

## TCAB EVALUATION OF ST TRAINING PROGRAM (using ISST Certification Requirements 2018)

Name of the Institute or Training Facility:		
Name of the Training Organiser or Coordinator:		
Name(s) of ST Training Director(s)		
	<b>YES</b>	<b>NO</b>
Postal Address:		
Email Address:		
Website:		
Phone and Fax Number(s):		
Description of the Training Program:		
Specifies Individual or Group:		
Identifies supervisors who must be Advanced Level ISST-Certified in the specialty area:		
<b>Training Programs' Content Requirement</b>		
<b>1. Concept and Case Conceptualization</b>	<b>YES</b>	<b>NO</b>
<b>1.1 Schema Theory and Concept</b>		
• Schemas		
• Coping Styles		
• Modes		
• Defined and Differentiated		
• Assessment:		
• including interviews		
• including imagery		
• including inventories		
• Psycho-education about <b>needs</b> and rights of children		
• Psycho-education about needs <b>rights</b> of children		
• Temperamental Factors		
<b>1.2 Treatment Formulation &amp; Case Conceptualization</b>		
• Clarifying <b>Goals</b> in Schema Terms and/or Modes		
• Clarifying <b>Needs</b> in Schema Terms and/or Modes		

	YES	NO
• Conceptualizing a Case in Schema Terms and/or modes		
<b>2. Therapy Relationship</b>		
• Limited Re-Parenting		
• Empathic Confrontation		
• Limit Setting		
• Therapists' Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients.		
• Appropriate use of self-disclosure		
<b>3 Schema Therapy techniques</b>		
<b>3.1 Cognitive techniques</b>		
• Diaries		
• Flashcards		
<b>3.2 Experiential techniques I (Imagery work)</b>		
• Imagery & Imagery re-scripting		
• Linking Schemas/modes with Early Childhood Experiences		
• Limited Re-Parenting with Child modes, especially with the Vulnerable and Angry Child Modes		
<b>3.3 Experiential techniques II (e.g. Mode dialogues &amp; Roleplay)</b>		
• ST dialogues with schemas and modes		
• Empathic Confrontation / limit-setting for Maladaptive Coping Modes		
• Confronting and limit-setting for Punitive and Demanding Parent Modes		
• Role-Plays		
<b>3.4 Homework assignments and behavior change strategies</b>		
<b>4 Specific Treatment Populations</b>		
<b>4.1 Schema Mode Work with Personality disorders</b>		
• BPD (required)		
• Cluster C (required)		
• Other Personality Disorders		
• PDs become required as trials support the effectiveness of ST for them		

<b>4.4 Schema Therapy with other Axis-I-Disorders</b> (optional until an evidence base is established)		
• Addiction		
• Eating Disorders		
• PTSD		
• OCD		
<b>5 Literature</b>		
• Reinventing Your Life		
• Schema Therapy: A Practitioner's Guide		
• Other Reading Materials selected by the approved training program		
<b>HOURS</b>		
• 25 Required Didactic Training Hours		
• 15 Required Dyadic Training hours		
Licence to practice in own country		
ISST Certified Trainer - Supervisor Certificate		
Application for ISST-Approval of a ST Certification Training Program		
Documented Organisation of Supervision		
Documented Organisation of Session Recording Ratings		
Application Form for Admission onto Program		
<b>Review information</b>		
Date received by TCAB		
Date applicant contacted if necessary		
Date revised application received		
Date Approval Recommendation sent to Certification Coordinator		
TCAB Reviewer name and signature		