delivering Individual, Group and Integrated Schema Mode Treatment Programs*, Wiley, 2014.

Joan is a licensed Clinical Psychologist, Ph.D., an adjunct professor of clinical psychology, at Indiana University-Purdue University Indianapolis and was a faculty member of the Indiana University School of Medicine (IUSM), in Psychiatry for 25 years. She is the Research Director of the Center for BPD Treatment & Research of the IUSM/Eskenazi Community Mental Health Center. She is an investigator on a number of international schema therapy outcome studies and was awarded a National Institute of Mental Health (USA) award for a randomized controlled trial of Group Schema Therapy. Joan is a member of the Executive Board of the ISST and the Coordinator for Training & Certification 2012-2018.

Heather Fretwell

Heather Fretwell, MD, graduated from psychiatric residency at the Indiana University School of Medicine in 2006. Working with mentors Joan Farrell and Ida Shaw, developers of the group schema therapy model, she created an outpatient group schema therapy program for Borderline Personality Disorder (BPD), which currently treats over 150 patients with BPD. She is Medical Director of the Center for BPD Treatment & Research at Indiana University School of Medicine (IUSOM), Eskenazi Health. Heather has worked her entire career in community mental health, specifically Midtown Mental Health at Eskenazi Health where she is the Area Chief for Outpatient Psychiatry. She also directs the Personality Disorder course for psychiatry residents at IUSOM, and is the 2018-19 President of the Indiana Psychiatric Society. As faculty of the Schema Therapy Institute Midwest-Indianapolis, her interests include expanding the knowledge and utilization of schema therapy in the US Midwest region.

Workshop 8: Fostering Connections in the Group: Combining Chair Work with Fleece: A Catalyst for Connection

by Maria Rocher and Sigrid Geertzema

In this workshop we will use techniques from Group Schema Therapy by Farrell and Shaw and show how you can combine them to improve further connection in the group. The most important task for a therapist is to create a connection with his/her clients. In the group this task expands to creating connection and safety between group members. Extending the connection between group members can be more difficult than between therapist and client because therapists know how to do this and group members trigger each other in different ways. The connection between group members is very important to get the best results from group therapy. This helps to generalize the results of therapy concerning trusting other people, not just the therapist. A good group connection helps to get clients out of their protector modes and to share more in the group. Group Schema Therapy uses a variety of experiential techniques. There are different chair techniques you can use to make clients aware of the different modes they have and how they are connected internally. We will show how you can use these techniques creatively and build up the intensity of the chair work as the group moves further along. The goal is to teach clients to be able to connect their Healthy Adult and Good Parent to the Vulnerable child, using the group as a facilitator. We have learned that you can combine the tangible connection of fleece work with other techniques and that the result is that it enables you to use

the other experiential techniques with more ease. Furthermore it helps clients to feel the holding and support from the group. Most clients have experienced loneliness and feelings of not being safe as a child. The group can be a place where they can experience a different reality and this will help them break through their schemas and get in touch with their needs. We are offering an interactive workshop with the opportunity to practice and experience the techniques and the feeling of connection in a group session. We will simulate a group session and show different examples of techniques you can use and how to go from simple to more complex chair work.

This workshop is intended for:

Intermediate (Participants have had basic ST Training)

About the Presenters:

Maria Rocher

Maria is a healthcare psychologist, a supervisor in the Dutch Schema Therapy Register, a Supervisor/Trainer in Group Schema Therapy for ISST, and a Supervisor in Cognitive Behavioral Therapy (VGCT).

She works at Psy-Q Amsterdam, and is an independent supervisor/trainer. At Psy-Q Maria works with Arnoud Arntz as a therapist in the group research programs of Farrell & Shaw. During last 5 years she has worked at the Viersprong, where Maria was a therapist in several groups for Borderline Personality Disorder (Farrell & Shaw programs). She has been working with the model for six years with groups and individual patients, and works with forensic clients, women, men and adolescents at the Waag, a forensic Policlinic in the Netherlands for the past 9 years, along with two years at G-kracht with Marjon Nadort and Jenny Broersen.

Maria is a Schema Therapy Trainer, working with Odette Brand and Eelco Muste. She has worked with clients from many different cultural backgrounds, and is also a trainer in Transcultural Psychology.

Workshop 9: Noble Knights and Divas in Dstress: How to Work with Narcissistic Patients and Challenging In Session Behavior

by Marjon Nadort

The narcissistic client often both appeals and appalls. In this workshop, attendees will gain skills in assisting such patients using Schema Therapy Mode approaches.

Attendees will learn:

- methods to assess, formulate and communicate within a schema therapy framework.
- ways to enhance schema therapy methods in using mode work and imagery rescripting.
- limit setting and methods to emphatically confront difficult behaviour

Overall, the goal of this workshop is to demonstrate and practice how to do this in a limited reparenting way, with a twinkle in our eyes and a radiant smile!

