



## **Module 2: Schema Therapy – Treatment Techniques: Cognitive, Experiential and Behavioural Interventions (2 Days)**

**Dates: TBC**

**Location: TBC**

This workshop will enable those who attend to develop a sound understanding of, and ability to apply, the key interventions used in the treatment/change phase of Schema Therapy. Following this workshop, participants will be able to use these interventions in their clinical work. The two days will focus on key schema therapy cognitive, experiential and behavioural change strategies and how and when to apply them in order to help the client overcome their schema driven patterns.

Throughout the workshop an emphasis will be placed on skills practice, with opportunity to observe Advanced Schema Therapists demonstrating the core interventions and participants provided with supervised role-play practice to develop and refine their 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 practitioners with experience of working with complex psychological case who wish to enhance their clinical intervention skills. Candidates can attend this module as a stand-alone module, however we would advise that they have undertaken prior reading on Schema Therapy to fully benefit from the two days (see our recommended reading list on our website).

Candidates undertaking the Certified route will be required to have attended Module 1 (Theory, Conceptualisation and Relationship) prior to attending Module 2.

### **Outline of Module**

#### **3) Schema Therapy Techniques**

##### **3.1) Cognitive:**

- Diaries
- Flashcards
- *Continuums*

- *Positive Logbook*

- *Historical Testing*

### **3.2) Experiential Techniques I:**

#### **(Imagery work)**

Imagery and Imagery re-scripting

Linking Schemas/Modes with early childhood experiences

Limited Re-Parenting with Child Modes (Vulnerable & Angry Modes)

### **3.3) Experiential Techniques II**

ST Dialogues with Schemas & Modes

Empathic Confrontation & Limit Setting for Maladaptive Coping Modes

Confronting and limit setting for Critic Modes

### **3.4) Homework assignments and Behaviour Change Strategies**

Behavioral pattern breaking strategies:

Role plays,

Homework assignments

Skills training

Building Healthy Adult Mode

## **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 distress. He commenced training in Individual Schema Therapy in 2010 and in Group Schema Therapy In 2013. Richard has extensive experience in providing psychological treatment to complex cases and in training practitioners in psychological approaches.

**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.