



**The Psychological Society of Ireland Presents a 3 day workshop in
conjunction with:**



Workshop 1: Schema Therapy – The Model, Methods & Techniques (3 days)

Venue: PSI Offices, Grantham Street, Dublin 2

Date: 1, 2, 3 March, 2012

Cost: PSI Members €300 – Non – Members €400

This workshop will help participants gain a good understanding of the Schema Therapy model and provide a good platform for learning new skills and techniques used in Schema Therapy. Training will primarily focus on the application of treatment for BPD and complex cases that require collaborative, compassionate and effective interventions. It will provide role-play and practice of experiential exercises.

Key learning areas:

Participants will be introduced to the Young Schema Questionnaire, Young Parenting Inventory & the Schema Mode Inventory

Training will assist clinicians to formulate and conceptualise cases in easy to understand ways that can be shared with clients.

Understanding and application of key components of schema therapy such as limited reparenting and empathic confrontation.

Experience in using experiential techniques for change using imagery and chairwork.

Gain understanding of how to utilize cognitive and behavioural components in effective treatments.

Extensive video footage will be used to assist with learning experience and participants will have time to practise skills in dyads and receive coaching.

For more information email heatherweight@psihq.ie Places are limited and are on a first come first serve basis. Or phone the PSI office on 01 4720105