



## **Program Overview**

### **2019 International Training & Certification Program In Schema Therapy**

Sponsored by  
The Cognitive Therapy Center of NJ and  
The Schema Therapy Institutes of NJ-NYC

***Wendy Behary/Jeffrey Young, Directors***

The Schema Therapy Institutes of New Jersey and NYC are pleased to announce the 2019 International Training & Certification Program in Schema Therapy (ITCPST). The program offers a range of training opportunities in Schema Therapy. For participants who elect to complete all aspects of the training, the program will lead to either Standard or Advanced Certification through the International Society for Schema Therapy (ISST; <http://schemasociety.wildapricot.org>).

Both Institutes were established to provide quality schema therapy training to mental health practitioners, and to promote research on schema theory and treatment throughout the world. The Institutes are certified by the ISST to offer training programs that fulfill the International Society's (ISST) Guidelines. A highly experienced faculty of supervisors (with extensive experience in schema therapy) assists the Training Directors: Wendy Behary and Jeffrey Young, overseeing the practice exercises and providing supervision. Our program is conducted in cooperation with other approved certified schema therapy training programs throughout the world.

*Our program will consider (1) applicants who are interested in meeting all the requirements for official ISST certification, as well as (2) those applicants who would like to obtain advanced level training in schema therapy but are not interested in completing all of the requirements for certification. Thus trainees will be able to tailor the requirements and costs of the program to their specific needs.*

The curriculum offers several components, some of which are required for all trainees while others are only required for trainees who want to achieve certification. The training workshops are offered in **New Jersey**, conducted in

English; additional options include: weekly or bi-weekly supervision sessions (by telephone, Skype, or in-person); readings and DVD's; and periodic reviews/ratings of client sessions.

The International Training & Certification Program in Schema Therapy is appropriate for English-speaking mental health professionals from all over the world, and is open to individuals with doctoral or master's level degrees in mental health fields (or the equivalent in each country). Additional criteria for admission are described in the Application Process section below; the criteria will vary depending on whether the applicant desires certification. Admission is competitive.

## **Benefits of Certification**

For applicants who are interested in receiving *International Society of Schema Therapy (ISST)* certification, there are a variety of benefits. Certified Schema Therapists will maintain membership in the International Society for Schema Therapy (ISST), where they are distinguished from non-certified members for their competence in treating patients and for their eligibility to participate in research projects utilizing schema therapy. If you obtain certification, you will have access to a variety of professional opportunities, including the following:

- You may represent yourself as a Certified Schema Therapist with patients, in other professional and academic settings, or in brochures and marketing materials.
- If you complete the Advanced Level certification, you will be able to offer Schema Therapy workshops and provide supervision, so long as you adhere to all training, certification, and post-certification criteria set by the ISST.
- After you complete the certification requirements, you will be included in the ISST referral network (so long as you pay annual ISST dues and meet any continuing education requirements). With your consent, the ISST website will host your name and contact details to the list of certified schema therapists, where you may receive requests/referrals from patients, therapists, researchers, or institutions in your area.

## **About Schema Therapy**

Schema Therapy is an innovative, integrative therapeutic approach, originally developed by Dr. Jeffrey Young as an expansion of traditional cognitive-behavioral treatments. The schema approach draws from cognitive-behavioral therapy, attachment theory, psychodynamic concepts, and emotion-focused therapies. In comparison to "standard" cognitive-behavioral therapy, schema therapy places more emphasis on self-defeating life patterns, characterological problems, deep-

rooted emotional themes, affective change techniques, and the therapeutic relationship, with special emphasis on limited/adaptive re-parenting, meeting core unmet needs, and re-scripting.

Schema therapy is particularly well suited for difficult, resistant clients with entrenched, chronic psychological disorders, including personality disorders (such as BPD and Narcissism), eating disorders; difficult couples problems, and criminal offenders. It is also often effective for relapse prevention with depression, anxiety, substance abuse, and other Axis I disorders.

The results of randomized, controlled outcome studies have shown schema therapy to be highly effective with a large percentage of outpatients with Borderline Personality Disorder, with a low dropout rate. Clients who have spent years gaining valuable insight with psychodynamic therapies, but who are frustrated by their lack of progress, often respond well to the active, systematic, flexible, and depth-oriented schema approach.

## **About Jeffrey Young**

Jeffrey Young is the Founder of Schema Therapy, and the Director of the Schema Therapy and Cognitive Therapy Institutes of New York. He serves on the faculty in the Department of Psychiatry at Columbia University, is a Founding Fellow of the Academy of Cognitive Therapy, and is co-founder of the International Society for Schema Therapy.

