

Working with Trauma & Complex Cases: A Schema Therapy-Informed Approach to Formulation & Treatment

Presented by Dan Roberts

Friday 26th June 2020

Time: 9.30am-4.30pm

Venue: Avenues, 327 Broadway, Bexleyheath Kent DA6 8DT

Schema therapy (ST) is an integrative, transdiagnostic approach that focuses on healing clients' painful schemas and maladaptive modes. ST was developed by Dr Jeffrey Young in the 1980s for clients diagnosed with Borderline Personality Disorder, but has since been modified and adapted to work with any long-term or hard-to-treat psychological difficulties. It offers a sophisticated, highly effective approach to working with complex cases – especially for clients with a history of trauma, abuse or neglect who may present with substance misuse, chronic depression or anxiety disorder, self-harm, suicidal behaviour, attachment or dissociative disorder, eating disorder or lifelong relationship difficulties.

The core concept in ST is 'limited reparenting', which involves providing a corrective emotional experience for clients; meeting core needs that were not met in childhood; and becoming a 'secure base' for clients, providing safety, warmth and compassion to heal painful childhood wounds through the therapeutic relationship. This approach is paired with 'empathic confrontation' of maladaptive modes and behaviours, both in-session and the way they impact clients' everyday lives.

This one-day workshop will offer an introduction to the history and theory of ST, as well as the 18 Early Maladaptive Schemas and maladaptive modes; explain why attachment is key with traumatised or highly complex clients; how limited reparenting/empathic confrontation work in practice; and how you can use experiential techniques such as imagery, chair work and relational techniques to heal your clients' painful schemas and free them from habitual, unhelpful ways of thinking and behaving.

The day will be a combination of didactic teaching, video and live demonstrations, small-group discussion and skills practice.

In this workshop participants will:

- Gain a good initial understanding of the schema therapy model
- Learn how to apply ST-informed ways of formulating and treating complex cases in their own practice or service
- Be able to draw up a Mode Map to formulate a client's schemas and modes – bringing structure and simplicity to cases with multiple diagnoses and high levels of complexity

- Understand why developing a secure attachment is key when working with highly complex clients
- Experience powerful techniques such as imagery and chair work – and learn key techniques to apply in their own work

Dan Roberts is a Cognitive Therapist and Advanced Accredited Schema Therapist working in private practice in North London. He is also Founder of Schema Therapy Skills and teaches schema therapy-informed approaches to working with complex cases. Dan writes extensively about psychology and mental health and is a contributor to the upcoming book, *Creative Methods in Schema Therapy: Advances and Innovation in Clinical Practice*.



327 Broadway, Bexleyheath, DA7 4BN

Booking Form

The cost for this workshop is £95.00 per delegate
Early discount £80.00 - If booked before 30th May 2020

Address: Avenues, 327 Broadway, Bexleyheath, DA6 8DT

Getting Here:

By Bus: Routes 89, 96, 422, 486, B11, B12, B14, B15, B16.

By Train: We are only a 10 minute walk from Bexleyheath Train Station.

By Car: There is some free parking available on nearby residential streets. Please be aware there are some parking restrictions between **9am-5pm** in **Zone A**. There is also metered parking available on Pickford Road and Sandford Road.

PLEASE COMPLETE AND RETURN THE BOOKING FORM BELOW ALONG WITH PAYMENT VIA BACS USING YOUR NAME AS REFERENCE TO:

HSBC WIMBLEDON BRANCH

5 WIMBLEDON HILL RD, WIMBLEDON, LONDON SW19 7NF

SORT CODE: 40-07-30

ACCOUNT NO: 71724479

Please email this booking form to: admin@avenuesbexleyheath.co.uk

Or return via post to: Avenues, 327 Broadway, Bexleyheath DA6 8DT

Please note that any cancellations within 4 weeks of the event are non-refundable. Any cancellation before this point will be charged 50%.

PLEASE BOOK ME A PLACE FOR THE SCHEMA THERAPY WORKSHOP ON 1ST FEBRUARY 2020.

NAME:

ORGANISATION:

ADDRESS:

TELEPHONE NUMBER:

EMAIL ADDRESS: