Workshop 1: Schema Therapy - The Model, Methods and Techniques

Workshop Venue: GMCVO, St Thomas Centre, Manchester

Arnie Reed & Chris Hayes

Manchester

Thursday, Friday & Saturday
22, 23, 24 March 2012
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) are Certified Advanced Schema Therapists and Supervisors, trained directly by Dr Jeffrey Young at the Schema Therapy Institute in New York, USA. Both have had extensive experience working with complex clinical presentations and have assisted in service development in both the UK and Australia.
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, coffee and snacks will be provided. Lunch will also be provided.

Venue
This workshop (as will all of our Manchester workshops) will be held in:

Greater Manchester Centre for Voluntary Organisation (GMCVO)  
St Thomas Centre  
Ardwick Green North  
Manchester  
M12 6FZ  
Tel: 0161 277 1010
Travel directions to St Thomas Centre at GMCVO

GMCVO is based at:
The St Thomas Centre, Ardwick Green North, Manchester M12 6FZ.
Tel: 0161 277 1000. Fax: 0161 273 8296. Email: gmcvo@gmcvo.org.uk
Conference Centre Reception: 0161 277 1010
Maps of St Thomas Centre
Clicking on the links below will take you to maps of St Thomas Centre and the surrounding area. 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 (“Map” or “Google”) until you get the hand symbol, and then left click on the mouse. From here you can manipulate the map and get more detail.

Click here for interactive ‘Streetmap’ of St Thomas Centre and surrounding area
Click here for interactive Google map of St Thomas Centre and surrounding area

Directions / Useful travel information
Public Transport

Buses
There is a frequent bus service between London Road (the road linking Piccadilly railway station to Piccadilly Gardens) and Ardwick Green via bus nos 192, 196, 201, 203, 204, 205. The journey takes less than 5 minutes and is operated by Stagecoach Manchester. For local public transport information contact GMPTE on 0161 228 7811.

Trains
Piccadilly Station –
By Bus – take the Fairfield St exit from the station (signed “local buses”). As you leave the station by the taxi stand the bus stop is immediately on your right on the same side of the road. You can take any of the bus nos. above and ask for Ardwick Green.
On Foot – (approx. 12 minutes) take the Fairfield St exit from the station. Walk straight ahead and cross Fairfield St by the pedestrian crossing (ignoring the crossing to the right). Follow London Road under the railway bridge. Continue past the McDonald Manchester hotel following the sign for the A6 to Stockport. Cross under the flyover (Mancunian Way) and London Road becomes Downing Street. Continue past Storage King and the School of Sound Recording until you arrive at Ardwick Green North. Turn left past the army base and follow the road around to the right behind the park. The St Thomas Centre is the church building on the left set back from the street next to the Church Inn.

Victoria Station – on arrival you can transfer onto the Metrolink tram with your train ticket for your journey to Piccadilly Station. Exit Piccadilly Station and take a bus or walk as outlined above. For National Rail Enquiries telephone 08457 484950.

Taxis
Mantax and Taxiphone (London Cabs) are readily available from both railway stations and have a number of adapted cabs to facilitate wheelchair users, please ask at rank. This is approximately a 10 minute journey from Piccadilly and 20 minutes from Victoria, ask for the St Thomas Centre on Ardwick Green North just behind Ardwick Green Park, next to the Church Inn.

Car
Route information can be found on the following page.
Parking
There is unrestricted parking along Ardwick Green North and Niven Street (behind the St Thomas Centre).
Route Information (Updated January 2011)

From:

THE NORTH VIA M6, M61, M60
Join M60 (going East - signs for Liverpool/Manchester Airport/M6), following signs for Stretford. Leave at exit 12 and join M602 at Salford. At the end of the motorway follow A57 Manchester (Eccles New Road becoming Regent Road). Drive for 3 miles then fork right under railway and join A57(M) Mancunian Way. Continue along Mancunian Way following signs for A6 Sheffield/Stockport/Ardwick, turn right at traffic lights, pass under fly-over, and travel approx. 200 metres, turn left at Ardwick Green North, turn first right, keeping the park on your right. The St Thomas Centre is approx. 100 metres on your left next to the Church Inn pub.

YORKSHIRE VIA M62
Leave at exit 17 Prestwich/Salford and follow A56 towards Manchester for 4 miles (Bury New Road becoming Great Ducie Street). Enter City under bridge (Victoria Station) and continue straight ahead, still on A56 into Deansgate. Travel to the end of Deansgate and join A57(M) Mancunian Way and follow instructions as for travelling from the North via M6, M61 and M60.

DERBYSHIRE VIA A6
Follow A6 signs towards Manchester City Centre until reaching roundabout junction with A57 at the Apollo Theatre on your right. Leave the roundabout at the third exit. Ardwick Green Park will now be on your left. Turn 1st left, keeping the park on your left. The St Thomas Centre is approx. 300 metres on your right next to the Church Inn pub.

THE POTTERIES A34
Following signs for Manchester through Congleton and Wilmslow, 4 miles north of which the A34 becomes a dual carriageway. Pass over the M63, drive for 3 miles and at the roundabout take the 2nd exit and follow the Longsight signs. (Ignore the A34 for the City Centre which takes the 1st exit and passes under the railway). In 1 mile merge with the A6 and follow the road towards the City Centre as for Derbyshire via A6.

THE SOUTH & MIDLANDS VIA M6
Leave M6 at exit 19 and follow A558 (signs for M56 East) for 4 miles. Join M56 (junction 7) and follow to the end as for travelling from North Wales and Chester via M56.

NORTH WALES & CHESTER VIA M56
Follow Manchester signs to end of M56 motorway and continue straight ahead into A5103 Manchester for 4 miles. On reaching end junction follow signs for Mancunian Way A57(M) Sheffield/Stockport/Ardwick signs. Travel along Mancunian Way until signs for Sheffield/Stockport/Ardwick, turn right at the traffic lights under the fly-over and follow for A6 as for travelling from the North via M6, M61 and M60.

MERSEYSIDE VIA M62, M602
Leave at exit 12 and join M602 Manchester. At the end of the motorway follow A57 Manchester as for travelling from the North via M6, M61 and M60.

We hope that this information sheet helps you to plan your journey and arrangements during the workshop, and 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: info@schematherapyworkshops.com