Dr. Young has led workshops for over 20 years throughout the world, including the United States, Canada, the UK, Europe, Australia, China, South Korea, Japan, New Zealand, Singapore, and South America. He consistently receives outstanding evaluations internationally for his teaching skills, including the prestigious NEEI Mental Health Educator of the Year award. Dr. Young has presented workshops and lectures for thousands of mental health professionals, resulting in strong demand for further in-depth training and supervision in schema therapy.

Dr. Young has co-authored two Internationally best-selling books: "Schema Therapy: A Practitioner's Guide" for mental health professionals, and "Reinventing Your Life," a self-help book for clients and the general public. Both have been translated into many languages.

## **About Wendy Behary**

Wendy Behary is the Founder and Director of The Cognitive Therapy Center of New Jersey, and The New Jersey Institute for Schema Therapy. She served as Training and Certification Coordinator (2008-2010) and as President (2010-2014) of the International Society of Schema Therapy (ISST) Executive Board. Wendy has been treating clients and training professionals for more than 20 years. Prior to their collaboration, Wendy was on the faculty of the Cognitive Therapy Center and Schema Therapy Institute of New York, where she has trained and worked with Dr. Jeffrey Young since 1989. She is a Founding Fellow and Approved Supervising Consultant of The Academy of Cognitive Therapy, established by Dr. Aaron T. Beck.

Wendy Behary has co-authored several chapters and articles on Schema Therapy and Cognitive Therapy. She is the author of the International bestselling book "Disarming the Narcissist...Surviving and Thriving with the Self-Absorbed", published by New Harbinger. Wendy specializes in treating narcissism, and the people who live and deal with them. She has lectured both nationally and internationally to professional and general audiences. Her work with industry has included speaking engagements focused on interpersonal conflict resolution.

Her private practice is primarily devoted to treating narcissists, and consulting on issues of Narcissism and NPD. Additionally, she works with partners and people dealing with narcissists, as well as couples experiencing relationship conflicts. Wendy is also a consulting expert on interviewing, public speaking, dealing with difficult people, and interpersonal skills enhancement.

## **Key Components & Requirements for the 2018 Program**

Depending on whether you are interested in general training or in receiving certification, participants may choose from the following options as part of the 2018 International Training & Certification Program. All components are required for certification; but for non-certification trainees, some of the components are designated as Optional:

1. Two intensive weekend workshops, each consisting of 4 required days of lectures, demonstrations, and practice exercises. For each weekend, the workshop will be held at the New Jersey Institute in Springfield, NJ—a 40-minute train ride from Manhattan.
2. Candidates for certification will receive individual supervision sessions (20 for Standard Certification and 40 for the Advanced level). Each session is 50-60 minutes in length, and may be conducted by telephone, in person, or via video conferencing (if equipment is available). The supervision

sessions must continue for at least one to two years on a weekly or bi-weekly basis to qualify for ISST certification.

3. Candidates for certification will submit audio recordings or video recordings of patient therapy sessions, at regular intervals, each accompanied by a completed Schema Case Conceptualization Form to be reviewed and rated by your supervisor (1 session for standard certification and 2 for advanced). To obtain ISST certification, 1 or 2 additional patient sessions must also be submitted for rating upon conclusion of the required supervision hours. Each will be scored by an independent, advanced level certified schema therapist rater (someone other than your supervisor will be selected by the training directors).
4. Viewing actual patient sessions by master schema therapists on DVD that you will watch in workshop days and can borrow from our library; reading books and articles drawn from schema therapy, as well as other readings that provide a broad conceptual background in a variety of approaches relevant to the schema model.
5. During the course of the program, candidates for ISST certification must treat at least 2-4 patients (2 for standard certification and 4 for advanced) for a minimum of 25 therapy hours each, utilizing primarily schema therapy. More details will be provided later regarding appropriate types of patients for certification applicants.

## **Weekend Workshops: 2019**

**All workshops will be offered at the NJ Center:**

**28 Millburn Avenue, Suite 7-A, Springfield, New Jersey 07081, USA  
(or a nearby external venue if needed)**

**The required workshop dates for 2018 for ALL applicants will be:**

**Weekend 1: March 1, 2, 4, & 5 – Sunday, the 3<sup>rd</sup> is a day off**

**Weekend 2: Sept. 13, 14, 16, & 17 – Sunday, the 15<sup>th</sup> is a day off**

Weekend workshops will include a combination of teaching methods, including lectures, handouts, video sessions of master schema therapists, live demonstrations, question-and-answer periods, group discussions, supervised practice in dyads, discussion of supervisees' own schemas and childhood histories, and small group exercises.

