



SCHEMA THERAPY SCHOOL  
promoting excellence in schema therapy

## ISST APPROVED INDIVIDUAL SCHEMA THERAPY TRAINING PROGRAMME

Two 3-day workshops:

**Module 1: Schema therapy foundations: Theory and core skills**

**24-26<sup>th</sup> April, 2020**

**Module 2: Advanced schema therapy skills for complex cases**

**3-5<sup>th</sup> July, 2020**

**Hotell London (Rüütli 9) Tartu, Estonia**

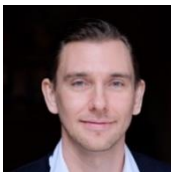
As part of our accreditation programme, we offer two core workshops – Module 1 and Module 2, each three days long.

The combination of both modules covers the taught component for accreditation as a schema therapist with the ISST.

Module 1 covers core schema therapy assessment and treatment skills and includes: schema therapy assessment, conceptualization, transdiagnostic treatment approach for complex and enduring mental health difficulties and personality disorders, including borderline personality disorder (BPD). Core schema therapy techniques will be covered, such as imagery, chair work and cognitive strategies.

Module 2 expands and deepens knowledge acquired in Module 1 and looks at the application of core schema therapy theory and techniques with specific complex presentations, such as narcissism, Cluster C presentations (avoidant, dependent and obsessive-compulsive), forensic population, as well as adapting schema therapy for shorter-term work.

### TRAINER:



**Janis Briedis** is a Counselling Psychologist and Schema Therapy Supervisor and Trainer, working in private practice in London and having worked in a complex case service in the NHS for over a decade. He is a trained CBT, EMDR, compassion-focused and sensorimotor therapist working with complex cases. Janis has taught Schema Therapy, CBT, trauma-focused approaches and mindfulness in the NHS as well as the academic setting, and is a visiting lecturer at a number of universities in the UK.