

SCHEMA THERAPY FOR CHILDREN & ADOLESCENTS (ST-CA)



presented by:

DR CHRISTOF LOOSE

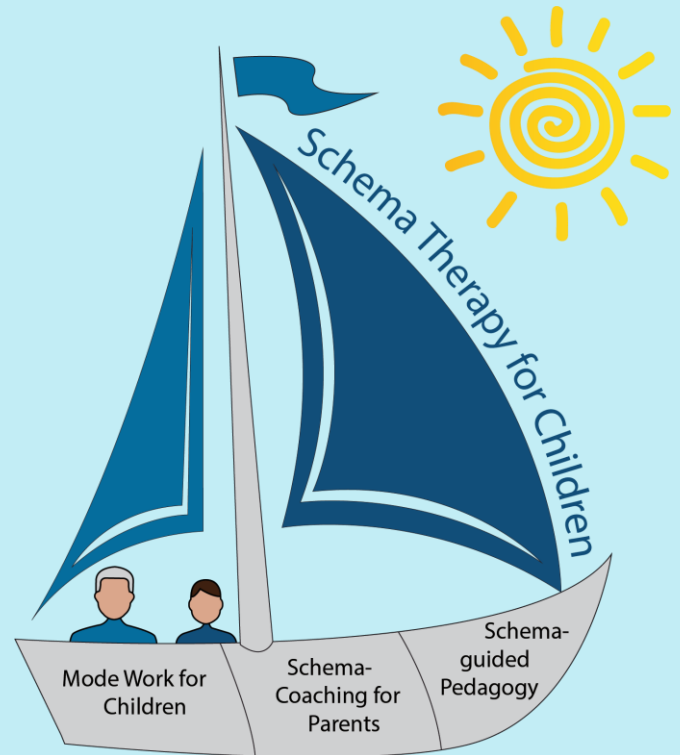
PhD, Centre for Schema Therapy, Dusseldorf, Germany
ISST Accredited Schema Therapist, Supervisor & Trainer

4 x 2-day workshop series

Accredited by the ISST



Venue: Copthorne Kings Hotel
403, Havelock Road, 169632 Singapore



						Pricing	
		Workshop's Name	Total	Didactic	Dyadic	Early Bird	Standard
Workshops 1 & 2 (2x2 days)	7-8 July 2020	WS 1: Introductory Workshop ST-CA	32 TU*	13 TU	3 TU	S\$1,500	S\$1,600
	10-11 July 2020	WS 2: Focus on Children and Adolescents		10 TU	6 TU		
Workshops 3 & 4 (2x2 days)	24-25 Oct. 2020	WS 3: Immersion Workshop ST-CA Focus: Schema-Coaching for Parents	32 TU	10 TU	6 TU	S\$1,500	S\$1,600
	27-28 Oct. 2020	WS 4: Case Conceptualization, Inner House, Play Therapy		11 TU	5 TU		
In total			64 TU	44 TU	20 TU		

* TU = Teaching Unit, 45 minutes each

To register, click on [Workshop 1&2](#) or [Workshop 3&4](#) or email: Admin@Elephant.com.sg



hypersensitive



contented



wise



aggressive



fanciful



anxious



angry

Children and Adolescents' Curriculum in ST-CA (64 TU)

Introductory Workshop 1 & 2 with Focus on Children & Adolescents (2x2 days)

The introductory workshop (WS 1) illustrates the formation and perpetuating model of maladaptive schemas against the background of age-specific developmental tasks, risk and protective temperamental factors. Relative to the children's age, early maladaptive schemas described by Young are outlined with their typical child and adolescent appearance and coping strategies. Other topics include the multimodal diagnostic techniques (use of exploration, survey, imagery, case conceptualization) and explain the significance of the therapeutic relationship, psychoeducation and empathic confrontation.

As an overview, therapeutic strategies are demonstrated: Working with drawings and pictures, finger and hand puppets, working with stories, metaphors, chair work, imagery, and the use of flash cards.

