Workshop 2: Schema Therapy – Beyond the Basics (3 days)

**Manchester:** Thur, Fri & Sat, 21, 22, 23, June 2012
**London:** Thur, Fri & Sat, 13, 14, 15 September 2012

This 3-day workshop is designed for clinicians who have previously completed workshops in schema therapy and are looking to develop skills in using the model. Its aim is to assist clinicians to develop more competence and confidence in the application of Schema Therapy.

This workshop will provide attendees with practical experience and guidance in the use of imagery, mode work and other techniques for change. The workshop will include a strong component of supervised practise and role-playing. It will have approximately 9 hours of dyadic work in a role-play format. Supervised role-play will focus on:

- Using mode work to identify the vulnerable child mode
- Using mode work to bypass the detached protector mode
- Methods to tackle the Punitive Parent mode
- Utilising empathic confrontation with challenging / critical clients.

Training will specifically include: working with vulnerable child modes and limited re-parenting skills. Attendees will also gain skills in conceptualising and assisting clients with self-harming behaviours, as well as working with angry and impulsive presentations. Time will also be spent using techniques to bypass the detached protector mode.

In addition, time will be spent reviewing the Schema Therapy Rating scale and identifying and developing therapist core competencies related to implementing treatment.

Specific diagnostic areas of borderline personality and narcissistic personality will be discussed, with time allocated to discuss specific treatment methodologies and conceptualisations.

In addition, allocated time will focus on clinician’s own schemas and their influence in treatment, as well as ways to respond to such problems.

For more details and to register please visit our website [www.schematherapyworkshops.com](http://www.schematherapyworkshops.com)
e-mail: info@schematherapyworkshops.com