

ISST Training Programs Content. 2018

Curriculum for the 25 Required Didactic Training Hours:

1 Concept and Case conceptualization

1.1 Schema Theory and Concept

- Schemas, Coping Styles, and Modes: Defined and Differentiated
- Assessment: including interviews, imagery, and inventories
- Psycho-education about needs and rights of children
- Temperamental Factors

1.2 Treatment Formulation & Case Conceptualization

- Clarifying Goals & Needs in Schema Terms and/or Modes
- Conceptualizing a Case in Schema Terms and/or modes

2. Therapy Relationship

- Limited Re-Parenting
- Empathic Confrontation
- Limit Setting
- Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients.
- Appropriate use of self-disclosure

3 Schema Therapy techniques

3.1 Cognitive techniques

- Diaries
- Flashcards

3.2 Experiential techniques I (Imagery work)

- Imagery & Imagery re-scripting
- Linking Schemas/modes with Early Childhood Experiences
- Limited Re-Parenting with Child modes, especially with the Vulnerable and Angry Child Modes,

3.3 Experiential techniques II (e.g. Mode dialogues & Roleplay)

- ST dialogues with schemas and modes
- Empathic Confrontation/limit setting for Maladaptive Coping Modes
- Confronting and limit setting for Punitive and Demanding Parent Modes
- Role-Plays

3.4 Homework assignments and behavior change strategies

4 Specific Treatment Populations

4.1 Schema Mode Work with Personality disorders

- BPD (required)
- NPD
- Cluster C (required)

- Other Personality Disorders
- PDs become required as trials support the effectiveness of ST for them

4,4 Schema Therapy with other Axis-I-Disorders (optional until an evidence base is established)

- Addiction
- Eating Disorders
- PTSD
- OCD

5 Literature

- Reinventing Your Life
- Schema Therapy: A Practitioner's Guide
- Other Reading Materials