



International workshop



ISST-Curriculum in Schema Therapy

International workshop

- Presenter:** Eckhard Roediger, MD, Advanced Level Schema Therapist and Supervisor-trainer (ISST e.V.), Psychotherapy Practice & Director of the Centre for Schema Therapy Frankfurt.
- Eva-Frank-Noyon, PhD, Advanced Level Schema Therapist and Supervisor-trainer (ISST e.V.), Psychotherapy Practice.
- Julia Hinrichs, Psychological Psychotherapist, Advanced Level Schema Therapist and Supervisor-trainer (ISST e.V.): Psychotherapy Practice.
- Place** Tieteiden talo, Kirkkokatu 6, Helsinki. <http://www.tieteidentalo.fi/>
- Dates:** Th, Fr: 11. & 12.4.2019
Th, Fr: 6. & 7.6.2019
Th, Fr: 22. & 23.8.2019
- Thursdays 8.30-18.00 and Fridays 8.00-15.30 (6 days 40 hours)
- Supervision needed for ISST certification application can be arranged by the Trainers of this curriculum or by other trainers associated with the Frankfurt Schema therapy Institute in person in Finland or as online supervision.
How to organize the supervision is discussed at first training session in April.
- To whom:** Psychotherapists (CBT, CT, and psychodynamically trained therapists).
Maximum number of participants 20 and minimum 15 for workshops.
For workshop's registration the requirement is that you are officially allowed in your country to do psychotherapy independently; you need to hold at least a master's degree in psychology, clinical social work, psychiatric nursing or a counseling area that leads to licensing; or a medical degree with psychiatric residency. (If you have Bachelor's degree in nursing, your eligibility will be considered separately).
- Each Workshop counts 18 units. All three together fulfil the ISST requirements for certification. You can also attend only the workshops if you are not applying for ISST-certification. More info about certification see <https://schematherapysociety.org/2017-2018-ISST-Individual-Certification-Requirements>
- Price:** Workshops (6 days) 1850 €+ vat 24%
Members of FACBT Workshops (6 days) 1450 €+vat 24%.
+ Supervision costs (to those who want to be able to apply the ISST certification - the fee for supervision is approximately 100-130 €/50 min for individual supervision. Total costs depend on how much online supervision or group supervision is used.
- NOTE!** It can happen that the minimum number of participants will not be reached, so - if you book a flight or a hotel already now - please chose a rate with refund options.

Registration: On-line Training calendar <https://luote.fi/koulutuskalenteri> 11.1.2019 latest. In case of cancellations after 11.1.2019 50% of the price will be charged.

Info: luote@luote.fi or susan.laitala@luote.fi +358503074858 or [Eckhard Roediger <kontakt@eroediger.de>](mailto:Eckhard.Roediger@eroediger.de) (specially for requirements for certification)

Summary:

ISST-Curriculum in Schema Therapy in Helsinki (Finland) International workshop [brochure](#)

Schema Therapy (ST), developed by Jeffrey Young, is an enhancement and development of cognitive behavioral therapy (CBT), and particularly integrates emotions, but also developmental aspects centrally in their diagnostic and therapeutic considerations. In addition, ST is based on a model of schemas, modes, basic needs and "their fate" during the life course. Therefore, ST - as the technical and strategic variant of CBT – seems to be particularly suited to generate action-guiding, diagnostic and therapeutic concepts especially in treating clients with any kind of personality disorders or therapy resistant Axis-I-disorders maintained by dysfunctional interactional patterns, since ST is a transdiagnostic approach. In total there is three workshop units (WS 1-3). First the schema therapeutic conceptual model (schemas, modes, coping strategies), the underlying theory (central importance core needs in the context of developmental tasks), possible diagnostic means (including questionnaires) and requirements in the therapeutic attitude (e.g. concept of “limited reparenting” and “empathic confrontation”) are outlined. However, in the center of the workshop series are training schema therapeutic strategies and practice units in dyads. See the detailed brochure of curriculum [here](#).

Content of the ISST-certified Schema therapy curriculum

ISST certified Training director: Eckhard Roediger, IST-Frankfurt
(All Workshops count 18 units of 45 min)

Module 1 (Eckhard Roediger, MD):

- Schemas, Coping Styles, and Modes: Defined and Differentiated
- Psycho-education about needs and other conceptual underpinnings
- Assessment and Case conceptualization based on interviews, imagery, in-session observation and inventories
- Making a therapy plan and conducting the therapy process
- Therapy relationship balancing Limited Re-Parenting and Empathic Confrontation
- Introduction into a contextual perspective in Schema therapy

Module 2 (Eva Frank-Noyon, PhD):

- The role of experiential techniques in making change
- Linking Schemas with Early Childhood Experiences
- Use of Imagery rescripting,
- Cognitive strategies like Flashcards and Diaries
- Role plays and Imagery Rehearsals
- Dealing with homework assignments and behavior change strategies

Module 3 (Julia Hinrichs, Psychological Psychotherapist):

- Therapy Relationship Work (including the appropriate use of self-disclosure)
- Schema Mode Work with BPD and NPD and detached protector modes
- Limited Re-Parenting, Empathic Confrontation, and Limit-Setting with difficult clients
- Confronting Maladaptive Coping Modes and Punitive and Demanding Critic Modes
- Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients.
- Therapist self-care