



STIM-INDY

Announcing: Experiencing Schema Therapy from the Inside Out: Self-Practice/Self Reflection Group for Schema Therapists

Led by Joan Farrell, Ph.D. and Ida Shaw, M.A.

Authors of: **Experiencing Schema Therapy from the Inside-Out:
A Self-Practice/Self-Reflection Workbook for Therapists**, 2018 Guilford Press

20 Session Self-Practice-Self Reflection Intensive

Twice a Month Group Sessions: This closed group meets for 20 sessions, the second and fourth Tuesdays of the month for 90 minutes, from February 2022 through November 2022. Either of these formats will have two individual sessions with either Ida or Joan. One will take place before the group begins and the second at the end of the group.

2 Individual sessions, one at the start of the program and one after it ends.

The group will be limited to 10 schema therapists and once it starts, will be closed to new members.

This unique approach to self-practice includes written self-reflection which directs you to reflect upon your personal experience of interventions as well as what you can learn from your experience to use in your practice for your professional self. Information about costs and registration will be provided upon request. info@schematherapy-training.com Attendance can be used to meet the continuing education requirement for ISST certification, the 6 hours of group self-practice required for certification in Group Schema Therapy or the ISST allowed number of individual ST supervision equivalent hours. The format of "Experiencing ST from the Inside-Out" workbook will be used for the sessions adapted to the needs of the group. It can be purchased on Amazon with the best discount.

Joan and Ida are experienced group therapists who developed the primary model of Group Schema Therapy used today, beginning this work in 1985. In fact, they met each other in a self-practice group for therapists in 1984. They are the authors of two books on Group Schema Therapy, which have been translated into a number of languages and were used as the protocol for a successful RCT at Indiana University School of Medicine and the International trial of GST for Borderline Personality with Arnoud Arntz.

Group Schema Therapy for Borderline Personality Disorder, 2012, Wiley-Blackwell

The Schema Therapy Clinicians Guide: A Complete Resource for Building & Delivering Individual, Group and Integrated Schema Mode Training Programs. Wiley, 2014

They have given keynotes, symposia, supervision, Master Clinician workshops and certification training on GST internationally for over 20 years for psychologists, psychiatrists, social workers, psychiatric nurses, experiential therapists and graduate students in these disciplines. They receive outstanding evaluations for their enthusiastic and collaborative teaching style that includes demonstrations and group role play experiences for participants. Both are ISST Certified Advanced level Trainer Supervisors in Individual and Group ST and Ida is also certified as a trainer-supervisor in Child Adolescent ST. They continue to enjoy leading schema therapy groups together. As they limit their international travel, they have converted their groups to ZOOM.

www.schematherapy-training.com