## **The workshop topics covered will be drawn from the following list:**

- Theory and conceptual model: key terms and concepts from schema theory; group imagery exercise to identify the participants' own schemas; discussion of the 18 specific schemas.
- Assessment and Education: multiple techniques for assessing and activating schemas and coping styles; educating the client about schemas; scoring and interpretation of schema inventories; activating schemas with experiential techniques, including emotive imagery; assessing schemas in the therapy relationship.
- Cognitive Techniques: building a case against schemas and coping styles; schema dialogues; developing flashcards.
- Emotion-Focused Techniques: emotional change through venting, imagery, dialogues, and letters to parents; breaking through common therapeutic impasses.
- Utilizing the Therapy Relationship for change: limited re-parenting; analyzing schemas when triggered in sessions.
- Behavioral Pattern-Breaking: selecting appropriate partners; graded assignments; empathic confrontation; overcoming avoidance of trigger situations.
- Mode Work: rationale for utilizing schema modes with more severe cases: reviewing common modes for specific disorders; using the Schema Mode Inventory; mode work for clients who can't experience emotions; techniques for changing modes; dealing with angry, clinging, critical, and help-rejecting clients. A detailed protocol for mode work with borderline and narcissistic patients will be presented.
- Specialized Topics: Schema Therapy for Borderline Personality Disorder (BPD) and narcissism; the therapist's own schemas
- Optional Topics—if time permits: adapting the model for work with couples; group schema therapy; discussion of other problems and disorders, depending on the interests of the participants and faculty.

## **Individualized Case Supervision**

Trainees who want supervision may elect to receive 20 or 40 hours of individual case supervision, on a weekly or bi-weekly basis.

Regular supervision will provide an opportunity for intensive, individualized feedback and mentoring, tailored to each candidate's specific needs. Supervision will include case conceptualization, treatment planning, practicing specific techniques, and, on a limited basis, some sessions can be devoted to helping candidates heal their own schemas that may be interfering with treatment. A few sessions will be devoted to discussion of the supervisor's feedback and ratings of recorded patient sessions submitted by the candidate.

## Ratings of Patient Therapy Sessions

Candidates who want certification will be required to submit video or audio recordings, or transcripts, of therapy sessions on a regular basis (about every 6-8 sessions for Standard and about every 10-12 sessions for Advanced) throughout the program. Supervisors will rate each session using the STCRS (Schema Therapist Competency Rating Scale) and will provide detailed feedback during regularly scheduled supervision sessions.

### \* Tuition and Other Costs (in US Dollars):

*For non-certification trainees: you will select option 1* below, but all others are optional. You will still be eligible to sign up for other components leading to certification if you want to do so at a later date, but the training costs and requirements for certification may change in 2020. (Discounted rates for certification are included when you sign up for an entire program in advance, instead of registering for each component separately.)

### Costs:

#### **(1) Intensive Workshop Training Tuition = \$3400 USD**

This is required for all trainees. This component includes the supervised workshop role-playing that is required for both standard and advanced certification. Candidates must attend all 8 days (48 hours) of workshop training scheduled for the 2018 program to qualify for certification. The fee also covers program enrollment costs and access to our DVD library.

**(2) Supervision:** *paid directly to your supervisor as you go. Supervisors offer affordable rates as a courtesy to the candidates in the program.*

**Standard Level Certification** – 20 Hours (plus 2 client tapes reviewed with supervisor)

**Advanced Level Certification** – 40 hours (plus 3 client tapes reviewed with supervisor)

Supervision will be provided by an ISST accredited advanced certified schema therapy supervisor / affiliate. Additional fees may apply if you choose to be assigned to a supervisor from outside of our Institute faculty.

#### **(3) Final (Independent) Ratings of Patient Sessions by Approved Master Clinician:**

1 Final Rating for Standard Level Certification and 2 for Advanced Level Certification): **\$150 USD per rating**



- The complete program tuition costs below do not include the ISST membership fees that are required for certification. For more information, see the ISST website: <https://schematherapysociety.org/>

***PLEASE DO NOT HESITATE TO REQUEST A PAYMENT PLAN TO BETTER MEET YOUR FINANCIAL NEEDS.***

- **Payment Arrangements: 50% of the tuition is paid within 30 days of acceptance into the program**
- **The balance is paid by July 15, 2019**

