

10-11 February 2016 – SYDNEY (Kirribilli Club)
9-10 March 2016 – BRISBANE (Novotel)
18-19 May 2016 – MEOURNE (CBD venue to be advised)

2 Day Workshop!

Schema Therapy for Common Psychological Problems

**Early Bird
closes
23/12/2015**

About the Presenter

Dr. Tracey Hunter is a Clinical Psychologist with over 14 years' experience in the psychology profession. She completed a PhD in Clinical Psychology at Griffith University in 2005. Tracey initially worked as a child psychologist in outpatient and inpatient settings, before she entered private practice and consulting work 10 years ago. Tracey now primarily treats adults with a range of psychological concerns, including personality disorders. She previously conducted psychological assessments and investigations for insurance claims and work-related disputes. She has delivered workshops in the areas of mediation, communication skills, CBT, and Schema Therapy.

In 2011 Tracey travelled to New York to undertake Advanced Certification in Schema Therapy, receiving training from the founder of Schema Therapy, Dr. Jeffrey Young and his colleagues. She completed this training in early 2012 and since this time has been delivering workshops nationally in Schema Therapy and supervising other therapists in this approach. Tracey is passionate about using Schema Therapy with clients who wish to change their destructive life patterns learned earlier in life and find new ways to get their emotional needs met and live a more fulfilling life.

Who should attend?

This 2-day workshop is suitable for therapists who are interested in applying Schema Therapy to common psychological problems including depression, anxiety and eating disorders. It will suit therapists new to Schema Therapy, as well as therapists who have already attended training in Schema Therapy for Personality Disorders but wish to use the Schema approach with a broader client population.

• **APS: Members can accrue 7 CPD hours PER DAY by participating in this activity. Activities do not need to be endorsed.**

• **AASW: An application for PD Endorsement is currently under review.**

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WORKSHOP AGENDA

DAY 1 Schema Therapy for Common Psychological Problems including chronic depression, GAD and Eating Disorders

The first day will provide participants with an invaluable tool that specifically addresses the root of the client's common emotional problems, so that treatment is targeted at the cause and not merely the symptom. The focus will be on how the Schema model has been developed in research and in practice to incorporate the treatment of depressive, anxiety and eating disorders. This workshop will start by exploring the early maladaptive schemas frequently found in clients with chronic and reactive depression, generalised anxiety disorder (GAD), and disordered eating. The workshop will cover the unmet childhood needs commonly associated with adult depression, worry, and disordered eating. Participants will be provided with protocol to assess clients from a Schema Therapy approach depending on the presenting complaints, and have the opportunity to apply the material from the workshop to specific clients throughout the training. Once the schema conceptualisation is established, the workshop will cover cognitive strategies that are targeted at the specific schemas underlying the presenting disorder. The workshop will conclude with targeted behavioural interventions to overcome the maintaining behaviours associated with these disorders.

8.30am – Registration and morning coffee

9:00am - A review of the Schema model and unmet childhood needs: Attachment wounds, mastery, internalisation of fear, and the need for control.

10.30am Morning Tea

11:00am - Assessment and formulation clients with depression, anxiety and disordered eating from a Schema Therapy approach

12:45pm Lunch

1:30pm - Cognitive strategies to target belief patterns associated with schemas in depression, GAD and disordered eating.

3:00pm Afternoon Tea

3:30pm - Behavioural strategies to target belief patterns associated with schemas in depression, GAD and disordered eating.

5:00/5.15pm Workshop concludes

DAY 2 Advanced Schema Therapy: Working with Maladaptive Modes in Common Psychological Problems including chronic depression, GAD and Eating Disorders

The second day will provide participants with skills and knowledge to enable them to use the mode work approach within Schema Therapy with common psychological problems including chronic depression, GAD, and eating disorders. It follows on from the Schema theory and model presented in Day 1. The focus of this workshop is on developing competence in using Mode Work to identify the various maladaptive modes present in recurrent psychological disorders, giving participants demonstrations of how to assist their clients to strengthen the "Healthy Adult", reparenting the vulnerable child mode, and reducing the use of maladaptive coping modes and dysfunctional parent modes. Specific attention will be given to experiential techniques including imagery work and chairwork.

8.30am – Registration and morning coffee

9:00am Schema Therapy: Introduction to the Mode Model. Linking knowledge of the mode model to Axis I Disorders.

10.30am Morning Tea

11:00am Assessment and case conceptualisation for Mode Work

12:45pm lunch

1:30pm Experiential techniques: Imagery work

3:00pm Afternoon Tea

3:30pm Experiential techniques: Chair work and role play

4:15pm The Therapy Relationship (II): Working with Therapy Ruptures and Maladaptive Modes

5:00/5.15pm Workshop concludes

