



host

WHEN CBT FAILS?

Schema Therapy for Chronic Axis I Disorders

presented by:

Dr Robert Brockman

SCHEMA THERAPY TRAINING AUSTRALIA (STTA)

PhD/DClinPsy, Clinical Psychologist (Sydney, Australia)

ISST Accredited Schema Therapist, Supervisor & Trainer

1-day workshop

Wed 3rd June 2020
9.00am to 5.00pm

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

To register, click [HERE](#)

Course Fee:

Early Bird Registration: SGD 349.00
(pay by 4th March 2020)

Standard Registration: SGD 399.00

Focus of the course: Whilst CBT enjoys strong empirical support across a large range of psychopathology, a significant proportion of patients show poor treatment response. In many cases, this poor response can be argued to occur due to patient characteristics/traits which make them poor candidates for standard CBT protocols. Recent research has confirmed the status of Schema Therapy as an evidence-based treatment for a personality disorders using 'extended schema mode conceptualizations'. Robert will provide a brief outline of recent advances in formulation in Schema Therapy of chronic axis 1 problems (e.g. Eating Disorders, Obsessive-Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), and Depression), before demonstrating how within-session mode management strategies can be used to overcome common treatment roadblocks to evidence-based therapy, including detaching, over-analyzing and extreme avoidance.

Please email admin@elephant.com.sg for further enquiries

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).

