Workshop 1

Schema Therapy – The Model, Methods and Techniques

Arnie Reed, Chris Hayes & Litsa Anthis

Workshop Venue: Canterbury Hall, 12-18 Cartwright Gardens, University of London

London

Thur, Fri & Sat
14, 15, 16 June 2012
LONDON 2012

Workshop 1

Schema Therapy – The Model, Methods and Techniques
(Thur, Fri & Sat 14, 15 & 16 June 2012 - 3 days)

Thank you for your application to attend the above workshop. Whether you are attending as part of one of our certification programmes or as a “stand-alone” workshop we are looking forward to meeting you.

This workshop will help participants gain a good understanding of the Schema Therapy model and provide a good platform for learning new skills and techniques used in Schema Therapy. Training will primarily focus on the application of treatment for BPD and complex cases that require collaborative, compassionate and effective interventions. It will provide role-play and practise of experiential exercises.

Key learning areas:
• Participants will be introduced to the Young Schema Questionnaire, Young Parenting Inventory & the Schema Mode Inventory
• Training will assist clinicians to formulate and conceptualise cases in easy to understand ways that can be shared with clients.
• Understanding and application of key components of schema therapy such as limited reparenting and empathic confrontation.
• Experience in using experiential techniques for change using imagery and chairwork.
• Gain understanding of how to utilize cognitive and behavioural components in effective treatments.
• Extensive video footage will be used to assist with learning experience and participants will have time to practise skills in dyads and receive coaching.

Certification Programme
Those attending this first workshop as part of either the Standard or Advanced Certification programme will be given more information about the requirements of the ISST, the supervision process and submission of recorded sessions for rating.

About the Presenters
Arnie Reed (Chartered Counselling Psychologist), Chris Hayes (Clinical Psychologist/CBT Therapist) & Litsa Anthis (Chartered Counselling Psychologist) are Certified Advanced Schema Therapists and Supervisors, trained directly by Dr Jeffrey Young at the Schema Therapy Institute in New York, USA. All have had extensive experience working with complex clinical presentations and have assisted in service development respectively in the UK, Australia & Greece.
Venue/Timings

Workshop Timings

**Thursday**
Registration: 8.30 – 9.00am  
Workshop Start: 9.00am  
Lunch: 12.45 - 1.30pm  
Workshop Finish: 5.00pm

**Friday**
Workshop Start: 9.00am  
Lunch: 12.45 – 1.30pm  
Workshop Finish: 5.00pm

**Saturday**
Workshop Start: 9.00am  
Lunch: 12.45 – 1.30pm  
Workshop Finish: 5.00pm

Food and Refreshments
During breaks, tea and coffee and light refreshments will be provided. In addition, lunch is provided and there are also other on-site and off-site facilities available.

Venue
This workshop (as will all of our London stand-alone and Certification Programme workshops) will be held in The Conference Room in Canterbury Hall, 12-18 Cartwright Gardens, University of London:

Canterbury Hall  
University of London  
12-18 Cartwright Gardens  
London, WC1H 9EE  
Tel: 0207 121 7500

Directions
By Tube:
Nearest underground stations: Russell Square (Piccadilly Line)  
Kings Cross (Northern, Victoria, Piccadilly, Circle and Metropolitan Lines)  
Euston Station (Victoria & Northern Line)

By Rail:
Euston, King’s Cross and St. Pancras mainline stations are within walking distance. The other London mainline stations are a tube or taxi journey away.

Car Parking Facilities:
There is also NCP at Woburn Place & Bloomsbury Place.
MARCH 2012

Map
Clicking on the first link below will take you to the University of London website. Clicking on the second link will take you to an interactive Google map of Cartwright Gardens. The technique for clicking on the link is to first hold down your control button (keep it held down), place the cursor over the link until you get the hand symbol, and then left click on the mouse.

Click here to see Conference Room, Canterbury Hall
Click here for an interactive Google map of Cartwright Gardens

Pre-Workshop Reading
To get the most out of this workshop, whether you are on the certification programme or attending the workshop as a "stand-alone" workshop, it is advisable to begin your reading as soon as possible. Previous attendees on the training have stressed how important this can be. The recommended readings are:


Note: this is a self-help book designed for clients to use themselves, but which is also very useful for the clinician.


We hope that this information sheet helps you to prepare for the workshop and to plan your journey, and arrangements during the workshop. We look forward to meeting you.

With Best Wishes
Arnie Reed and Chris Hayes
Course Directors

For details of other workshops and of the Certification Programmes leading to qualification as a Standard or Advanced Schema Therapist please visit:
Our website www.schematherapyworkshops.com
e-mail address: info@schematherapyworkshops.com

27 March 2012

Canterbury Hall, 12-18 Cartwright Gardens, WC1H 9EE