

Title and Code of Course: **ERPBMPS7001 Introduction into Schema Therapy**

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| Credit Point Value: 6 | Number of Lessons per Week: 2 | Type of Course: Seminar <input checked="" type="checkbox"/> Lecture <input type="checkbox"/> | Method of Evaluation: Oral Examination <input type="checkbox"/> In-Class Presentation <input checked="" type="checkbox"/> Other <input type="checkbox"/> |
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Course Description:

The Introduction into Schema Therapy (ST) course is tailored to MA Psychology students in 24 hours to gain knowledge and experience with schema therapy, included the original model and the schema mode model of Jeffrey Young (2003). We'll have an insight into the schema approach which draws from cognitive-behavioural therapy, and integrates attachment theory, psychodynamic concepts, and emotion-focused therapies. We'll compare ST to the more popular "standard" cognitive-behavioural therapy and dynamic therapies to understand the significance of ST and the theoretical considerations behind the development of this complex, yet simple and well applicable method. 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 reparenting, meeting core unmet needs, and rescripting. Participants gain education as well as experience with these schema therapy specific concepts and components by attending this course. The course aims to enable participants to a self-conceptualisation in schema terms and schema mode terms, recognize schemas, schema coping and schema modes in themselves and in others, and assess schemas, modes and coping styles with self-report questionnaires and with experiential techniques as well.

Thematic:

1. Schema Theory and Concepts. Psycho-education about needs and the development of the schemas
2. Assessing and recognizing schemas, the original schema model
3. Practice of assessing and recognizing schemas
4. Understanding and recognizing the Coping Styles in Schema therapy
5. Experiential techniques for assessing and activating schemas and coping styles
6. Schema Modes
7. Assessing schemas and schema survival in the relationships
8. Self-conceptualization in schema and mode terms
9. Practice of self-conceptualization in schema and mode terms
10. Flash card – a cognitive technique of ST
11. The power of relationships for change
12. Limited reparenting in practice – for the self and in the therapeutic relationships

Each lessons consist of 2 hours. Training like schedule, multiple lessons at the same time is preferred.

Bibliography:

Young, J. E., Klosko, J. S., & Weishaar, M. E. (2003). *Schema Therapy*. New York: Guilford Press.

Young, J. E., Brown, G. (1990). *Young Schema Questionnaire*. New York: Cognitive Therapy Center of New York.

Young, J. E. (1994). *Young Parenting Inventory*. New York: Cognitive Therapy Center of New York.

Young & Klosko, (1999) *Reinventing your Life*. Plume, penguin Group, New York.

Joan M. Farrell, Neele Reiss, Ida A. Shaw, (2014) *The Schema Therapy Clinician's Guide: A Complete Resource for Building and Delivering Individual, Group and Integrated Schema Mode Treatment Programs* Wiley-Blackwell

Eckhard Roediger, Bruce A. Stevens, Robert Brockman, (2018) *Contextual Schema Therapy*, Context Press, New Harbinger Publications