**\*While sensitive to the fact that unexpected emergencies are a part of life... you can probably also imagine the financial dilemma of being faced with an already accepted candidate dropping out of the program (when we can not easily fill that seat) and asking for a refund. *Unfortunately, in order for us to provide this intensive program for a limited number of trainees, it is not financially possible to refund any monies we receive, regardless of the circumstances. (We will offer credit, for up to one year, to be applied toward the 2020 program or toward supervision.)***

Candidates will be also be responsible for all travel expenses to New York City/New Jersey, including airfare, lodging, and meals (except breakfast and lunch which we provide during the training days) and will make all of their own travel arrangements. Candidates may choose to stay in Manhattan for the entire weekend or at a nearby hotel near Springfield, NJ (Springfield, NJ, is not far from Newark Airport, where many international flights are based.) There is easy and affordable train service between NYC Penn Station and Short Hills, NJ—approximately 30-40 minutes each way—the NJ train station is very close to the NJ Center in Springfield, NJ. We are happy to assist you in making these decisions and arrangements.

Candidates will pay for all telephone charges for supervision, and postage for the mailing of tapes, DVD's, or session transcripts. Trainees will be required to have a relatively inexpensive digital audio recorder approved by us if they plan to make audio recordings of sessions.

Alternative/Extended Tuition Payment Plans may be available to trainees who can demonstrate a financial need.



## **Application Process**

We plan to accept no more than 25 applicants, depending on the availability of supervisors and the eligibility of the applicants.

### **Before applying, all applicants must have completed the following requirements:**

1. Candidates should have substantial general psychotherapy experience, hold an advanced academic degree from an accredited university, and (where required) be licensed to practice.
2. Candidates should have prior exposure through the equivalent of a two-day workshop, seminar, or audio course on Schema Therapy. (Please contact us if you have questions about how to meet this requirement or if you are not sure about your eligibility.)
3. Candidates must have read at least these two books on Schema Therapy:
  - Schema Therapy: A Practitioner's Guide (Young, Klosko, and Weishaar, 2003)
  - Reinventing Your Life (Young and Klosko, 1994)

### **The Application Process will consist of the following:**

- Completion of the application form (available on our websites: [www.schematherapy.com](http://www.schematherapy.com) or [www.disarmingthenarcissist.com](http://www.disarmingthenarcissist.com));
- Submission of a recent curriculum vitae;
- Proof of professional licensure or certification in your state or country, if required where you live;
- At least two letters of recommendation from mental health professionals who know your clinical work;
- The optional provision of any other material that you think may be of help in the evaluation process; and
- At least 2 years of clinical experience with patients after completing your professional degree.

## Selection Criteria

We will make our final selection of trainees based primarily on the following criteria:

- Evidence of a high level of prior interest in schema therapy, as demonstrated by research, clinical, and/or training experience in schema therapy.
- Previous general clinical training and experience, demonstrating personal qualities that would contribute to becoming an effective schema therapist.
- Your letters of recommendation.
- For Advanced Certification trainees: Your level of interest in, and potential opportunities for, training new schema therapists after completion of the program. These include your current professional position or appointment, seniority, reputation, and professional credentials.
- Geographic diversity internationally.
- Your level of interest in, and ability to conduct, research on schema therapy in the future, especially outcome studies.

### ▪ Application Deadlines

All applications and supporting materials for the 2019 program **must be received by December 15, 2018**. Applications received after this deadline will only be considered if we still have openings available.

We plan to notify applicants regarding acceptance no later than **January 1, 2019**.

If you have questions about the program or various options, please call or email us. We look forward to receiving your application. Once your materials have been reviewed, you will be contacted regarding your application status.

**Contact Information Email—Lauren Kaplow:** [behary.assist@gmail.com](mailto:behary.assist@gmail.com) or  
**Wendy Behary:** [wendy.behary@gmail.com](mailto:wendy.behary@gmail.com)

### Postal Mailing Address:

**The Cognitive Therapy Center of New Jersey**  
**Attention: Wendy T. Behary, Director**  
**28 Millburn Avenue, Suite 7-A**  
**Springfield, New Jersey 07081, USA**

**Phone:** 001.973.218.1776, extension 807 (Wendy) or extension 808 (Lauren)

**Fax:** 001.973.376.7726

For more information about Schema Therapy, including training program updates, please visit these websites:

[www.disarmingthenarcissist.com](http://www.disarmingthenarcissist.com)

<http://www.schematherapy.org/>

\*Payments can be made in US Dollars by *check made payable to:*

**Wendy T. Behary**, by *credit card with 3% fees added to the cost* (MasterCard or VISA), or by *bank transfer*. If an institution is paying your tuition, we can provide invoices at approximately six-month intervals, upon request.