Workshop 2
Schema Therapy – Beyond the Basics

Arnie Reed, Chris Hayes & Litsa Anthis

Workshop Venue: Canterbury Hall, 12-18 Cartwright Gardens, University of London

London

Thur, Fri & Sat
13, 14, 15 September 2012
LONDON 2012

Workshop 2

Schema Therapy – Beyond the Basics
(3 days)

Thank you for your application to attend the above workshop. Whether you are attending as part of one of our certification programmes or as a “stand-alone” workshop we are looking forward to meeting you.

This 3-day workshop is designed for clinicians who have previously completed workshops in schema therapy and are looking to develop skills in using the model. Its aim is to assist clinicians to develop more competence and confidence in the application of Schema Therapy.

This workshop will provide attendees with practical experience and guidance in the use of imagery, mode work and other techniques for change. The workshop will include a strong component of supervised practise and role-playing. It will have approximately 9 hours of dyadic work in a role-play format. Supervised role-play will focus on:

- Using mode work to identify the vulnerable child mode
- Using mode work to bypass the detached protector mode
- Methods to tackle the Punitive Parent mode
- Utilising empathic confrontation with challenging / critical clients.

Training will specifically include: working with vulnerable child modes and limited re-parenting skills. Attendees will also gain skills in conceptualising and assisting clients with self-harming behaviours, as well as working with angry and impulsive presentations. Time will also be spent using techniques to bypass the detached protector mode.

In addition, time will be spent reviewing the Schema Therapy Rating scale and identifying and developing therapist core competencies related to implementing treatment.

Specific diagnostic areas of borderline personality and narcissistic personality will be discussed, with time allocated to discuss specific treatment methodologies and conceptualisations.

In addition, allocated time will focus on clinician’s own schemas and their influence in treatment, as well as ways to respond to such problems.

About the Presenters

Arnie Reed (Chartered Counselling Psychologist), Chris Hayes (Clinical Psychologist/CBT Therapist) & Litsa Anthis (Chartered Counselling Psychologist) are Certified Advanced Schema Therapists and Supervisors, trained directly by Dr Jeffrey Young at the Schema Therapy Institute in New York, USA. All have had extensive experience working with complex clinical presentations and have assisted in service development respectively in the UK, Australia & Greece.
Venue/Timings

Workshop Timings

**Thursday**
Registration: 8.30 – 9.00am  
Workshop Start: 9.00am  
Lunch: 12.45 - 1.30pm  
Workshop Finish: 5.00pm

**Friday**
Workshop Start: 9.00am  
Lunch: 12.45 – 1.30pm  
Workshop finish: 5.00pm

**Saturday**
Workshop Start: 9.00am  
Lunch: 12.45 – 1.30pm  
Workshop Finish: 5.00pm

Food and Refreshments
During breaks, tea and coffee and light refreshments will be provided. In addition, there are on-site and off-site facilities available.

Venue
This workshop will be held in The Conference Room in Canterbury Hall, 12-18 Cartwright Gardens, University of London:

Canterbury Hall  
University of London  
12-18 Cartwright Gardens  
London, WC1H 9EE  
Tel: 0207 121 7500

Directions
By Tube:
Nearest underground stations: Russell Square (Piccadilly Line) Kings Cross (Northern, Victoria, Piccadilly, Circle and Metropolitan Lines) Euston Station (Victoria & Northern Line)

By Rail:
Euston, King’s Cross and St. Pancras mainline stations are within walking distance. The other London mainline stations are a tube or taxi journey away.

Car Parking Facilities:
There is also NCP at Woburn Place & Bloomsbury Place.
**Map**
Clicking on the first link below will take you to the University of London website. Clicking on the second link will take you to an interactive Google map of Cartwright Gardens. The technique for clicking on the link is to first hold down your control button (keep it held down), place the cursor over the link until you get the hand symbol, and then left click on the mouse.

[Click here to see Conference Room, Canterbury Hall](#)
[Click here for an interactive Google map of Cartwright Gardens](#)

![Map of Cartwright Gardens](#)

Canterbury Hall, 12-18 Cartwright Gardens, WC1H 9EE

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**Pre-Workshop Reading**
To get the most out of this workshop, whether you are on the certification programme or attending the workshop as a "stand-alone" workshop, it is advisable to begin your reading as soon as possible. Previous attendees on the training have stressed how important this can be. The recommended readings are:


   Note: this is a self-help book designed for clients to use themselves, but which is also very useful for the clinician.


We hope that this information sheet helps you to prepare for the workshop and to plan your journey, and arrangements during the workshop. We look forward to meeting you.

With Best Wishes
Arnie Reed and Chris Hayes
Course Directors

For details of other workshops and of the Certification Programmes leading to qualification as a Standard or Advanced Schema Therapist please visit:
Our website [www.schematherapyworkshops.com](http://www.schematherapyworkshops.com)
e-mail address: [info@schematherapyworkshops.com](mailto:info@schematherapyworkshops.com)