



## **Module 1: Schema Therapy – Theory, Conceptualization, and Relationship (3 Days)**

**Dates:** TBC

### **Location**

This workshop will enable those who attend to develop a broad understanding of the Schema Model and the Schema Mode Model. Following this workshop, participants will be able to use key elements of Schema Therapy in their clinical work. The two days will focus on key schema therapy theory, premises and the foundations for delivering effective Schema Therapy. Participants will learn about how to develop a robust therapeutic alliance using an understanding of schema theory and utilising core principles to deliver effective and compassionate interventions.

Throughout the workshop an emphasis will be placed on case formulation and utilising core theoretical understandings to understand how schema activation creates significant emotional and behavioural difficulties and forms detrimental life patterns which underpin client's presenting problems. Participants will be provided with supervised role-play practice and large group work exercises to enhance participants' theory understanding and develop clinical skills. Live demonstrations and video footage of expert Schema Therapists will be used to assist with participants learning. This workshop provides a strong foundation for participants to develop the key interventions and techniques used in Schema Therapy.

This module is suitable for mental health practitioners with experience of working with complex cases. Whilst participants are not required to have knowledge of Schema Therapy, we would advise that candidates have undertaken prior reading on Schema Therapy to fully benefit from the two days (see our recommended reading list on our website)

## **Outline of Module**

### **1) Concept and Case Conceptualisation.**

#### **1.1 Schema Theory and Concept.**

- Schemas, Coping Styles & Modes Defined & Differentiated.
- Assessment.
- Psychoeducation about needs and rights of children.
- Temperamental factors.

## 1.2) Treatment Formulation & Case Conceptualisation

- clarifying goals in Schema/Modes Terms
- Clarifying Needs in Schema/Modes Terms
- Conceptualising a case in Schema/Mode Terms

## 2)Therapy Relationship

- Limited Reparenting
- Empathic Confrontation
- Limit Setting
- Therapists Schemas; dealing with obstacles in treatment arising from therapist's schema activation with certain types of patients.

## About the Trainers

### Richard Mathews



### Dr Michelle Fong



**Richard** has worked in Adult Clinical Psychology Services working with complex presentations for over 20 years. He commenced training in psychotherapy after completing Mental Health Nurse training in 1992, completing a Master Degree in Integrative Psychotherapy in 1998, since then Richard has completed CBT, DBT and EMDR training. Richard's interest in Schema Therapy is directly related to his longstanding interest in cohesive psychotherapeutic integration to develop effective ways of treating complex psychological presentations. He commenced training in Individual Schema Therapy in 2010 and in Group Schema Therapy in 2013

**Michelle** qualified as a Clinical Psychologist in 2007 from Salomons. She has been working in the NHS for over 10 years in adult secondary care services with complex presentations including Assertive Outreach, Homeless Outreach and currently in Westminster Adult Community Mental Health Team. Michelle has predominantly worked with individuals who have histories of trauma and attachment disturbances presenting with personality related

difficulties/disorder. Her interest in Schema Therapy came as a result of this approach offering a structured and containing intervention for therapists and clients which integrated CBT and relational models of psychological functioning and disturbance from a developmental perspective. Michelle started training in Individual Schema Therapy in 2013. She regularly teaches clinical psychology doctorate trainees at University College London. Prior to training Michelle worked as Social Worker in Child Protection after obtaining her Masters degree at Oxford University in 2002.