

**SCHEMA THERAPY TRAINING IN AUSTRALIA OCT-NOV 2017**  
**JOAN FARRELL, PH.D. & IDA SHAW, M.A.**

Joan Farrell and Ida Shaw will be in Australia this Fall to give a number of different workshops and Master Classes in Melbourne and Adelaide. They will also be giving a 2 day Schema Therapy Self-Practice/Self-Reflection Retreat in Sorrento, Victoria in conjunction with the publication of their "**Experiencing Schema Therapy from the Inside Out Self-Practice/Self-Reflection Workbook for therapists**" with Guilford Press.

**GROUP SCHEMA THERAPY TRAINING**  
**At the Schema Therapy Institute Australia, Melbourne**

**GROUP SCHEMA THERAPY: THE BASICS**  
**Introductory Training for ISST Certification in Group Schema Therapy – A 3 Day**  
**Overview Of The Model**  
**October 26 to October 28, 2017**

This workshop will include the use of a 20 session protocol for mixed clients that is in use at a number of sites in the UK and Australia. This workshop includes demonstrations for participants to experience being in a ST group and some guided practice opportunities.

This workshop meets 18 of the hours required for ISST Standard level certification in GST. The additional 6 hours of Self-therapy required can be met by attending the SP/SR retreat or at a later time

**GROUP SCHEMA THERAPY: BEYOND THE BASICS**  
**Advanced Training for ISST Certification in Group Schema Therapy – 3 Days Of**  
**Interventions By Mode**  
**October 30 to November 1, 2017**

This workshop is for those who have attended an introductory GST training. It spends a day each on working with the Child Modes, the Dysfunctional Critic Modes and the Maladaptive Coping Modes. It includes demonstrations and practice opportunities. This training meets the 18 hour requirement for ISST certification in GST for those who have completed the 18 hour Introduction and 6 hours of self-therapy in a group.

**SCHEMA THERAPY FOR THE SCHEMA THERAPIST**  
**A 2 Day Self-Practice/Self-Reflection Retreat**  
**Hotel Sorrento, Victoria, Australia**  
**November 2, 2:00 to November 5 10:00 am, 2017**

This retreat will provide schema therapists with a beautiful setting on the coast in which to experience the Self-Practice and Self-Reflection so critical to the practice of psychotherapy. Participation in the workshop will add new interventions to use with clients and the deeper experience of ST from the "inside – out". What one learns from this experience cannot be taught as effectively didactically, if at all. For that reason self-therapy in a group is a requirement for ISST Group Schema Therapy certification and

this workshop fulfils that requirement. It can also be used to meet the three supervision hours credit allowed to meet individual ST certification supervision requirements. This day is appropriate for therapists new to ST and for those who are experienced with it.

Ida and Joan are recognized as the developers of Group ST consistent with the individual ST of Jeff Young. They have published two books on the topic:

Group Schema Therapy for Borderline Personality Disorder, Wiley 2012. This volume presents their 25 years of experience working with BPD patients and the results of their successful randomized controlled trial of GST compared to TAU (2009).

The Schema Therapy Clinicians Guide: A Complete Resource for Building & Delivering Individual, Group and Integrated Schema Mode Training Programs. Wiley, 2014

This volume presents a transdiagnostic protocol of both group and individual ST sessions with therapist scripts, patient exercises and handouts.

Joan & Ida have given keynotes, symposia and Master Clinician workshops on GST internationally for over 20 years for psychologists, psychiatrists, social workers, psychiatric nurses, experiential therapists and graduate students in these disciplines. They receive outstanding evaluations for their enthusiastic and collaborative teaching style that includes demonstrations and group role play experiences for participants. Both are ISST Certified Advanced level Trainer Supervisors in Individual and Group ST. Rita Younan, Ph.D., director of the Schema Therapy Institute Australia will join them for the training. Rita has worked with GST for a number of years and developed a group specialty program for patients with complex trauma in Melbourne. She developed a protocol for this work and for an outpatient version for BPD. She collaborates with Joan and Ida on training and studies.

For more information go to:

<http://www.schematherapyaustralia.com.au/>

Questions can be directed to Rita. [rita\\_younan@hotmail.com](mailto:rita_younan@hotmail.com)

We will also be in Adelaide to give two different trainings with our close colleagues and collaborators Nicola Kenney, Erin Bulluss and Rachel Samson.

**CHILD & ADOLESCENT SCHEMA THERAPY:  
Hand Puppets, Imagery, and Mode Dialogues!  
At the Centre for Schema Therapy Australia  
November 8,9,10 and 13, 2017**

Child and Adolescent Schema Therapy (ST-CA) is an innovative and integrative therapy for children and adolescents that significantly expands on traditional approaches. In this 4 day interactive workshop you will gain both a theoretical understanding of the ST model and practical skills in the application of Schema Therapy with children, adolescents, and their families. The workshop will teach participants to design developmentally appropriate approaches to implement experiential mode work with

children and adolescents, including drawing, puppets, imagery, mode dialogues, imagery rescripting and story-telling. The approach of ST for engaging caregivers and wider family and educational systems in treatment is also covered.

This training is facilitated by Ida Shaw, M.A., Erin Bulluss, Ph.D. and Rachel Samson, M.S. All are Advanced level ISST Certified Supervisor-Trainers in individual and Child-Adolescent Schema Therapy. See bios on the Centre website given below. This training counts for 24 hours of credit toward ISST certification in C-A Schema Therapy.

For more information [info@centreforschematherapy.com](mailto:info@centreforschematherapy.com)

Website: [www.centreforschematherapy.com](http://www.centreforschematherapy.com)

**SCHEMA THERAPY FOR ADULTS**  
**Schema Therapy: Interventions to Overcome Common Obstacles**  
**in Treating Personality Disorder**  
**at the Schema Therapy Academy Australia**  
**November 8 & 9, 2017**

This 2-day Master Class with Joan Farrell, PhD, and Nicola Kenney, MSW is suitable for Schema Therapists at all levels and clinicians who have some knowledge and experience in using the basic schema therapy model, and want to learn more about core schema therapy interventions to work with the issues presented by clients with personality disorders (e.g. Borderline PD, Avoidant PD, Narcissistic PD) and features of these disorders. Day 1 will specifically focus on impasses with clients and day 2 on the impasses these clients present for therapists. Participants will learn ways to identify what the impasses are and help clients work through them. Interventions will include experiential work to connect and get through the resistance of dysfunctional coping styles, imagery rescripting and storytelling to introduce the Vulnerable Child Mode and mode role plays (aka schema mode chair work). For impasses with therapists, exercises will be used from Joan and Ida's latest book: *Learning Schema Therapy from the Inside Out: A Self-practice/Self-reflection Workbook for therapists* (Guilford, expected in Fall 2017).

Joan and Nicola are both ISST Advanced level Trainer-Supervisors in Individual Schema Therapy. This training can be counted toward the required curriculum for ISST certification in ST. If you are in a certification program, an ISST module certificate will be issued.

For more information contact:

Nikki Kenney – Schema Therapy Academy Australia

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<http://www.schematherapyacademy.com/>

We hope to see you at one of these Australia trainings. This is our 4<sup>th</sup> and possibly last visit to Australia in person. We anticipate that after this we will be offering webinars instead and continuing supervision from our comfortable home in Indianapolis with our 3 little Yorkies- Zoe, Ziggy and Zach.