Video examples or life demonstrations and role-play in groups of two or three participants ensure the consolidation and deepening of following exercises:

- Imagery Parent Interview
- Creating a Mode Sketch
- Conducting a Mode Interview
- Working with (stem) stories
- Working with finger and hand puppets
- Working with chair dialogues (3-Chair dialogue: "Mode driving license")
- Working with mode cards (Mode walk: Feel, Talk, & Walk)
- Working with chair dialogues (2-Chair dialogue: Focus Critic/Punisher)
- Imagery (Fantasy Trip to the Clever & Wise Mode)

Workshop 3 & 4 in ST-CA with Focus on Parents & Schema-Coaching, Case Conceptualization, and Play Therapy

This workshop builds upon the content of the WS 1. Participation in WS 1 is a prerequisite for this immersion workshop. After a brief connection with the content of WS 1, the focus will be laid on the features of the work with parents ("Schema Coaching for Parents"), including psychoeducation, work with chairs, mode flash card, internal dialogue and imagery.

Another goal of this workshop is to apply the schematic therapeutic approaches to their own cases. After the case presentation in the plenary, participants work out in small groups, the schema therapeutic case concept and treatment plan of this patient and their family. Based on already implemented schematic therapeutic treatment, techniques progress and problems in the used interventions are discussed. In the last unit participants will learn, how to work with the "Inner House", and to follow the schema therapeutic approaches in the context of Play Therapy (preschool and primary school age). In particular, the content and methods are:

- Therapeutic relationship with parents: "Limited Grandparenting"
- Education of the schema and mode concept
- Collusion of schemas and modes among the therapist and the patient (child/parents)
- Schema Genogramm
- Working with chair dialogues (2-Chair dialogues: Focus Detached Protector)
- Imagery (Visualizing Caring Parental Modes)
- Imagery Rescripting
- Illustration of the basic approach to case conceptualization
- Conceptualization and treatment planning for their own cases
- Working on the "Inner House"
- Mode-oriented play therapy
- Special problems in the therapy

Video and picture material, life demonstrations, and/or role-play in groups of two or three participants ensure the consolidation and deepening of what has been learnt.

LITERATURE:

SCHEMA THERAPY FOR CHILDREN:

Loose, C., Graaf, P. Zarbock, G. & Holt, R.A. (in prep for 2019/2020). Schema Therapy for Children and Adolescents. UK: Pavilion.

Loose, C. & Graaf, P., (2014). Video-Learning: Schematherapie mit Kindern. DVD. Weinheim: Beltz.

Loose, C. & Lechmann, C. (2019). Video-Learning: Schematherapie mit Jugendlichen. DVD. Weinheim: Beltz.

Loose, C., Graaf, P. & Zarbock, G. (2013). Schematherapie mit Kindern und Jugendlichen. Weinheim: Beltz.

Loose, C., Graaf, P. & Zarbock, G. (2015). Störungsspezifische Schematherapie mit Kindern und Jugendlichen. Weinheim: Beltz.

SCHEMA THERAPY FOR ADULTS:

Arntz, A. & Jacob, G. (2012). Schema Therapy in Practice: An Introductory Guide to the Schema Mode Approach. John Wiley & Sons.

Rafaeli, E., Bernstein, D.P., & Young, J. (2011). Schema Therapy (CBT Distinctive Features). Taylor & Francis.

Vreeswijk, M. van, Broersen, J. & Nadort, M. (2012). The Wiley-Blackwell Handbook of Schema Therapy: Theory, Research and Practice. John Wiley & Sons

Young, J., Klosko, J. & Weishaar, M. E. (2006). Schema Therapy: A Practitioner's Guide. Guilford Pubn.

SCHEMA THERAPY FOR GROUPS:

Farrell, J.M. & Shaw, I.A. (2012). Group Schema Therapy for Borderline Personality Disorder: A Step-by-Step Treatment Manual with Patient Workbook. John Wiley & Sons.

Additional information about ST-CA on www.schematherapy-for-children.de where you can find the “Story of Felix and his Modes”.



ABOUT THE TRAINER:

Dr. Christof Loose, PhD, is affiliated with the Institute of Experimental Psychology within the Department of Clinical Psychology of the University of Düsseldorf, Germany, and he also conducts his private practice in Dusseldorf. Dr. Loose is a therapist certified in Schema Therapy for children and adolescents (ST-CA) and chaired the Working Group on ST-CA internally of the ISST (International Society of Schema Therapy) from 2012-2107. He has also published and authored several self-study books and videos on ST-CA in Germany. Dr. Loose continues to hold seminars and lessons on ST-CA around the world and we are honoured to invite him to Singapore where his skills and training will be of immense benefit to therapists working with children and adolescent populations. Dr Loose is native German but will present in fluent English.

