

Schema therapy training course - Part 2 (Days 4 - 6)

Presented by

Professor David Edwards and Dr Chantal Renton

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Chantal Renton is registered as a Clinical Psychologist with the HPCSA and is an ISST certified supervisor. She completed her PhD on schema therapy for eating disorders*

Schema Therapy is an evidence-based treatment approach for difficult cases, such as those where there is complex trauma or a personality disorder. It is an integrative therapy that draws on the Relational/ interpersonal, Emotion-focused/ expressive and Cognitive-behavioural approaches to psychotherapy.

STISA's training program leads to the award of the South African Diploma in Schema Therapy. This is one component of the requirements for applying for certification as a schema therapist with the International Society of Schema Therapy (ISST).

Practitioners can benefit from these workshops whether or not they intend to do the full training. The program is designed as a 6-day course that covers the 40 hours of didactic presentations and experiential exercises required by the ISST. This workshop covers the second half of the program.

The workshop is designed to be practical. Most participants find they can use what they learn with cases in their own practice right away. Many clinical examples are presented on DVD, and there are several practical experiential exercises. During the workshop you are encouraged to think about your own cases and how the concepts and interventions presented in the workshop might apply to them. Questions are welcomed particularly where they relate to your own cases.

Day 0 (Sunday 28th Sept): 15h30-17h30
Attachment theory and schema modes.

Day 4 (Monday 29th Sept): 9h00-18h00
Trauma and borderline personality disorder. Ethical issues in working with personality disorders.

Day 5 (Tuesday 30th Sept): 9h00-18h00
1) Working with the relationship: Setting limits and therapist triggering; 2) Narcissistic and cluster C personality disorders.

Day 6 (Wednesday 1st Oct): 9h00-18h00
1) Behavioural pattern breaking; 2) Other applications of schema therapy.

Each day, there is a half hour break in the morning and again in the afternoon and a 2-hour break at lunch time.

The workshop includes several experiential training exercises as specified by the ISST.

To apply for a place: Complete and submit the application form.

There is a limit of 40 places (to meet ISST training requirements) and STISA reserves the right to cancel the workshop if less than 6 participants sign up.

Workshop cost	South African ZAR	International GBP £
Deposit if not paid in full	R1000	£50
<i>Xtra early bird</i> (By Friday 30 th May):	R5300	£230
<i>Early bird</i> (By Friday 15 th August):	R5700	£250
Full rate (by Wednesday 24 th September)	R6200	£270

To apply for a place, complete the application form and the two agreement forms (Online training conditions and Data privacy). Email these three documents to stisa@stisa.org.za

We will send you payment information and your place will be confirmed once you have paid the deposit or the full amount. For international applicants we prefer payment in GBP but can accept ZAR on request.

For early bird rates the full amount must be paid before the dates indicated above.

Requirements for working online



The workshop is offered using the Zoom online platform and information about how to connect will be provided. The ISST has specified the conditions under which online training may be offered. Participants must have a reliable internet connection and a private, uninterrupted space in which to attend the workshop. They must keep their cameras on at all times (unless they discuss this first with the organizers) and must undertake not to engage in other activities (such as web surfing, doing emails etc.) during the workshop times. Participants will be asked to sign an agreement form indicating that they understand and will abide by the set conditions.

HPCSA ACCREDITATION FOR CPD

This workshop will be accredited with the HPCSA for CPD.

The HPCSA draws attention to the fact that attaining continuing education units (CEUs) does not license professionals to practice outside their scope of practice. CEUs are intended to broaden the knowledge of professionals but do not constitute professional training.

Part of an ISST approved training program <http://www.schematherapysociety.org/>

For queries or further information, email us at stisa@stisa.org.za