

introduce

SCHEMA THERAPY FOR BORDERLINE PERSONALITY DISORDER AND COMPLEX TRAUMA MASTER CLASS

presented by:

Dr Rita Younan

Clinical Psychologist

Advanced Schema Therapist Individual & Group Schema Therapy

Director and Founder of the Schema Therapy Institute Australia

**SCHEMA THERAPY
INSTITUTE AUSTRALIA**

Training | Treatment | Research

Course Fee for 2-day workshop:

Super Early Bird:	SGD 599 (pay by 30 Nov 2018)
Early Bird:	SGD 699 (pay by 31 Dec 2018)
Standard:	SGD 799

2-day workshop

28th – 29th March 2019

9.00am to 5.00pm each day

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

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

This two day masterclass focuses on Schema Therapy for developmental trauma, incorporating Interpersonal Neurobiology, The Polyvagal theory, Somatic Psychotherapy, bottom up and top down approaches and the phases of intervention.

Training Objectives Include:

- A focus on experiential and Emotion Regulation techniques in Schema Therapy to use in session with reference to the three phases of treatment, i.e., Bonding & Regulation, Schema Mode Change & Autonomy.
- Understanding the three phases of treatment (bonding and regulation, mode change and building autonomy)
- Using experiential and emotion regulation techniques
- Cognitive, Experiential, Behavioural Pattern Breaking for this clinical population will be discussed in detail, including the importance of Safety & Stabilisation before the use of Schema Mode Change Techniques.
- Understanding Flight, Fight and Freeze responses, bypassing coping modes by building therapeutic presence
- Limited reparenting when working with child modes using connection, co-regulation and self regulation
- Incorporating ideas from Polyvagal theory, (Porges, 2016), Interpersonal Neurobiology (Segal, 2000), Somatic Psychotherapy (Fisher & Ogden, 2015) and Stages of Treatment (Ford & Cortois, 2000) when applying Schema Therapy Techniques.

*A working knowledge of Schema Therapy and the Mode Model is recommended

Please note that bookings can only be confirmed when full payment is received.

More details of the course available upon request.

ABOUT THE TRAINER

Dr Rita Younan

Dr Rita Younan is a clinical psychologist and director and founder of the Schema Therapy Institute Australia. Dr Younan is certified in both Individual and Group Schema Therapy and has an accredited training program. In conjunction with Professor Joan Farrell and Ms Ida Shaw, Dr Younan implemented an inpatient and outpatient Group Schema Therapy Department at a private psychiatric hospital in Melbourne, Australia. A feasibility study on the effectiveness of this treatment program was recently published in Behavioural and Cognitive Psychotherapy. Dr Younan works in private practice, using mostly schema therapy in both an individual and group setting and is involved in a number of research projects; she is also on the Group Certification Committee and Quality Assurance Committee for the International Society of Schema Therapy.

