**Advanced Skills Development in Group Schema Therapy**

**with Ida Shaw, MA & Joan Farrell, Ph.D.**

**May 28 and 29, 2018 Rivierduinen**

**Description of the Training Days**

These two training/supervision days will provide opportunities to further develop skills in the interventions of Group Schema Therapy by participating in demonstrations and acting as group therapists in roleplayswith coaching from two of the developers of Group Schema Therapy. It is intended for schema therapists who are conducting or planning to lead schema therapy groups. There will be opportunities to present problems you have encountered in groups or GST interventions that you want to learn or polish - like imagery rescripting in a group. The content of the day will be based upon participants needs. The range of expected topics includes: group limited reparenting, group imagery rescripting, exercises to get through maladaptive coping modes, facilitating healing experiences for the vulnerable child mode, play for the happy child mode and group interventions to diminish the control of the demanding or punitive critic modes. Participation in this day will count as supervision hours in GST based upon the ISST formula to calculate groupsupervision hours.

**Learning Objectives:**

The goal of the advanced skills development workshop is for therapists to improve their mastery of selected core interventions of GST i.e. have the ability to meet the requirements of the Group ST Rating Scale. The following areas will be focused on with the length of time on each dependent upon the needs of the participants

1. Be skilled at establishing connection in the group provide a cohesiveness,
2. safe and reliable frame of GST.
3. Be able to do imagery rescripting in the group.
4. Be able to conduct multiple patient mode role plays
5. Understand and be able to employ symbols and transitional objects that match the developmental levels of the group when in child modes and for reparenting.
6. Be able to employ limit setting and empathic confrontation in groups.
7. Be able to create opportunities in sessions for Happy child mode play.
8. Help patients develop and strengthen their healthy adult mode

Phases of the behaviour therapeutic process included in the training

In general in the more open setting of a Skills Development Day we work with the issues and problems that participants present as a group, in a similar way to working with a group of patients. We weave in the phases or elements of the behavioural therapeutic process as they are needed in the learning process of the workshop.

We always refer to the theoretical model of Schema Therapy and Group Schema Therapy when we give training. It is critical for participants to know the foundation model and the goals of treatment in order to choose appropriate interventions to use with patients. ST is strategic and follows a plan based upon the model’s overarching goals. We place interventions into the context of the treatment plan as a whole and in terms of the goals of ST. In demonstrations, participants playing patients and observing get to experience or observe how

interventions are administered and how they affect the patient. The limited reparenting therapist style is also a ST intervention and we give this style particular emphasis, particularly the unique GST use of two therapists to maintain adequate connection. The ST version of relapse prevention is taught in the useof mode management plans.

**ABOUT THE TRAINERS**

Joan Farrell, Ph.D. and Ida Shaw, M.A. are advanced level Schema Therapists and Trainer/Supervisors who co-direct the Indianapolis Center of the Schema Therapy Institute Midwest, approved by the International Society Schema Therapy (ISST). The Indianapolis Center specializes in Group Schema therapy.

Joan is an Adjunct Professor in Clinical Psychology at Purdue University (IUPUI) and St. Petersburg State Polytechnical University, Russia and was a clinical professor at Indiana University School of Medicine (IUSM), in Psychiatry for 25 years. She is the elected Executive Board Member, Coordinator for Training &Certification of the International Society for Schema Therapy. Joan is the Research director and Ida is the Training Director of the IUSM/Midtown CMHC Center for Borderline Personality Disorder Treatment & Research, where Ida is.

Ida supervises the GST treatment for the six country international trial with 12 clinical sites testing GST for BPD and the trial in the Netherlands adapting GST for Avoidant PD and social phobia. Joan is co-PI with Arnoud Arntz, Ph.D for the BPD trial. Ida is an ISST Certified Child & Adolescent Schema Therapy supervisor/trainer and a member of the ISST Work Group on Child and Adolescent Schema Therapy that defined certification standards for that area.

In their work they have integrated their complementary cognitive and experiential treatment approaches with social learning and developmental psychology theory to develop a group treatment model for Schema Therapy (ST). Influenced by their 30+ years of clinical experience and by the work of Jeff Young, they adapted ST interventions and limited reparenting to a group model and developed uniquely group interventions to accomplish ST goals (Farrell & Shaw,1994, 2012). They first established the group model for outpatients in a specialty clinic for BPD at the IUSM outpatient clinic. This program was awarded an Indiana Governor’s Showcase Award in Mental Health and a NIMH grant. They went on to develop an inpatient ST program that combines individual and group modalities and directed a dedicated BPD unit for ten years at a university affiliated psychiatric hospital in Indianapolis. They evaluated their model of Group Schema Therapy in a randomized controlled trial for outpatients (Farrell, Shaw &Webber, 2009- with a grant award from the US National Institute of Mental Health) and in two inpatient pilot study (Reiss, Lieb, Arntz, Shaw & Farrell, 2013).

Both studies demonstrated strong positive effects on BPD symptoms and global

function as well as high recovery rates.

Their book *Group Schema Therapy for Borderline Personality Disorder: A Stepby-step Treatment Manual with Patient Workbook*, was published by Wiley-Blackwell, 2012. It has been published in German and Italian and is being translated into Japanese, Turkish and Polish. A three DVD Set: *Group Schema Therapy: Innovative Treatment for Personality Disorders* developed by Joan Farrell & Ida Shaw is also available, STIM-Indpls@sbcglobal.net in the US. A

second book with their colleague Neele Reiss, PhD that applies Group ST to other challenging disorders will be released this Spring by Wiley - *The Schema Therapy Clinician’s Guide*: *A Complete Resource for Building and Delivering Individual and Group Integrated Mode Treatment Programs.* Chapters on their work appear in Advances in ST (2010) and the Wiley-Blackwell Handbook of ST, Wiley 2012. They are working with colleagues in ISST on applying the GSTmodel to other patient populations and as self-therapy for schema therapists.

Joan & Ida have given keynotes, symposia and Master Clinician workshops on GST internationally for over 20 years for psychologists, psychiatrists, social workers, psychiatric nurses, experiential therapists and graduate students in these disciplines. They receive outstanding evaluations for their enthusiastic and collaborative teaching style that includes demonstrations and group role play experiences for participants.

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