**Venue:** Schema Therapy Denmark ApS.

Gammel Mønt 12, 1.th., 1117 København K.

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| **Module** | **Content** | **Form and Time** | **Requirements prior to module**  |
| **Module 1** | * Theory and conceptual model
* Assessment and education
* Case conceptualization
* Goals & Treatment plans
* Therapy relationship
* Change techniques:
	+ Cognitive
	+ Experiential I: Imagery
	+ Experiential II: Mode dialogues and roleplay
* Choosing treatment strategy
* Homework and behavior change strategies
* Specific Treatment populations:
	+ BPD
	+ NPD
	+ Cluster C
 | 4 days = 25 hDidactic teaching will include:* lectures
* handouts
* video sessions of master schema therapists
* live demonstrations
* questions & answers
* group discussions
* participants’ reflection on own schemas

Max. 18 participants | * One of the required educational backgrounds above
* Max. 25% participants with a bachelor or masters degree in the above or a bachelor degree in psychiatric physiotherapist or occupational therapist
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| **Module 2** | * Schema- and mode assessment from inventories and dialogue.
* Psychoeducation in case conceptualization with focus on current life
* problems – in form of a dialogue.
* Whole group or “fishbowl” exercises engaging the whole group.
* Demonstration and dyadic practice of change techniques:
	+ Cognitive
	+ Imagery
	+ Mode dialogues and roleplay
	+ Including:
	+ Limited reparenting with child modes
	+ Confronting detached protector and angry mode
	+ Confronting punitive and demanding parent modes
	+ Empathic confrontation
	+ Limit setting
	+ Therapy relational work
	+ Dealing with obstacles in treatment (totally or partly) related to activation of therapists own schemas and modes in relation to certain issues or modes from the patient.
 | 4 days = 24 hDyadic practice exercises / role-play training and whole group exercises including:* live demonstrations
* supervised practice in dyads
* discussions of supervisees’ own schemas and childhood stories

Max. 18 participants | * Completed Module 1
* and
* One of the required educational backgrounds above
* and
* Substantial psychotherapy experience
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| **Module 3** | * Case conceptualization and treatment planning.
* Feedback tailored to each candidate’s specific needs.
* Awareness of the specific competencies in the Schema Therapy Competency Scale (the STCRS) will be weaved in every session in order to focus the training.
* Practicing specific techniques.
* On a limited basis some sessions can include helping supervisees understand and heal personal schemas that might be interfering with the treatment in specific therapy situations.
* Candidates who want certification will be required to submit video recordings of a therapy session about every 6 supervision sessions. Supervisor will rate the session using the STCRS and will provide detailed feedback.
 | **Standard Certification:**20 h supervision (in person)in groups of 6 participants.\*)Max 3 h of these can be primarily self-therapy.Supervision takes place bi-weekly (except for summer holidays) consisting of 20 half-days (each 3 h incl one break).In case members of a supervision group travel far for supervision it might be broken into 6 days (each 6 h + breaks) and 8 half-a-day sessions.**Advanced Certification:**Additional 20 h. individual or group supervision ether in person or video conference.Max. additional 3 h out of 20 sessions can be primarily self-therapy. | Completed module 2 |
| **Peer supervision** | Optional. Candidates are encouraged to participate as often they can.Facilities are open to late afternoon peer supervision and training once every 2nd. week. Participation is free apart from tea/coffee.  | Participants sign up on a homepage schedule ahead.Peers train together and supervise one another.  | * Completed module 1
* and
* Be started in/have completed Module 2.
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**Supervision credit:**

\*) 6 trainees in group for 1 h = 20 minutes of credit => ½ day (3 h + break) = 1h of credit => 20 half-days = 20 h credit

**Literature:** Candidates must read at least these 4 books on schema therapy

* Schema Therapy: A practitioner’s Guide (Young, Klosko and Weishaar, 2003)
* Reinventing your life (Young and Klosko 1994)
* Disarming the narcissist (Wendy Behary 2013)
* Schema Therapy in Practice (Arnoud Arntz & Gitta Jacob 2013)

**Independent tape raters:** Schema Therapy Denmark ApS. will help to find independent tape raters in Scandinavia understanding Danish.