

Training

“Schema Therapist for Children and Adolescents” (ST-CA) 2014... ISST Minimum Certification CA Training Requirements

(To understand this chart, please be sure to read the explanations below the table.)

Type of Requirement	Certification (ST-CA): ST for Children and Adolescents
Didactic Hours	33 hours (each 60 min)
Dyadic Hours	15 hours (each 60 min)
Individual Case Supervision	20 supervision sessions (50-60 minutes each) (Single or Converted Group Minutes- see below)
Self-Therapy as part of case supervision	Recommended, Optional: Max. of 3 sessions out of 20 can be primarily self-therapy
Group Case Supervision	Up to 25% “group converted” minutes (see Notes below table)
Peer Supervision	Recommended
Minimum Number of Cases Treated with ST	Minimum of 2 cases, at least 25 therapy hours each; one case must be F90.-; F91.-; F93.- F42.- F33.-, or F60.3 (WHO: ICD 10)
Minimum Number of Patient Sessions; (at least 45 minutes each)	80 sessions incl. work with parents
Duration of Supervision	At least 1 year
Session Competency Ratings of Patient	1 session with child or adolescent younger 16 (not parent), with minimum STRS-CA score of 4.0

From 2015-01-01 on

Requirements to be certified in ST-CA:

Psychotherapists eligible for certification in ST-CA must prove that - prior or during their training in ST-CA - they have acquired special knowledge and qualification in CBT with children, adolescents and families, according to legislation or rules in their country. This can be given by

- a CBT training designed especially for this target group
- or a special qualification on top of general or adult CBT training
- or as an alternative, a minimum of 5 years professional practice in the field of CBT with children, adolescents and families.

Requirements to be a Trainer and/or Supervisor in ST-CA:

1. Minimum of 3 years working experience in ST-CA
2. Additional 24 TU in further ST-Workshops (must: ST with BPD, optional: ST with NPD, ST with couples, "Overcoming the Detached Protector", or similar workshops, on request)
3. Experience as a co-trainer in at least 2 workshops (min. 12 TU each) on ST-CA topics.
4. Self-therapy: Minimum one day or 8 TU in a group of 3-4 participants.
5. Min. 5 additional single supervision TU, including a video that shows ST methods with parents (no rating scale necessary).

In addition, common national criteria to obtain the status "Supervisor" must be fulfilled, as formulated by professional legislation or regulations by local professional associations. This could mean:

- Minimum of 5 years listed and working as a licensed psychotherapist for CA after final psychotherapy graduation (i.e., "Approbation" in Germany, State Licence in the US, registration with the Health Service in the UK or in the Netherlands)

or

- currently working as a supervisor for CA psychotherapy at a training school for psychotherapy that is accredited by the government or any other legal body responsible according to national law, or working as a supervisor for CA at a university, teaching and supervising post-graduates in psychotherapy, or acknowledged supervisor for CA with a supervisor certificate from the chamber of psychotherapists or a national professional association of psychotherapy.

or

- teaching experience in psychotherapy in general for three years, with at least three workshops or presentations within three years before application. This includes at least two ST specific work samples with CA, like workshops, lectures, already doing supervision with ST CA cases, having written book chapters, co-authorship of journal articles. Further material showing teaching experience in ST with CA can be evaluated individually on request.

Important Explanations & Notes

There is only one level of certification.

Converting Group Supervision Hours to Individual Supervision Hours

We have worked out a (complicated) system for converting group supervision hours into individual supervision hours (applies to supervision groups with 2 to 6 members). The basis of the conversion is that we voted to consider 3 group hours (180 minutes) with 6 members in the group, to be approximately equivalent to 1 individual supervision "hour" (50 minutes).

For example, if a group has 6 trainees, then we assume that each group member gets 1/6 of the group time. Thus, if the group is 2 hours long (120 minutes), then each member gets 20 minutes of *direct* supervision time in the group. This is equivalent to 20 minutes of individual supervision time. The remaining 100 minutes is spent observing the supervision of other group members. We have decided (by voting) that the time spent *observing* supervision of another member is equivalent to 20% of the time spent receiving supervision on one's *own* cases. Thus the 100 minutes observing others is equal to 20 individual supervision minutes (20%).

Using this formula, the chart below allows you to compute the number of supervision credits for each size of group.

