



introduce

Contextual Schema Therapy: A Guide to Integrating ACT and 3rd Wave Therapy Approaches to Build the Healthy Adult Mode in Schema Therapy

presented by:

Doctor Robert Brockman

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ISST Accredited Schema Therapist, Supervisor & Trainer

1-day workshop

Tuesday 2nd April 2019
9.00am to 5.00pm

Venue: 87 Club Street, #03-01, 069455, Singapore

Course Fee:

Early Bird Registration: SGD 299.00
(pay by 02/01/2019)

Standard Registration: SGD 349.00

To register, click [here](#) or email: Admin@Elephant.com.sg

Focus: The Healthy Adult mode is the backbone of a successful schema therapy treatment. Despite this key role, a detailed description of how the Healthy Adult mode can be explicitly enhanced in schema treatment has been lacking in the literature. This one-day workshop presents an approach to developing and strengthening the healthy adult part of the self, based on content from our recently published book "Contextual Schema Therapy" (Roediger, Stevens, & Brockman, 2018). We define the Healthy Adult mode and outline how this mode can be explicitly promoted in Schema Treatment including drawing on core ACT (Acceptance and Commitment Therapy) and 3rd wave therapy processes including mindfulness, acceptance, values, and self-compassion. Finally, the implications of this broadened scope on traditional schema therapy techniques (e.g. chair mode-dialogues) will be demonstrated for use in small group exercises. This workshop is likely to interest 3rd wave/ACT practitioners curious about schema therapy, as well as more seasoned schema therapists interested in 3rd wave/ACT integration, and implications for building the healthy adult mode.

Implications for the ACT practitioner of the schema model will also be discussed including examples of ACT consistent and inconsistent interventions, and ways in which the models can complement each other.

Presenter Bio: Dr Brockman has extensive experience teaching and supervising on clinical psychology masters programs in Sydney since 2010. His clinical experience is drawn from both public (e.g. Hospitals, community mental health) and private health sector positions (e.g. private practice) in Sydney. Robert is also a current consultant clinical supervisor for IMH Singapore. Robert is accredited by the International Society for Schema Therapy (ISST) as a schema therapist, supervisor, and trainer. Robert currently holds a research fellowship with Australian Catholic University (ACU) where he researches complex presentations that prove difficult to treat via standard evidence-based protocols. He is currently engaged in clinical research focusing on extending the schema model into novel populations (e.g. GAD, Eating Disorders, HIV Sufferers, Problem Gamblers, Forensic Patients, and Psychosis). He has co-written a book entitled [Contextual Schema Therapy](#) with Eckhard Roediger MD & Bruce A. Stevens PhD. Robert regularly conducts schema training events around Australia and Asia.



Eckhard Roediger, MD
Bruce A. Stevens, PhD
Robert Brockman, DClinPsy

Foreword by Wendy T. Sabary, LICSW
Foreword by Jeffrey Young, PhD

Contextual
Schema
Therapy

An Integrative Approach to
Personality Disorders, Emotional Dysregulation
& Interpersonal Functioning