

SATURDAY JUNE 13 9 am – 16:30

Overcoming Stuckness: the Client's and Your Own: Learning the "ABCs" of Schema Therapy

NAME, TITLE	Joan Farrell, PhD, Ida Shaw, MA
Country	United States
AFFILIATION (UNIV, INSTITUTE, ETC)	Indiana University-Purdue University Indianapolis, Schema therapy Institute Midwest – Indianapolis Center for BPD Treatment & Research, IU School Med.
1-2 MAIN PUBLICATIONS, BOOKS	<i>Group Schema Therapy for BPD</i> , Wiley-Blackwell, 2012; <i>The Schema Therapy Clinician's Guide</i> , Wiley-Blackwell, 2014;
SHORT DESCRIPTION OF YOUR WORKSHOP	This workshop focuses on of group and individual ST interventions to prepare, motivate and engage clients in the change process. The ABC's of ST are steps we have identified to increase clients' : A=awareness of emotions and needs, B=behavior change and C:connection. The ABC's are a way to present to client's the ST work needed to take on their maladaptive coping and dysfunctional critic modes of clients. They are also a helpful mnemonic for therapists. Since ST works by mode rather than symptom it is seen as transdiagnostic: the ABCs apply independent of diagnosis. The importance of integrating experiential, cognitive and behavioral interventions in a manner salient to clients is stressed. The training will incorporate didactic sections, demonstrations by trainers in which the workshop participants play a group of clients, and opportunities for participants to practice these interventions with coaching and feedback.
TRAINING METHOD	Demonstration, Role-play practice, didactic
Anything else- YOU WANT PARTICIPANTS TO KNOW OR BRING WITH THEM	This workshop is appropriate for all experience levels. Participation will count for 4 hours of individual ST certification credit and 2 hours of Group ST certification credit from STIM-Indpls, an ISST approved certification training program in individual and group ST. Joan Farrell, Ph.D. and Ida, Shaw, MA are directors of the Schema Therapy Institute Midwest – Indianapolis and the Center for BPD Treatment & Research, Indiana University School of Medicine-Eskenza Health. Dr. Farrell is an adjunct professor in clinical psychology IUPUI and Ida was a Research Associate there. They are two of the developers of Group Schema therapy, who have worked together as trainers, clinicians and researchers for 30 years. They are currently at work on <i>Learning Schema Therapy from the Inside-Out</i> , Guilford, to be released late 2015. They are recognized internationally as expert and enthusiastic trainers, noted for their creativity and "thinking outside the box" while staying true to the integrity of the ST theoretical model.