



## **Experiencing Schema Therapy from the Inside-Out: A 2-Day Self-Practice/ Self-Reflection Workshop for Therapists: Brisbane, 22nd-23rd August (2020)**

**Course Fee:** 699AUD - Early Bird (Lunch, Morning/Afternoon tea provided)

**Venue:** Greek Club, 29 Edmondstone St, South Brisbane QLD

**Trainers:** Dr Robert Brockman, Megan Fry, Dr Rita Younan, & Ruth Holt  
(Clinical Psychologists, and ISST Certified Schema Therapy  
Supervisor/Trainers)

**Course Details:** In Schema Therapy (ST), therapist qualities are central to the therapeutic technique in providing limited re-parenting, and a working model of a 'healthy adult'. An important part of training for Schema Therapists (or any therapists) therefore is self-therapy and self-reflection to understand and manage one's own underlying schemas and modes. This is particularly important for therapists of complex patients (e.g. complex trauma, personality disorder, forensic) and those implementing ST groups which can easily trigger feelings related to the therapists own schemas, coping styles and modes. Awareness and management of our own schemas and modes is therefore crucial to effective schema therapy, and managing risk of therapist burnout. Participation in the workshop will include practice of new interventions to use with clients and a deeper experience of ST from the "inside – out". This workshop counts towards the ISST Therapist certification requirement of "Self-Therapy" (individual certification) and is appropriate for therapists both new and experienced with the ST model.

Registrations and bookings can be made at

<https://schematherapysydney.com.au/spsr/>

or by emailing Rob Brockman at [admin@schematherapysydney.com.au](mailto:admin@schematherapysydney.com.au)