**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 h  Didactic 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 |
| **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 h  Dyadic 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 |
| **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. |

**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.