

SCHEMA THERAPY
INSTITUTE AUSTRALIA

Training | Treatment | Research

**BYRON BAY WORKSHOPS:
COUPLES, DREAMS, LIMITED REPARTEING
& DIFFICULT TO TREAT CLIENTS**

Thursday May 23rd, 2019

Morning Workshop Options 9am - 12pm

**Schema Therapy & Dreams:
Accessing the Vulnerable
Child Mode**

Ms Lynda Parry

Dreams have been shown to play a crucial role in memory consolidation. This workshop will introduce participants how to utilise dreams as part of their Schema Therapy work with patients; includes a focus on recurring dreams and nightmares. patients; includes a focus on recurring dreams and nightmares.

**Working with couples
from a Schema Therapy
perspective**

Ms Ruth Holt

What does Schema Therapy add to working with complex couples? How do I translate Schema therapy techniques and formulation into couples work or working with partners as part of individual therapy? This half-day workshop provides a framework for formulating couple interactions from a ST perspective and provides an introduction to using experiential techniques with complex couples.

Afternoon Workshop Options 2pm - 5pm

**Overcoming Therapeutic
Impasses in Schema Therapy**

Ms Nikki Kenney

This workshop is suitable for Schema Therapists at all levels who want to learn about core schema therapy interventions with therapeutic; Interventions will include experiential work to connect and work with resistance (i.e., MCM) & storytelling to access VCM.

**Limited Reparenting &
Interpersonal Neurobiology**

Dr Rita Younan

This workshop looks at the Neuroscience of Limited Re-parenting as an Intervention and helping patients move from a reactive state (Coping Modes) to a receptive state (Healthy Adult Mode) to heal the Vulnerable Child and foster connection in the room.

\$150.00 per workshop or \$200.00 for two

Register now at
schematherapyaustralia.com.au

