INTRODUCTION TO SCHEMA THERAPY TECHNIQUES

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

Course Fee:

Early Bird Registration: SGD 349.00
(pay by 30/06/2018)

Standard Registration: SGD 399.00

1-day workshop
Thurs 4th October 2018
9.00am to 4.00pm

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

To register, email: Admin@Elephant.com.sg

Schema Therapy has been designed to treat disturbed people, including those with chronic mood disorders and personality disorder. There is now considerable evidence of effectiveness with RCTs. The purpose of this workshop is to introduce this therapy with a practical emphasis on learning and using experiential techniques such as cognitively challenging schemas (counterpoint), chair-work with modes, limited re-parenting for childhood experiences and sentence completion for emotional learning.

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

Registrants will be provided with a free copy of a publication entitled Hidden Learning prior to the course.

Please note that bookings can only be confirmed when full payment is received.
Learning Outcomes
By the conclusion of this training participants will be able to:
1. Introduction to Schema Therapy including research basis;
2. Use of schema attunement
3. Begin to use chair-work with modes;
4. Begin to use visualization with re-scripting memories;
5. Understand the integration of schemas, modes and hidden learning;
6. Use of sentence completion for hidden learning.

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

Workshop Content
The day is broken up into four sessions in which each session will introduce a skill to be practiced by participants.

a. Introduction to ST, scientific evidence of effectiveness, 18 schemas, Young’s childhood needs, YSQ-3 test, etc. Schema Attunement. Demonstration and practice of the skill in groups of three.

b. Introduction to Modes. How to recognize in ‘here and now’. See a video and fill out Mode Map. Chair-work role play by participants in groups of three to challenge Demanding Parent. Then leader to demonstrate other ways to use chairs with multiple modes. LUNCH

c. Re-parenting Visualization Introduction and research. Leader illustrates with Lemon visualization. Participants practice Behaviour Activation visualization in dyads. The use of re-scripting to meet childhood needs. Visualization practice with “one thing I would have liked to hear an employer say.” AFTERNOON TEA

d. Theoretical integration of schemas and modes. Emotional learning from B. Ecker (discuss memory reconsolidation as a possible neurological mechanism). Case illustration of Sandra. Sentence completion intervention. Practice with a case study in role plays. Final leader led visualization about ‘what will you take from today and put into practice’? Evaluation.

About: Prof 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.


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 made significant contributions to various other subjects in the program.