

## Schema Therapy 1-day Workshop 2018

### (1) Structure and process of a typical schema therapy session ½ day (2) Working with OCPD ½ day

This workshop has been designed for clinicians who would benefit from guidance on the structure and process of a schema therapy session and also to introduce clinicians to the application of schema therapy to clients with OCPD or OCPD-type difficulties. Therefore, the day will be split into two distinct parts. The morning will consist of working with OCPD and the afternoon will focus on the structure and process of a typical schema therapy session. The second part of the day will also focus on commonly experienced difficulties facing clinicians working with challenging cases across diverse diagnostic criteria, including working with detachment, intense mood states & problematic behaviours. The precise direction and focus of the second part of the day will be developed from the needs of the workshop group on the day. It is assumed that attendees have a clear understanding of the Schema Therapy model. Video footage and/or live demonstrations will be used to assist with this learning experience.

#### Key learning areas

Participants will gain:

- A total of 3 hours of supervised role-play: this will focus on the modes classically associated with OCPD: vulnerable child mode; demanding parent mode & perfectionistic overcontroller mode, and also on modes which become relevant in the second part of the day).
- A total of 3¼ hours of didactic (including discussion/demonstrations/videos) teaching on general elements of schema therapy, OCPD, structure and process of a typical schema therapy session, and commonly experienced difficulties facing clinicians.
- Experience of developing a session focus and maintaining structure through the use of attunement, understanding and empathic confrontation.

#### About the Presenter

Dr Arnie Reed, Chartered Counselling Psychologist and Certified Advanced Schema Therapist and Supervisor, was trained directly by Dr Jeffrey Young at the Schema Therapy Institute in New York. He has extensive experience working with complex clinical presentations both within the NHS and in private practice. Arnie has been a director of, and leading trainer on schema therapy certification programmes, since 2010. He has also provided supervision and guidance to numerous candidates who have successfully completed the training programme and become certified advanced level schema therapists themselves.

**Date:** 14 June 2018 (Manchester) & 13 Sept 2018 (London) (Timings: 9.00AM-4.30PM)

**Location:** this one-day workshop will be held in both London & Manchester, with participants choosing their preferred venue.

**Who should attend:** Anyone using schema therapy who has had some training and experiential practise and wishes to develop their skills.

**Price: £210**

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](http://www.schematherapyworkshops.com)  
or email [info@schematherapyworkshops.com](mailto:info@schematherapyworkshops.com)