

**CURRICULUM SUMMARY AND TRAINING MODULES FOR GROUP SCHEMA THERAPY CERTIFICATION TRAINING**

<b>STANDARD LEVEL GROUP SCHEMA THERAPY CERTIFICATION-24 TRAINING HOURS</b>			
<b>MODULE 1</b>	<b>MODULE 2</b>	<b>MODULE 3</b>	<b>MODULE 4</b>
<p>Introduction to the GST model, co-therapist limited reparenting – learning the dance and signals, preparing patients for group, establishing safety and connection, setting and holding the frame, balancing structure and matching patient modes, goal vs. plan, “opportunity work”. ST Education in group Mode conceptualizations and translating problems into ST concepts in group. Practical issues of setting, time, etc.</p> <p>Max 60 participants/ 2 trainers</p>	<p>Group interventions for the Maladaptive Coping Modes and Healthy Adult mode.</p> <p>Mode awareness and management work, Getting through Detached Protector, empathic confrontation limit setting for Overcompensating modes, pro &amp; con work both cognitive and experiential (mode role-play experiences of modes negative effects) e.g.Group mode dialogues, group mode role-plays (aka mode dialogues). Healthy Adult Mode work- group as a reflective mirror, facilitating the experience of competence.</p> <p>Max 40 participants/ 2 trainers</p>	<p>Group interventions for the Child Modes and Good Parent.</p> <p>Healing the Vulnerable Child, Channeling the Angry Child, Limiting the Impulsive Child, Happy Child Basic group imagery work, anger-release work, play in group.</p> <p>Banishing the Punitive Parent, moderating the Demanding parent, Good Parent component of Healthy Adult mode. Good Parent imagery, seeing DyPM modes as “not me”, mode dialogues with DyPM.</p> <p>Max 40 participants/ 2 trainers</p>	<p>Self therapy in a group</p> <p>Participant opportunities to experience GST interventions themselves and to practice taking the leader role with trainer coaching and feedback.</p> <p>Maximum 20 participants/ 2 trainers</p>
4 didactic and 2 role-play hours.	Modules 2-3 are each 3 didactic, 3 role-play hours.		2 didactic and 4 role-play hours
<p>Module 1 should be taken first followed by the remaining three in any order. Total required hours for Standard level GST Certification is 24: 12 didactic and 12 role-play hours</p>			

<b>ADVANCED LEVEL GST CERTIFICATION</b> (Standard level GST certification is a prerequisite)			
<b>MODULE 1 ADVANCED GST FOR THE MALADAPTIVE COPING MODES</b>	<b>MODULE 2 ADVANCED GST DYSFUNCTIONAL PARENT MODES, HEALTHY ADULT</b>	<b>MODULE 3 ADVANCED GST FOR THE CHILD MODES</b>	<b>SPECIAL TOPICS/ GROUP SUPERVISION</b>
<p>Maladaptive coping modes and group empathic confrontation. Difficult Avoidant Coping modes and Overcompensating modes (e.g. Bully-Attack)</p> <p>Max 40 participants/ 2 trainers</p>	<p>Advanced Limited reparenting work, limit setting for Angry and Impulsive Child, Enraged Child, Matching parenting style to your patient groups Healthy Adult component, parenting for autonomy.</p> <p>Max 40 participants/ 2 trainers</p>	<p>Advanced Imagery rescripting, play and the Happy Child for Vulnerable Child healing</p> <p>Max 40 participants/ 2 trainers</p>	<p>BPD, AvPD, mixed groups, Identity work for severe PD, DID, etc.- To meet the continuing education requirement for continued certification.</p> <p>Group Supervision to fulfill some of the supervision hours requirement</p> <p>Maximum 60 participants/ two trainers</p>
<p>Each Advanced module is 6 training hours divided into 3 didactic, 3 role-play hours The Advanced modules may be taken in any order as long as all content is covered by completion.</p> <p>Total required hours for Advanced level Group ST certification is 18: 9 didactic and 9 role-play hours.</p>			<p>6 hours each workshop.</p>

HOURS OF SUPERVISION CREDIT PER MODULE	6 HOUR MODULES
1 COTHERAPIST PAIR (2 PEOPLE)	6 HOURS
2 COTHERAPIST PAIRS (4)	3.6 HOURS
3 COTHERAPIST PAIRS (6)	2.8 HOURS
4 COTHERAPIST PAIRS (8)	2.4 HOURS
5 COTHERAPIST PAIRS (10)	2.2 HOURS
6 COTHERAPIST PAIRS (12)	2 HOURS