



2020 Training & Certification Program: Individual Schema Therapy

Luxembourgish Institute for Schema Therapy: IST-Lux

Training coordinator: Elmer Goudsmit MD PhD

The Luxembourg Institute for Schema Therapy (www.schematherapie.lu) is happy to announce a multilingual (Eng, De, Fr) training and certification program in schema therapy in Luxembourg. The program is certified by the International Society for Schema Therapy (ISST www.schematherapysociety.org) and participants who complete the four basic training modules and subsequent supervision can apply for standard and/or advanced certification as a schema therapist

What is Schema Therapy?

In the early 1990ies it became increasingly clear that cognitive behavioral therapy (CBT) offered a highly effective treatment for depression and anxiety disorders, but that the application in clients with personality disorders or disruptive character traits met with great difficulties. The multiple and rapidly changing problems and difficulties, the emotional instability and the regular lack of motivation in these patients combined with the difficulty to establish a stable and productive therapy relationship, posed great challenges for therapists. In order to try and overcome these difficulties, Jeffrey Young, a former student of Aaron Beck, compared the strengths and weaknesses of several therapy models such as Gestalt therapy, psychoanalysis, systemic therapy and attachment theory in order to identify effective elements and combine them with CBT techniques. This extensive developmental work resulted in a completely new integrative therapy model with a coherent theoretical basis and a well-structured set of practical techniques for change.

Key elements of schema therapy are:

- The concept of core emotional needs (such as safety, attachment, self respect, autonomy)
- The relevance of childhood and adolescent experience for the development of repetitive life patterns and themes; so-called early maladaptive schemas
- The assumption that children try to overcome challenges and difficulties as good as they can by developing coping strategies (e.g. surrender, avoidance and overcompensation) which later in life can become increasingly rigid and dysfunctional.

- The application of experiential techniques for therapeutic change such as Imagery, role-play and chair work.
- A focus on the therapy relationship and the concept of limited reparenting within a therapeutic context.

Together with Dialectical Behavioral Therapy (DBT) and Acceptance and Commitment Therapy (ACT), Schema Therapy is one of the so-called ‘third-wave’ cognitive behavioral therapies. Schema Therapy has been shown to be an effective and successful treatment for several personality disorders (e.g. Borderline Personality disorder) and other mental health problems in numerous scientific studies.

Training Program Details

The training program of the IST-Lux consists of 4 modules comprising a total of 25.5 didactic hours and 15 hours of dyadic exercises. This corresponds to a total of 54 Educational Units (Unterrichtseinheiten/UE of 45 minutes). The program is approved and certified by the ISST. A detailed overview is given in the table:

Module	Title	Subjects
Module 1	Introduction to ST (10.5 hours = 14 UE) Trainer: Elmer Goudsmit	<u>Didactic content:</u> 7.5 hours Overview of Schema theory and concepts (1.1); Treatment Formulation & Schema conceptualization (1.2) Therapy relationship: overview of different aspects (2) Overview of cognitive and experiential therapy techniques (3.1, 3.2, 3.3, 3.4;) <u>Dyadic training:</u> 3 hours Whole group exercises; dyadic practice exercises
Module 2	Therapeutic techniques 1 (10.5 hours = 14 UE) Trainer: Elmer Goudsmit	<u>Didactic content:</u> 5.5 hours Schema theory and concepts: Mode model and assessment of modes (1.1); Mode conceptualization (1.2) Experiential therapy techniques II: Mode dialogues, role play and chair work exercises (3.3) Therapy relationship: empathic confrontation and limit setting (2, 3.3) Mode work with BPD (4.1) <u>Dyadic training:</u> 5 hours Whole group exercises; dyadic practice exercises
Module 3	Therapeutic techniques 2 (9 hours = 12 UE) Trainer: Dirk Leonhard	<u>Didactic content:</u> 5 hours Cognitive therapy techniques (3.1) Experiential therapy techniques: Imagery (3.2) Behavior change strategies (3.4) Therapy relationship: limited reparenting (2) <u>Dyadic training:</u> 4 hours Whole group exercises; dyadic practice exercises
Module 4	Therapy planning and specific treatment populations (10.5 hours = 14 UE) Trainer: Jan Kossack	<u>Didactic content:</u> 7.5 hours Schema therapy with Cluster B personality disorders (4.1) Therapy planning on the basis of a comprehensive case conceptualization (1.2) <u>Dyadic training:</u> 3 hours Whole group exercises; dyadic practice exercises

Tuition will be in **English and German**. Simultaneous translation in **French** will be provided in accordance with the needs of the participants.

The venue for the 2020 Curriculum of the IST-Lux will be:

Home Saint François
 15 rue des Remparts
 L-6777 Grevenmacher
 Luxembourg

The dates and times of the 2020 Curriculum are:

Workshop	Date	Time
Module 1	Friday January 31, 2020	09hr30 – 18hr00
	Saturday February 1, 2020	09hr00 – 12hr30
Module 2	Friday March 27, 2020	09hr30 – 18hr00
	Saturday March 28, 2020	09hr00 – 12hr30
Module 3	Friday June 12, 2020	09hr30 – 17hr00
	Saturday June 13, 2020	09hr00 – 12hr30
Module 4	Friday October 23, 2020	09hr30 – 18hr00
	Saturday October 24, 2020	09hr00 – 12hr30

The participation fee for each of the modules will be **€ 300,-** . A maximum of **20 participants** will be admitted to each module.

Lunch on Friday and coffee/tea/soft drinks during the entire program are included.

Each training module can be booked separately until **two weeks before the starting date**. It is also possible to book **one or more modules in advance**.

It is mandatory to take part in training module 1 in order to be allowed to take part in any of the other 3 training modules

*(Participants who already have taken part in training module 1 at the **Uni.Lu** or another **ISST-approved training program** for individual schema therapy, can take part in any (or all) of the 3 additional training modules)*

Application Procedure

If you are interested in participating in the IST-Lux 2020 training program for individual schema therapy, please send an e-mail to info@schematherapie.lu indicating which module(s) you would like to attend. After reception of your mail we will send you an application form.

After reception of your application you will receive confirmation and an invoice with instructions for payment.