

## GROUP SCHEMA THERAPY WORKSHOP

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 3-day workshop: **EARLY BIRD EXTENDED!**

Group Booking (2+ pax)	SGD 770
Early Bird:	SGD 999 (pay by <del>31-Dec-2018</del> 31 Jan 2019)
Standard:	SGD 1,100

3-day workshop

25<sup>th</sup> – 27<sup>th</sup> March 2019

9.00am to 5.00pm each day

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

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

This 3 day workshop gives you an opportunity to learn Group Schema Therapy ('GST') and represents the training component of the Standard level international certification in Group Schema Therapy ('ST') approved by International Society of Schema Therapy. **No previous Schema Therapy training necessary** in order to attend the workshop however reading around the subject prior to attendance is recommended.

The training presents the GST model and its core interventions. Group Schema therapy functions in the same way as individual ST – i.e. therapist limited reparenting and mode change interventions are determined by the mode a patient is in rather than by disorder. Participants play their own patients thus providing examples of using GST interventions for the presenting modes of various diagnostic groups. Core GST interventions include: group limited reparenting, group imagery re-scripting, mode-specific group role-plays, experiential group work and the distinctive two therapist model that is considered crucial for maintaining the essence of limited reparenting with the more severe disorders. These interventions can also be used in individual schema therapy and individual use is discussed based upon the interests of participants. The workshop incorporates: didactic sections with powerpoint and group discussion, demonstrations by facilitator in which the workshop participants play patients, DVD segments of the GST developers leading a group and opportunities for participants to practice interventions with coaching and feedback. The first two days are primarily didactic with numerous demonstrations of interventions with participants playing the patient group. Day three includes practice of interventions in small groups.

You will receive a certificate of attendance upon completion that can be used for ISST certification documentation in Group ST.

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

## 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.



### A quote from the founder of Schema Therapy, Jeffrey Young PhD, who attended a Farrell-Shaw Workshop:

*“Group Schema Therapy has the potential to deliver the powerful treatment strategies of the schema approach in a more cost effective manner than has been possible with individual schema therapy -- with equivalent or perhaps superior results. The approach Joan and Ida have developed is truly unique, exciting and promising”*

Jeffrey Young Ph.D.

Schema Therapy Institute of New York

Columbia University, Department of Psychiatry

## TRAINING SCHEDULE

1. Introduction: the general model for group schema therapy, didactic brief review outcome research
2. Using the therapeutic factors of a group to catalyze and augment schema therapy interventions
3. Overview of constants & changes: ST compared to GST
  - a. limited re-parenting for group:
  - b. experiential work
  - c. cognitive work
  - d. behavioral pattern breaking
4. Video of GST with bpd patients & discussion
5. Beginning the group: connection, safety & cohesiveness
6. Working as a co-therapist team
7. Maladaptive coping modes: avoidant coping modes
8. Maladaptive coping modes: overcompensation and surrender modes
9. Vulnerable child mode
10. Angry child work
11. Impulsive/undisciplined child work
12. Evoking the happy child for balance through play
13. Parent mode work
14. Parent mode work continued – demanding parent mode
15. The healthy adult mode
16. Addressing the modes and needs of various patient populations

