

GERHARD ZARBOCK, Ph.D.

ISST Certified Trainer-Supervisor in Individual, Child-Adolescent and Group Schema Therapy

10 steps into individual schema therapy: An invitation to experience , discover and reflect

This mini workshop uses a newly developed teaching device, the competence training spiral, to introduce you to individual schema therapy, developing your understanding and offering essential schema therapeutic skills in a systematic manner.

At the beginning of the workshop we jump right into the theme by exploring a mode activation via imagery. We then reflect on how a mode activation feels from the inside. After this experience we define conceptually a mode and provide you with a verbal map showing the landmark terms of the model. As teaching tools we will use self experience, imagery, peer practice, short lectures, group discussion, creative art work and short demonstrations on stage.

You will experience the basic schema therapeutic strategies (e.g., contact vulnerable child, circumvent detached protector, protect vulnerable child, disempower punitive parent, console and re-educate vulnerable child). The workshop ends with your personal feedback, addressing your positive experiences as well as your reservations and problems with the schema approach. At the end you will get some written material listing the essential features of individual schema therapy to take home for further training.