



## **Module 3: Schema Therapy – Module 3. Working with Specific Populations (2 Days)**

**Dates: TBC**

**Location: TBC**

This workshop will enable those who attend to understand the Mode Model and how it relates to Borderline Personality Disorder and Obsessive Compulsive Personality Disorder. Participants will be able to consider the treatment protocols for both disorders and how sessions are structured to provide effective Schema Therapy with these presentations.

The role of specific coping modes in understanding Personality Disorders will be considered and participants will be able to practice empathically confronting both the Detached Protector Coping Mode and the Perfectionistic Over-controller Coping Mode. Module participants will have opportunity to practice experiential interventions with the particular modes which define both conditions, including Parent/Critic Modes and the specific Child Modes.

In addition, participants will be introduced to the relevant schema modes which define Avoidant, Dependent and Narcissistic Personality Disorder.

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. This workshop provides a firm foundation for participants to understand personality disorder within a Schema Therapy framework and to structure and refine their interventions utilising the mode model.

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) and Module 2 (Treatment Techniques: Cognitive, Experiential and Behavioural Interventions) prior to completing this module.

### **Outline of Module**

#### **4.1) Schema Work with Personality Disorder**

## **Borderline Personality Disorder**

- Modes in BPD
- Overview of Modes
- Treatment approach

## **Narcissistic Personality Disorder**

Modes in Narcissistic PD – overview of modes

## **Cluster C Personality Disorder**

Obsessional Compulsive Personality Disorder

- Overview of modes
- Treatment approach

Avoidant Personality Disorder.

- Mode overview

Dependent Personality Disorder.

- Mode Overview

## **Angry Modes.**

Differentiation and intervention

## **Exploring our schemas**

**ISST certification requirements**

## **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 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.