

Workshop Group Schema Therapy for Couples

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Group Schema Therapy (GST) for Couples is a new integrative approach blending the power of group therapeutic factors with dyadic couples work. This workshop presents the model basics with demonstrations of core interventions. In this approach collaborative assessment experiences provide couples with a deeper understanding of “the schema chemistry” fueled by core unmet needs which attracted them and eventually set them against each other. The group setting provides important vicarious learning opportunities. Couples observe how different schemas and coping modes influence the relationships of others, allowing them to better identify and resolve their own “core cycles and schema clashes”. Protected intimacy of in-couple communication and group exercises provides corrective emotional experiences like “mutual re-parenting” and couples imagery rescripting. Happy Child Mode exercises supply positive emotional energy and facilitate more optimistic attitudes towards their partnership.

Learning Objectives

- understand and apply the GST model and interventions to couples' treatment;
- learn how to teach partners strategies for identifying, accepting and deactivating dysfunctional modes and schemas in group
- learn how to facilitate couples re-parenting & imagery rescripting
- opportunities to experience interventions in demonstrations

Training modalities: didactic and experiential

Farrell, Reiss & Shaw (2014). *The Schema Therapy Clinician's Guide*, Wiley-Blackwell.

Atkinson (2012). *Schema Therapy for Couples*, Wiley-Blackwell Handbook of Schema Therapy

DiFrancesco Roediger Stevens (2015). *Schema Therapy with Couples* Wiley-Blackwell.

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