This workshop will focus on how to work with individuals with narcissistic presentations, as well as “tough in-session behaviour” that therapists often struggle with. It will assist therapists in providing effective, caring and connected responses to difficult behaviour using Schema Therapy Mode approaches.

Attendees will:

- Learn methods to assess, formulate and communicate within a schema therapy framework
- Develop ways to enhance Schema Therapy methods in using mode work and imagery rescripting
- Enhance methods to better conceptualise challenging behaviour allowing for more compassionate and skilful responses
- Learn skills in empathic confrontation and limit setting
- Access ways to increase resilience and manage own reactions to challenging behaviour

The workshop will include practical demonstrations and skills practice, and will provide new ways you can use Schema Therapy to make real changes in a group of clients that are often professionally challenging.

This workshop is intended for:

Intermediate (Participants have had basic ST Training)

About the Presenter:

Marjon Nadort

Advanced Level Certified Schema Therapist, Supervisor and Trainer

Marjon Nadort is a Mental Healthcare Psychologist and Psychotherapist. She is a Certified Cognitive Behavioral Therapist (VGCT) and Supervisor of CBT, and a Certified Supervisor and Trainer Schema Therapy (ISST). Marjon was trained and supervised in Schema Therapy personally by Dr. Jeffrey Young from 1996 till 2000. She is one of the Dutch researchers/trainers who worked on the successful

randomised control trial of schema therapy for Borderline Personality Disorder (Arch.Gen.Psychiat. 2006).

In 2012, Marjon was awarded her PhD for her thesis "**Wild at heart and weird on top: the implementation of outpatient schema therapy for borderline personality disorder in general mental healthcare.**" She works as a psychotherapist and trainer in private practice in Amsterdam, the Netherlands.

Since 2000, Marjon has been presenting and providing training courses in Schema Therapy worldwide on BPD, include recent trainings on Narcissistic Personality Disorder (NPD) in Indonesia and Australia. She produced and directed the DVD series "**Schema Therapy for Borderline Personality Disorder**" in 2006, which was one of the first instruments to help teach schema therapy in the Netherlands.

Together with Michiel van Vreeswijk and Jenny Broersen, Marjon edited The Handbook of Schema Therapy (Wiley Blackwell, 2008) in Dutch. She is a co-author and editor of several schema therapy chapters and articles. Additionally, together with Michiel van Vreeswijk and Jenny Broersen, Marjon edited The Handbook of Schema Therapy (Wiley Blackwell, 2012).

Workshop 10: Creating Corrective Emotional Experiences for Youth with Serious Behavioral Problems and their Family/Social Networks: Integrating Schema Therapy and Positive Psychology

by David Bernstein, Kim van Oorsouw, and Ingrid Candel

In this workshop, we present a new approach for helping youth with behavior problems and their family/social networks, which we have successfully piloted in a project with Child Protective Services in the Netherlands. The approach combines elements of schema therapy and positive psychology. The intervention, which we call 'schema coaching', strengthens the family/social network, promotes more positive interactions with youth, and reduces the risk of future problematic behavior. The learning objectives of the workshop are, broadly speaking, to introduce the schema coaching method for social networks and help participants develop basic levels of competence in it. By the end of this workshop, participants with even a basic schema therapy background should be able to use many of the schema coaching techniques themselves. While we have developed this integration of schema therapy and positive psychology elements for working with networks, the techniques are very flexible and can also be used in other contexts, such as individual, couples, and family therapy sessions. Thus, even participants who don't work with the family/social networks of youth with behavior problems may find this workshop helpful in their own therapeutic work. Enable participants to experience what it is like to work with the social networks of youth, experiencing and understanding the way in which we use various interventions to promote healthier functioning in the network.

This workshop is intended for:

Everyone

About the Presenters:

David Bernstein

David Bernstein is widely recognized as one of the leading innovators and researchers in Schema Therapy. He earned his PhD in Clinical Psychology from New York University in 1990, and served on the faculties of Mount Sinai School of Medicine and Fordham University in New York City. He was trained in Schema Therapy by Dr. Jeffrey Young, and worked at Young's Schema Therapy institute in New York City. Since moving to the Netherlands in 2004, he works as Professor of Forensic Psychotherapy at Maastricht University, where he conducts research on personality disorders, aggression, and antisocial behavior. He was Vice President of the International Society for Schema Therapy and is the coauthor of *Schema Therapy: Distinctive Features*, and the DVD series, *Schema Therapy: Working with Modes*.

Kim van Oorsouw

Ingrid Candel

Workshop 11: Sweeping Life Transformations: The Further Reaches of Schema Therapy

by George Lockwood, Rachel Sampson, and Jeffrey Young

Objectives:

Help intermediate and advanced Schema Therapists identify and develop the therapeutic capacities, strategies, and conceptual framework, and to work more effectively and in greater depth with more challenging patients and the ability to identify less challenging patients whose treatment will be optimized by using this enriched and expanded limited reparenting framework; a framework that involves being significantly more real, flexible and responsive than "standard" limited reparenting.

