



Dr Joan Farrell PhD



The Schema Therapy Institute, London presents:

TWO NEW WORKSHOPS

Deliberate practice for Group Schema Therapy and SR/SP

with Dr Joan Farrell in London

**1. APPLYING DELIBERATE
PRACTICE TO CORE
INTERVENTIONS IN GROUP
SCHEMA THERAPY (6 HRS)**

24TH & 25TH MAY 2024

10:00 AM - 05:00 PM

**2. STRENGTHENING THE SCHEMA
THERAPIST'S HEALTHY ADULT
MODE USING SELF THERAPY
AND DELIBERATE PRACTICE
TECHNIQUES (6HRS)**

Two in-person workshops by the ISST's most experienced trainer/supervisor and group schema therapy expert. Schema therapists of all levels of experience may register. A limited number of early bird discount places are available for registrations before
1st March 2024

[Register now](#)

**Acquire advanced deliberate
practice and self reflection skills to
enhance individual and group
schema therapy interventions**

www.schemainstitute.co.uk

Day 1

Applying Deliberate Practice to Core Interventions in Group Schema Therapy

Deliberate Practice (DP) has been recognized as a breakthrough approach in building the mastery of clinical skills (Behary, Farrell, Rousmaniere & Vaz, 2023). The group modality of Schema Therapy (ST) – GST present the therapists with additional challenges and complexity as the needs, schemas, and modes of a number of patients must be simultaneously considered and safety and connection for all must be established and contained. (Farrell & Shaw, 2012).

This workshop will describe the application of the deliberate practice model to three of the most challenging interventions of group schema therapy (GST): maintaining a safe space, setting limits and, managing conflict. This provides attendees with opportunities to practice these skills using the format of the DP model.

Day 2

Strengthening Schema Therapist's Healthy Adult Mode with Deliberate Practice and SP/SR techniques

This 6-hour workshop combines Self-Practice/ Self-Reflection (SP/SR) and Schema Therapy Deliberate Practice (DP) exercises, to strengthen our inner therapist skills and our good parent voice. We will focus on interventions and practice that facilitate mastery of being a “real person” in the treatment room: present, attuned, and genuine, aware of our own schema and mode triggering, and expressing the internal advocate, “good parent” part of the Healthy Adult mode.

Learning Objectives:

- Be able to recognize therapist schema and mode-triggering that interferes with limited reparenting
- Enhance your genuine in-session presence in the role of a Good Parent
- Utilize the Schema Therapy DP model to achieve greater mastery of interventions in the development of the therapists' inner skills.

**Register
NOW**