For each 60 minutes of group supervision time:

2 trainees in group = 36 minutes of credit

3 trainees in group = 28 minutes of credit

4 trainees in group = 24 minutes of credit

5 trainees in group = 22 minutes of credit

6 trainees in group = 20 minutes of credit

(60 minutes of individual supervision = 60 minutes of credit)

Note that, to be certified, trainees may receive a combination of group and individual supervision. Individual supervision is recommended, but not mandatory.

Approved Certification CA Training Programs / Content

Didactic Hours: 33 / Didactic Curriculum:

- Schemas, Coping Styles, and Modes: Defined and Differentiated
- Assessment for Children and Parents: including interviews, imagery, and inventories
- Linking Schemas with Early Childhood Experiences
- Developmental and Temperamental Factors
- Conceptualizing a Case in Schema Terms
- Treatment Formulation – Clarifying Goals & Needs in Schema Terms
- Schema Change: including Schema Dialogues, Emotion-Focused Chair Work
- Use of Imagery, Limited Re-Parenting, Empathic Confrontation, Limit-Setting, Flashcards, Diaries, Confronting Maladaptive Coping Modes and Punitive and Demanding Parent Modes, Therapy Relationship Work (including the appropriate use of self-disclosure) Role-Plays, Cognitive Strategies, Behavioral Strategies, and Homework
- Schema Mode Work with ADHD, ADD, DBD (CD, ODD), OCD, Anxiety disorder, and other typical psychic disorders of childhood and youth
- Schema Therapy for Caregivers/Parents (Schema Coaching, Systemic Schema Therapy)

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

Dyadic Hours: Minimum 15 Hours / Dyadic Curriculum:

- Whole group or “fishbowl” exercises are encouraged and can count towards as much as 2 hours of the dyadic requirement, as long as the whole group is participating in the practice. Whole group exercises can be a great way to demonstrate strategies in preparation for the dyadic practice.
- Dyadic Practice: Therapists pair up and take turns (approximately 30 minutes each direction) in the role of patient and therapist. If the group is large, and supervisors are scarce, a third person may act as the observer/coach. But - the observer should only be in that role one time so as to maximize practice opportunity.
- Dyadic practice exercises must include: Limited Re-Parenting with Child modes, especially with the Vulnerable and Angry Child Modes; Psychoeducation through Drawings, Hand and/or Finger Puppets, Chair Dialogue, Inner House; Audio Flashcard, Confronting the Detached Protector Mode, Confronting the Punitive (Demanding) Modes, the Use of Empathic Confrontation, Imagery, Limit Setting, and Therapy Relationship work.
- Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients and their parents.

While there is no standard for the didactic portion of a certification program, meaning that you may have 30-40 participants in the room with one certified trainer facilitating the didactic part, we are proposing that there be a minimum of 1 trainer for every 20 participants (optimally 1 trainer for every 10 participants) in the dyadic role-play portion of the program. We know this is challenging in some countries where the number of available advanced schema therapists is still growing.

But perhaps in these cases, offering separate consecutive dates for smaller group training to cover the dyadic role play might adequately help meet this requirement. It is one of the most important aspects of the training program for learning the model, in addition to personal and group supervision, and therefore requires that advanced schema therapy supervisors be available to guide and coach the dyadic practice exercises.

Supervision and Session Ratings:

20 Hours – Standard (in some programs: supervisors view an additional 2 hours of taped sessions)

- All supervision should include supervisees looking at their own schema activation in the context of their work with patients.
- Additional self-therapy should be encouraged when needed and should be related to counter-transference issues in treatment.
- STRS-CA – what will be expected for final rating of tapes
- Comprehensive use of the case conceptualization forms / case summaries

- Prerequisites for Schema Therapy – (Assessing contextual “road blocks” like limited finances, limited access to patient, blending other therapies, suicidal tendencies, crisis intervention, medication evaluations.)
- Respectfully providing positive and negative feedback to candidates
- Handling obstacles related to schema activation in supervision
- Confronting avoidance and detached protector modes w/supervisees
- Implementing role plays with candidates
- Use exercises from training program to help trainees “experience” their own schema triggering and maladaptive modes.
- Emphasis on mode work

Final Tape Ratings

1. Session ratings will normally be provided by the site offering the training program. However, each final rating session must be rated by a Certified Schema Therapist for Children other than the trainee’s supervisor(s), and by someone who is relatively unfamiliar with the trainee on a personal level.
2. The STRS-CA is still a pilot scale, as are the cut-off scores. We expect to refine the STRS-CA and cut-off scores over the next 1 or 2 years based on research data.
3. In addition to the minimum required 4.0 score – a candidate must receive individual ratings of no less than 4.0 on items 6-9 on the STRS-CA.