



Schema Therapy Training Course (6 days)

Program Curriculum Approved by ISST Certification

Presenter PROGRAM DIRECTOR AND TRAINER

REMCO VAN DER WIJNGAART

ADVANCED LEVEL SCHEMA THERAPIST AND SUPERVISOR-TRAINER IN SCHEMA THERAPY (ISST E.V.).

Remco van der Wijngaart, psychotherapist in an outpatient clinic in Maastricht, the Netherlands. Initially trained in Cognitive Behaviour Therapy, he was trained and supervised in Schema Therapy personally by Dr Jeffrey Young from 1996 till 2000 as part of a multi-centre Dutch study on the effectiveness of Schema therapy in treating Borderline Personality Disorder. In 2006 Jeffrey Young trained and supervised him in treating cluster C patients. Since 2000 he frequently has been giving workshops, training courses and supervision in Schema Therapy worldwide (e.g. UK, Poland, Ukrain, Australia).

Venue Vironkatu 7 C 2, 00170 Helsinki (entrance from inner yard)

Dates 14. – 15.1.2021 Thursday 8.30 - 16, Friday 8 - 15.30
11. – 12.02.2021 Thursday 8.30 - 16, Friday 8 - 15.30
25. – 26.3.2021 Thursday 8.30 - 16, Friday 8 - 15.30

To whom Psychotherapists (CT, CBT, Cognitive-integrative, Cognitive-Analytic)
Maximum number of participants 20 and minimum 15 for workshops.

NOTE For ISST certification see the requirements at the end of this brochure and

<https://www.schematherapysociety.org/resources/Documents/2-2017%20ISST%20CERTIFICATION%20REQUIREMENTS.pdf>

Supervision needed for certification application can be arranged by Remco van der Wijngaart and other ISST certified supervisors. Needed individual supervision hours are 20, group supervision is also possible then more hours are needed (converting table at the ISST certification requirements). How to organize the supervision is discussed at first training session.

- Price** Workshops (6 days) **1850€ + VAT 24%**.
- Members of FACBT (*Finnish Association for Cognitive and Behavioural Therapies*):
Workshops (6 days) **1450€ + VAT 24%**
- + **Supervision costs** (to those who want to be able to apply the ISST certification)
- The invoice can be paid in 1 or 3 parts.
Price includes teaching materials and graduation coffee on 26.3.
- In case of cancellation after 14.9.2020, 50% of price will be charged.
- Registration** <https://luote.fi/koulutuskalenteri> latest **14.9.2020**
- Information** luote@luote.fi or kaisa.rauhala@luote.fi

SUMMARY OF THE CURRICULUM

The present course aims to familiarize participants with the core elements of schema therapy and the main methods and techniques in the treatment of personality disorders or chronic Axis 1 disorders.

At the end of six days, the students will be able

- to detect schemas and schema modes
- to identify and make a case conceptualisation of the patient in terms of basic needs, schemas, coping styles and modes.
- to use the therapeutic relationship of Limited reparenting as the main tool in the reworking schemas and schema modes.
- to use the foremost methods and techniques, such as cognitive techniques and experiential techniques as guided imagery rescripting, chair work and historical role playing.

To achieve this, use is made of a diverse and vibrant curriculum in which short introductions to topics are interspersed with demonstrations (role playing or DVD clips) after which the students practice the skills demonstrated by themselves and then discuss these experiences in the group.

Great importance is attached to a safe and pleasant learning environment in which students learn the basics of schema therapy. At the end of the course participants will be able to, supported by peer review and supervision, perform schema therapeutic treatments.

Supervision is possible to start after 2nd workshop, Remco van der Wijngaart and other ISST certified supervisors are available for supervision. Both the training and the supervision may count for certification for the International Society for Schema Therapy (ISST).

This course deals with the diagnosis and treatment of personality disorders (particularly cluster B and C) and, inter alia, includes the following components:

- Assessment.
- Identifying schemas, coping styles and schema modes including using questionnaires, the downward arrow technique and imagery. Summarizing the information on a case conceptualisation form and making a case conceptualization model or mode model.
- Application of the therapeutic relationship.
- Limited reparenting, empathic confrontation, setting limits and exploring one's own schemas.
- Experiential techniques: Imagery rescripting, historical role playing, and two or more chair work techniques.
- Specific cognitive techniques and psycho-education: Administering a schema diary, multi-dimensional evaluation, pie chart and flashcards. Give psycho-education regarding the basic needs and how schemas arise when these basic needs are not met in childhood.
- Learning new functional behaviour. Learning how you can fulfil your basic needs in a healthy way. Roleplay, training skills and experiments

The course is taught by Mr. Remco van der Wijngaart, who was personally trained and supervised by Jeffrey Young in the 1990s as a schema therapist. As Vice President of the International Society of Schema Therapy (ISST), he is training director of an education program approved by the ISST. Hence participants can have this course count toward the certification process for the ISST.

To qualify for certification in Schema Therapy a person must fulfill the following two qualifications:

1. Academic training: 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 (or residency equivalent if it is defined differently in that country).
2. License or certification for practice psychotherapy: In countries that certify or license the above professions, a person must be certified or licensed by either the government body or professional organization which grants this. If no such control exists in a country, the standard of one of the national or international professional psychotherapy organizations must be met to fulfill this requirement. If you belong to another group that is licensed or certified to practice psychotherapy in your country, please submit this information with your academic qualifications to be considered for certification application.

The ISST is in the process of adding certification categories for those who are not psychotherapists working independently, rather mental health professionals working on a team or in an approved treatment program under the direction of Advanced level certified schema therapists.

For more requirements see:

<https://www.schematherapysociety.org/resources/Documents/2-2017%20ISST%20CERTIFICATION%20REQUIREMENTS.pdf>