

SCHEMA THERAPY INSTITUTE AUSTRALIA

Training | Treatment | Research

SCHEMA THERAPY TRAINING 2019 WITH DR RITA YOUNAN & MS RUTH HOLT

SCHEMA THERAPY FOR BPD & COMPLEX TRAUMA

**Gold Coast,
August 16 - 17**

**Melbourne
November 22 - 23**

Schema Therapy for developmental trauma, incorporating Interpersonal Neurobiology, The Polyvagal theory, Somatic Psychotherapy, bottom up and top down approaches and the phases of intervention.
*A working knowledge of Schema Therapy and the Mode Model is recommended.

THEORY, TECHNIQUES & MODEL FOR POST GRADUATE STUDENTS

**Canberra
October 26**

**Melbourne
November 16**

Through the use of a case study participants will be introduced to theory and techniques typical of Schema Therapy and learn to formulate and treatment plan within the framework.

CHRONIC DEPRESSION & OTHER CHRONIC MOOD DISORDERS

**Melbourne
February 20 & 21**

**Gold Coast
August 13 & 14**

There is growing research on the effectiveness of Schema Therapy for chronic depression and some early work on other treatment resistant mood disorders including OCD. This two day workshop will cover Schema Therapy formulation and treatment approaches for working with these presentations, including case studies, demonstrations and opportunities to practice skills.

ADVANCED TECHNIQUES & CLUSTER B/C PERSONALITY DISORDERS

**Melbourne
February 22-23**

**Canberra
October 24-25**

This workshop will focus on extending clinician skills with difficult to treat client groups including treatment of overcompensating clients, advanced imagery and mode dialogues & therapist self-care/self-practise with this difficult to treat clinical population.

GROUP SCHEMA THERAPY: THE BASICS

**Sydney
March 6 - 8**

**Singapore
March 25 - 27**

This workshop covers the basic curriculum for Group Schema Therapy based on the original protocol developed by Farrell & Shaw. Schema Therapy techniques and interventions applied to a group will be covered.

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Please register at [schematherapyaustralia.com.au](https://www.schematherapyaustralia.com.au) or [schematherapycanberra.com.au](https://www.schematherapycanberra.com.au)

About the presenters



Dr Rita Younan is a Clinical Psychologist and certified Schema Therapist Supervisor-Trainer in Individual and Group Schema Therapy & Director of Schema Therapy Institute Australia.



Ms Ruth Holt is a Clinical Psychologist, certified Schema Therapist Supervisor-Trainer in Individual Schema Therapy and a Principal, Canberra Clinical and Forensic Psychology.

