

**Name and description of the training program courses**

Module Name	Subject covered	Hours Specification
I  INTRODUCTION TO SCHEMA THERAPY MODEL	Theoretical Background	Didactic: 4
	<p>Comparing with other approaches: similarities &amp; differences</p> <p>Introduction to schema &amp; mode concepts</p> <p>An overview of therapeutic strategies</p> <p>Relational aspects of the model &amp; being a schema Therapist</p>	<p>Dyadic: 2</p> <p><b>Whole Group Exercise</b></p> <p>Group Imagery Assessment / evaluation of experiences of each participants/ feedbacks on obstacles/ providing an overall psycho-education via imagery experiences (linking schemas with early childhood experiences)</p>
II  ASSESSMENT	<b>Concept and Case conceptualization/Schema Theory and Concept</b>	Didactic: 3
	<p>Schemas, Coping Styles, and Modes: Defined and Differentiated</p> <p>Assessment: including interviews, imagery, and inventories</p> <p>Psycho-education about needs and rights of children</p> <p>Temperamental Factors</p> <p><b>Treatment Formulation &amp; Case Conceptualization</b></p> <p>Clarifying Goals &amp; Needs in Schema Terms and/or Modes</p> <p>Conceptualizing a Case in Schema Terms and/or modes</p>	<p>Dyadic: 3</p> <p><b>Role-play</b></p> <p>(i) Demo: Gonca Soygüt-Volkan Gülüm Video taped Role Play) &amp; Participants (Therapists) pair up and take turns : Assessment by inventories based on Case Example Sheets provided by the trainer)</p> <p>(ii) Diagnostic Imagery</p> <p>(Therapists pair up and take turns) Educating the patient about schema therapy model/ conceptualization /formulation</p>

<p style="text-align: center;">III COGNITIVE STRATEGIES</p> <p>3.Schema Therapy Techniques 3.1 Cognitive techniques</p>	<p>Testing the validity of schemas</p> <p>Evaluating the advantages and disadvantages of the Patient's Coping Responses</p> <p>Conducting Dialogues: schema – healthy side</p> <p>Using flash cards-schema diary</p>	<p>Didactic: 4</p> <hr/> <p>Dyadic: 2</p> <p><b>Role-play:</b> Demo: Gonca Soygüt - Ece Ataman Video taped Role Play) &amp; Participants (therapists) pair up and take turns:</p> <p>Empty/Two Chair Work: Conducting Dialogues: schema side &amp; healthy side</p>
<p style="text-align: center;">IV EXPERIENTIAL STARATEGIES</p>	<p><b>Experiential techniques I</b></p> <p>Imagery &amp; Imagery re-scripting</p> <p>Linking Schemas with Early Childhood Experiences</p> <p>Limited Re-Parenting with Child modes, especially with the Vulnerable and Angry Child Modes,</p> <p><b>Experiential techniques II</b></p> <p>Confronting Maladaptive Coping Modes</p> <p>Confronting Punitive and Demanding Parent Modes</p>	<p>Didactic: 3</p> <hr/> <p>Dyadic: 3</p> <p><b>Role Play:</b> Demo: Gonca Soygüt - Ece Ataman Video taped Role Play) &amp; Participants (therapists) pair up and take turns:</p> <p>(i) Imagery Re-scripting (therapist enters the image &amp; exhibit limited re-parenting with child modes</p> <p>(ii) Chair-work</p> <p>Confronting the Punitive / Demanding Parent Modes</p>

<p>V BEHAVIORAL STRATEGIES</p>	<p><b>Homework Assignments and Behavior Change</b></p> <p>Coping Styles</p> <p>Defining targets of change Prioritizing behaviors for pattern-breaking</p> <p>Using flash card, imagery, role-play and homework assignments</p> <p>Overcoming blocks to behavioral change</p>	<p>Didactic: 3</p> <p>Dyadic: 3</p> <p><b>Role Play</b> Participants (Therapists) pair up and take turns:</p> <p>(i) Rehearsing the healthy behavior in imagery / Imagery: Behavioral Pattern breaking</p> <p>(ii) Dialogues between the Block and Healthy Side</p>
<p>VI THERAPEUTIC RELATIONSHIP</p>	<p>Limited Re-Parenting</p> <p>Empathic Confrontation</p> <p>Limit Setting</p> <p>Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients.</p> <p>Appropriate use of self-disclosure</p> <p>Additional Subjects: Rupture Markers, resolving rupture markers in the context of therapeutic relationship</p>	<p>Didactic: 4</p> <p>Dyadic: 2</p> <p>Whole Group Exercises: Therapists's Schemas</p> <p>(i) Exploring participants' schemas activated/modes triggered during the session (as a therapist) &amp; linking childhood scenes &amp; Re-parenting &amp; repairment of the rupture.</p> <p>(ii) Role Empathic Confrontation</p> <p>(iii) Limit Setting</p>
	<p>Schema Mode Work with Personality disorders</p>	<p>Didactic: 4</p> <p>Role-play: 2</p>

<p style="text-align: center;">VII</p> <p>Specific Treatment Populations</p>	<p>BPS NPD Cluster C Other Personality Disorders</p>	<p>Brief repetition of Imagery &amp; Chair works: “Mode work”</p> <p>(i) Confronting the Punitive / Demanding Parent Modes</p> <p>(ii) By-passing the coping modes (e.g. compliant surrender, over controller, self aggrandizer)</p>
--	--	--

**Literature used in the training program:**

**Main References:**

Young J., Klosko J. & Weishaar M. (2003). Schema Therapy: A Practitioner’s Guide. Guilford: New York.

Arntz, A., & Jacob, G. Uygulamada Şema Terapi (Schema Therapy in Practice). G. Soygüt (Translation Editor). Nobel: Ankara.

Young, J., Klosko, J. (1994). Reinventing Your Life. Plume, New York.

Arntz, A. Schema Therapy for Cluster C. Handbook of Schema Therapy. Willey: Sussex.

Arnts, A. & Hannie Van Genederen (2009) Schema Therapy for Borderline Personality Disorder. Willey-Blackwell, West Sussex.

Behary, W. (2008). Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed.

Arntz, A. (2011). Imagery rescripting for personality disorders. Cognitive and Behavioral Practice. 18: 466-481.

**Materials (DVD):**

G. Soygüt, role-played versions of some ST sessions conducted by G.Soygüt (produced in Hacettepe University, Psychotherapy Research Laboratory)

J. Young , Schema Therapy APA DVD Series

R. Wijngaart, & Bernstein, D. Schema Therapy: Working with modes.