

SCHEMA THERAPY

• LEVEL 2 • CERTIFICATION PROGRAM •

COMPLETION OF LEVEL 1 SCHEMA THERAPY COURSE
IS A PREREQUISITE FOR THIS COURSE.

WITH DR. JOHN PHILIP LOUIS

SINGAPORE REGISTERED COUNSELLOR AND SUPERVISOR (SAC)
ADVANCED CERTIFIED SCHEMA THERAPIST, SUPERVISOR/TRAINER (ISST)

SEPTEMBER 20-22 2021

\$1300 - PROGRAM LIMITED TO 20 PARTICIPANTS

HANDOUTS WILL BE PROVIDED.

CERTIFICATES WILL BE AWARDED UPON COMPLETION.

ZOOM FORMAT

THE SEL NETWORK LLP



ABOUT YOUR SPEAKER

Dr. John Philip Louis holds a PhD from the UK in Clinical Psychology. His research uncovered 14 positive schemas and he developed and psychometrically validated several parenting scales which were published in peer reviewed journals. He was trained by Dr. Jeffrey Young, the founder of schema therapy and is a Certified Schema Therapist, Supervisor and Trainer. John and his wife, Karen are also developers of a schema therapy-based parenting programme called “Good Enough Parenting” and an accompanying marriage programme called “I Choose Us”.



FOR MORE INFORMATION ABOUT THIS COURSE CALL

ANDREW: 9820-0904 OR IAN: 9830-8401

OR EMAIL US AT: ADMIN@THESELNETWORK.SG

REGISTER ONLINE AT: WWW.THESELNETWORK.SG

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ABOUT SCHEMA THERAPY CERTIFICATION PROGRAM

Louis Counselling & Training Services Pte Ltd and The SEL Network are jointly organizing an individual Schema Therapy Certification Programme (Level 1 & 2) in Singapore which is accredited by the International Society of Schema Therapy (ISST). Upon completion of both Levels 1 and 2, clinicians and mental health professionals will be qualified to pursue ISST membership and accreditation as an ISST-certified schema therapist.

LEVEL 2 will build on LEVEL 1 material, reinforcing key ideas and focusing on imaging work. LEARNING OUTCOMES:

- Schema Mode Work with Borderline Personality Disorders
- Schema Mode Work with Narcissistic Personality Disorders and Obsessive Compulsive Personality Disorder
- Signs of Therapist's Schema Interference in Treatment
- Limited Reparenting with Child Modes
- Confronting and Limit Setting for Punitive and Demanding Parent Modes
- Emphatic Confrontation/Limit Setting for Maladaptive Coping Modes

A SCHEMA THERAPY BRIEF OUTLINE

Research in Schema Therapy has uncovered 18 negative schemas and 14 positive schemas ("long lasting patterns of emotions, cognitions and memories"), which have been shown to be associated with a number of personality disorders such as borderline and narcissistic personality disorders. Schemas have also been shown to be linked with substance abuse, eating disorders, depression and anxiety as well as being road blocks in romantic and family relationships. At the core of Schema Therapy is the belief that needs not met adequately in childhood become sources of problems in adulthood. These needs have been identified to be Connection and Acceptance, Healthy Autonomy and Performance, Reasonable Limits, Healthy Responsibility and Standards. Clients work to find out what specific needs were not met in childhood as well as the specific schemas that are the driving force behind their dysfunction. Through collaboration with the therapist, client's negative schemas are gradually weakened but their positive ones are strengthened, and wounds from childhood are gradually healed.