



ELEPHANT

THErapy & TRAINING
EMPOWERING COMMUNITIES

host

ACCREDITED SCHEMA THERAPY TRAINING FOR DIFFICULT COUPLE ISSUES

presented by:

Professor Bruce Stevens

Clinical and Forensic Psychologist
PhD (Boston University), Member of Clinical and
Forensic Colleges APS, Advanced Trainer in Schema
Therapy (ISST) for Individual and Couple therapy

2-day workshop

Wed 11th to Thurs 12th September 2019
9.00am to 4.00pm each day

Fee for 2-day workshop:

Super Early Bird: SGD 599.00 (pay by 30 Apr 2019)

Early Bird: SGD 649.00 (pay by 30 Jun 2019)

Standard: SGD 699.00

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

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

Schema Therapy has recently been adapted to treat very difficult couples where one or both have traits of personality disorder. ST has easy-to-grasp concepts, such as schemas and modes, which make sense of the couple's past experiences, educate them, and open the door to allow them to speak freely about ways in which both can feel more connected. This 2 day workshop will include an introduction to Schema Therapy, assessment with genogram, working with emotional focus, inter-relationship of schemas and modes, mode mapping and Mode Cycle Clash Cards. The main techniques of visualization and chair-work are adapted to working with couples. There is a focus on dealing with affairs and the discovery of hidden learning for couples. Using ST for couples can lead to lasting change in relationships.

This accredited workshop would be useful for a range of clinical psychologists (including students), but best suited to those who have completed their basic accredited three day training in Schema Therapy.

We expect the workshop to reach full capacity so please book early to avoid disappointment.

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

Learning Outcomes

1. Introduction to the language of Schema Therapy, brief review of the evidence base of effective treatment of those with a personality disorder, and other approaches to working with couples;
2. The skill of couple assessment using a genogram and understanding 'schema chemistry'.
3. Working hot with schema attunement.
4. Able to use Mode Cycle Clash-card and introduction to mapping modes to form a ST case formulation for couple issues;
5. Practice using chair-work with modes with a focus on affairs;
6. Begin to use visualization with care behaviours (couple homework). Implications for re-scripting childhood memories relevant to couple issues;
7. Use of sentence completion for Hidden Learning in relationships. How hidden learning makes schema learning more specific.

****Registrants will be provided with a free copy of Dr Steven's booklet "Hidden Learning" prior to the course****

Workshop Content

1. Provide a brief review of the evidence base of ST in providing an effective treatment of those with a personality disorder, and approaches to working with couples (such as EFT-C).
2. Introduce couple assessment with a genogram and provide an understanding of 'schema chemistry'.
3. Introduce and practice schema attunement with couples.
4. Using the Mode Cycle Clash Card. How to map mode interactions.
5. Understand the dynamics of affairs and how to do chair-work with couples.
6. Discussion of ways to use visualization with couples. Try with a homework assignment.
7. Introduce a more inclusive ST model using the concept of hidden learning and how this is relevant to treating couples.
8. Theory, Assessment, setting and Case Conceptualization
9. Therapeutic relationship, Case management and Ethics
10. ST-C technique for emotional activation and pattern breaking
11. Building a joint vision for the relationship
12. Specific Problems in STC

About: Dr Bruce Stevens

(PhD Boston University, 1987) is the Wicking Professor of Ageing and Practical Theology at Charles Sturt University, Canberra, Australia. He is an endorsed clinical and forensic psychologist and has Advanced Schema Therapy accreditation with ISST in individual and couple therapy. Dr Stevens has written eight books for publishers such as Random House, Harper Collins, PsychOz Publications, Australian Academic Press, New Harbinger and Wiley-Blackwell.



Recent relevant publications or papers:

Schema therapy for couples: A practitioner's guide to healing relationships with international authors Dr Chiara DiFrancesco (USA) and Dr Eckhard Roediger (Germany), Walden, MA: Wiley-Blackwell, 2015.

Breaking negative relationship patterns (self-help Schema Therapy) with Dr Eckhard Roediger, Walden, MA: Wiley-Blackwell, 2016.

Fit to practice: How to manual for psychologists with Kaye Frankcom and Phil Watts, Brisbane: Australian Academic Press, 2016.

Contextual Schema Therapy with Eckhard Roediger and Robert Brockman: New Harbinger Publications, 2018.

Convenor of Clinical Psych program at University of Canberra (2010-2014). Bruce has developed and taught multiple accredited trainings courses across Schema Therapy, Advanced Assessment and Forensic Psychology and contributed to various other subjects in the program.