



International Society of
Schema Therapy



host

SCHEMA THERAPY SKILLS FROM THE INSIDE OUT / **LEVEL 3** "A 2-Day Experiential Self-Practice/Self-Reflection Workshop for Therapists and Supervisors"

Dr Robert Brockman
SCHEMA THERAPY TRAINING AUSTRALIA (STTA)
PhD/DClinPsy, Clinical Psychologist (Sydney, Australia)
ISST Accredited Schema Therapist, Supervisor & Trainer

2-day workshop

Thur 4th – Fri 5th June 2020
9.00am to 5.00pm

Course Fee:

Early Bird Registration: SGD 749.00
(pay by 4th March 2020)

Standard Registration: SGD 849.00

Venue: 87 Club Street, Singapore, 069455 (3rd floor)

To register, click [HERE](#)

Focus of the course: In Schema Therapy, the therapist's qualities are central to the therapeutic technique in providing limited re-parenting and a working model of a 'healthy adult'. An important part of training for Schema Therapists therefore is self-therapy and reflection to understand and manage the activation of our own underlying schemas and modes. This is especially important for therapists who routinely work with complex patients (e.g. complex trauma, eating disorders, personality disorder) and settings (e.g. Prisons, Inpatient wards, group work) which can easily trigger our own schema-based reactions. Awareness and management of our own schemas and modes is therefore crucial to effective schema therapy and managing risk of therapist burnout. Participation in the workshop will include practice of new interventions to use with clients and give access to a deeper, 'experiential' understanding of schema therapy interventions. This workshop can be counted towards the ISST Therapist certification requirement of "Self-Therapy" (individual certification) and is appropriate for therapists both new and experienced with the ST model.

Please email admin@elephant.com.sg for more information.

Presenter Bio: Dr Brockman has extensive experience teaching and supervising on clinical psychology masters programs in Sydney since 2010. His clinical experience is drawn from both public (e.g. Hospitals, community mental health) and private health sector positions (private practice) in Sydney. Dr Brockman is accredited by the International Society for Schema Therapy (ISST) as a schema therapy supervisor and trainer. He currently holds a senior research fellowship with Australian Catholic University (ACU) where his clinical research focuses on extending the schema model into novel populations (e.g. GAD, Eating Disorders, Psychosis). **Dr Brockman is currently leading an international multi-site trial of schema therapy self-practice/self-reflection training** (with model originators Joan Farrell, Ida Shaw, and James Bennett-Levy). Since 2015, Rob has trained over 200 Singaporean therapists in schema therapy (Level 1 & Level 2), and he is currently a consultant clinical supervisor for the Institute of Mental Health (IMH) Singapore, and Changi General Hospital (CGH).