We will discuss our work with our most wounded and our "impossible" patients, the remarkable breakthroughs and sweeping changes that can occur in their lives and what they continue to teach us about life, love and the nature of therapy. These breakthroughs have been the result of a significantly expanded and more flexible framework for limited reparenting; a framework that involves a deeper, fuller and richer experience of the therapeutic process for both patient and therapist. Case examples demonstrating how this new framework emerged and how it compares to "standard reparenting" will be presented and discussed. The expanded framework includes, among other things, being significantly more real, attuned, open, playful, responsive and nurturing and working from the heart as

much as the head. The expansion also includes integrating work with individuals, couples, families and extended families and the use of limited parenting (as opposed to reparenting) for direct early intervention. The associated conceptual framework includes an integration of schema therapy theory with research findings on attachment, attachment theory and temperament and the powerful role of the latter in fueling transformations with, for example, more sensitive and higher needs patients having the capacity for an exceptionally secure attachment that can lead to exceptional capacities. This also includes an integration of the findings from emerging research on early adaptive schemas and positive parenting schemas and what this tells us about our greatest sources of leverage. We will outline and discuss how and why "standard limited reparenting" has not worked with these patients, the core characteristics these patients present with which we have found to be signs of the potential for exceptional change and the core capacities that are required on the therapists part to conduct the intensive and enriched limited reparenting that allows for these breakthroughs. We will also outline the characteristics of patients, while not as severely wounded or as highly challenging, who's treatment is significantly catalyzed by this more optimized, as contrasted to "good enough", version of reparenting. The use of two new tools to facilitate this process, the Young Positive Schema Questionnaire and the Positive Parenting Schema Inventory, will be discussed. Video taped examples will be provided.

This workshop is intended for:

Everyone

About the Presenters:

George Lockwood

George Lockwood is the Director of the Schema Therapy Institute Midwest, Kalamazoo and is a Founding Fellow of the Academy of Cognitive Therapy. He completed a postdoctoral fellowship in cognitive therapy under the supervision of Aaron T. Beck in 1982, and has training in psychoanalytic psychotherapy and object-relations approaches. He has Advanced International Certification in Schema Therapy, served on the executive board of the International Society of Schema Therapy for 8 years, has written a number of influential articles and chapters on cognitive and Schema Therapy. Dr. Lockwood has also been a central contributor in the development of two new schema therapy inventories, "The Positive Parenting Schema Inventory and the "Young Positive Schema Questionnaire" and has maintained a private practice for the past 34 years; the past 23 of which has included work with individuals, couples and families with a special interest in extremely challenging cases. Dr. Lockwood is been giving invited workshops on schema therapy throughout the U.S. over the past 20 years and has given workshops at ISST conferences in Portugal, Berlin, New York City, Istanbul and Vienna. He consistently receives outstanding evaluations.

Rachel Samson

Rachel Samson is co-director of the Centre for Schema Therapy Australia and has Advanced International Certification in Individual and Child-Adolescent Schema Therapy. In her private practice, Rachel's work focuses on developing

and enhancing secure attachment in individuals, couples, and families with complex needs. Rachel is undertaking her PhD exploring the influence of temperament on the relationship between attachment security and parenting behaviour at the University of Adelaide. She is trained in attachment-focused interventions and held a senior psychologist position with the Government of South Australia, Specialist Child and Youth Service where she provided home-based intensive family intervention for children with very complex needs. Rachel has delivered invited seminars and workshops, published research, and presented at national and international conferences, including previous ISST conferences in Istanbul and Vienna. She provides ongoing training and supervision for Schema Therapy certification and professionals working with children and families. Rachel has been awarded by the Australian Psychological Society (APS) for excellence in psychology. She has been a practitioner of Mindfulness and Zen Buddhism for over a decade and has spent time at Plum Village Mindfulness Practice Centre in France training under Zen Master Thich Nhat Hanh.

Jeff Young

Jeffery Young is the Founder of Schema Therapy, is a Founding Fellow of the Academy of Cognitive Therapy, and is co-founder of the International Society for Schema Therapy. He has lead workshops for over 24 years throughout the world, including the United States, Canada, the U.K., Europe, Australia, China, South Korea, Japan, New Zealand, Singapore, and South America. He consistently receives outstanding evaluations internationally for his teaching skills, including the prestigious NEEI Mental Health Educator of the Year award. Dr. Young has presented workshops and lectures for thousands of mental health professionals, resulting in strong demand for further in-depth training and supervision in schema therapy. He has co-authored two best-selling books with Janet Klosko: "Schema Therapy: A Practitioner's Guide" for mental health professionals, and "Reinventing Your Life", a self-help book for clients and the general public. Both have been translated in to many languages.