

Certification Program

Program Overview

Schema Therapy UK is pleased to invite applications for the 2016 Standard and Advanced level International Certification Training Program in Schema Therapy. The Schema Therapy UK Standard & Advanced Certification Training Program is approved by ISST. The program provides intensive, individualised training over a 1-3 year period, leading to either Standard or Advanced Certification through the International Society for Schema Therapy (ISST; www.isstonline.com). The training is over three 3-day workshops, weekly or fortnightly supervision and a number of ratings of client audio/video recordings. The teaching is provided by Vartouhi Ohanian, Director of Schema Therapy UK, and supervision by Vartouhi or one of Schema Therapy UK's [affiliates](#) who have extensive experience in Schema Therapy and are certified at Advanced level by ISST.

The ISST Certification Training Program is appropriate for English-speaking clinicians and mental health professionals with doctoral or master's level degrees in mental health fields (or equivalent) with considerable general psychotherapy experience. Applicants need to demonstrate to be accredited by their respective/relevant professional body. The Schema Therapy UK program will consider applicants who are interested in meeting all the requirements for official ISST certification. Additional criteria for admission are described in the Application Section. Admission is competitive. If you are interested in attending, please see our application form or please contact us.

The Schema Therapy Certification program is based on core principles and values of Schema Therapy. Thus, Vartouhi's teaching style integrates mutual respect, nurturing whilst enabling the development of schema therapy knowledge and skills. For this reason the training programs are limited to small groups of up to 12 applicants only. This helps maximize learning and adapt the teaching to individual needs.

Program Outline

The program outline is compliant with the requirements of the 2014-2015 criteria set by ISST.

- Three intensive workshops in London, each 3 days in length.
- Individual supervision sessions, 20 hours for Standard Certification and 40 hours for Advanced certification. Each session is 50 minutes in length, conducted by telephone, skype or in person. The supervision sessions must be at least over 1 to 3 years on a weekly or fortnightly basis, to qualify for ISST Certification.
- Video or audio recordings of patient therapy sessions to be submitted at regular intervals (3 sessions for Standard Certification and 5 for Advanced), each accompanied by a completed Schema Case Conceptualization form to be rated by your supervisor. The final session ratings (1 for Standard and 2 for Advanced

Certification) will be scored by an independent, advanced-level certified schema therapist (other than the supervisor) on the Schema Therapist Competency Rating Scale (STCRS). For more details of the minimum requirements for certification **please refer to the 2014-2015 Minimum training requirements set by ISST** (www.isstonline.com)

- Reading books and articles drawn from schema therapy, as well as other readings that provide a broad conceptual background in a variety of approaches relevant to the schema model.
- Each trainee must treat a minimum of 2 cases for Standard Certification and a minimum of 4 cases for Advanced Certification utilizing primarily Schema Therapy, for at least 25 therapy hours each; furthermore, the total of all Schema Therapy sessions with all patients must be at least 80 hours for Standard and 160 hours for Advanced Certification. More details will be provided later regarding appropriate types of patients for certification.
- All participants will receive comprehensive handouts as well as assessment inventories and other forms developed especially for Schema Therapy.

Certification Workshops

Workshops will be held over 3 days each at:

Friends House
173 Euston Road
London NW1 2BJ

2016 dates to be determined.

Workshops will include a combination of teaching methods such as lectures, handouts, video sessions of master schema therapists, live demonstrations, question-and-answer periods, group discussions, supervised practice in dyads, discussion of supervisees' own schemas. About 24 hours of the total workshop time will be spent in dyadic practice.

The workshops will cover:

Schema Therapy - Basic Model (3 days)

Schema Theory

- Schemas and coping Styles Defined
- Assessment including interviews, imagery and inventories
- Case Conceptualisation in Schema Terms
- Psycho-education about needs and rights of children, schemas and coping styles
- Temperamental Factors
- Treatment Formulation in Schema Terms

Schema Treatment Interventions

- Limited Reparenting
- Empathic Confrontation and Limit Setting
- Cognitive Techniques including diaries and flashcards
- Experiential Techniques including imagery, imagery rescripting, linking schemas with early childhood experiences, limited reparenting in imagery
- Schema dialogues and chairwork
- Role-plays
- Behavioural Change Strategies and homework assignments
- Dealing with therapist's schemas when applicable

The Mode Model: mode work with personality disorders including BPD (3 days).

Schema Modes Defined and Differentiated from Schemas and Coping Styles Assessment of Modes using interviews, imagery and inventories
Psycho-Education Case Conceptualisation in Mode Terms
Treatment Formulation in Mode Terms.

Schema Mode Work

- Limited Reparenting With Child Modes
- Imagery and Imagery Rescripting
- Mode Dialogues and Chairwork
- Empathic Confrontation and Limit Setting for Maladaptive Coping Modes
- Role-Plays
- Cognitive Techniques including Flashcards
- Behavioural Change Strategies
- Dealing with Therapist's schema modes when applicable

The Mode Model applied specifically to the modes that characterise most patients with BPD.

Mode work with Narcissism (3 days)

The Mode Model applied specifically to the modes that characterise most patients with NPD including dealing with Therapist's schema modes when applicable

Additional topics

If time permits: group schema therapy; schema therapy with patients with forensic histories; Axis I Disorders such as Eating Disorders , PTSD, OCD depending on the interests of the participants.

The key components covered under each topic above is drawn from and compliant with the 2014-2015 ISST Minimum Certification Training Programs Content (www.isstonline.com)

If you are interested in attending, please [contact us](#).

Supervision

Individualised Case Supervision

Trainees may elect to receive 20 hours (Standard Certification) or 40 hours (Advanced Certification) of individual case supervision on a weekly or fortnightly basis over a period of 1-3 years.

Regular supervision will provide an opportunity for intensive individualised feedback and mentoring tailored to each candidate's specific needs. Supervision will include case conceptualisation, treatment planning, practicing specific techniques and, on a limited basis, some sessions can be devoted to helping trainees address their own schemas that may be interfering with treatment.

Candidates will be required to submit video or audio recordings of therapy sessions on a regular basis (about every 6-8 sessions) throughout the program. Supervisors will rate each session using the STCRS and will provide detailed feedback during regularly scheduled supervision sessions.

Fees

To be confirmed

Application Process and Deadline

Deadline for 2016/17 Certification Training Program to be confirmed