



# Individual Schema Therapy Certification Programme in Southeast Asia



**Louis Counselling & Training Services Pte Ltd** invites clinicians to this certification programme (basic level) approved by the **International Society of Schema Therapy (ISST)**. After completion, participants will be eligible to for the advanced level and, upon completion with relevant qualifications, may apply for ISST Membership and work towards becoming a Certified Schema Therapist.

## Schema Therapy Professional Training (Basic Level)

### LEARNING OUTCOMES:

- Schema therapy concepts such as negative and positive schemas, coping styles and modes, core emotional needs
- Use of assessment tools needed to measure positive as well as negative schemas and past parenting patterns in both research and clinical practice
- Use of evidence-based intervention such as imagery, chair work and other strategies
- Use of therapy relationship to meet needs not met in childhood that are usually linked with problematic behaviour in adulthood
- Pattern breaking strategies and conceptualization.

### 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, Realistic Standards and Reciprocity. Client, with the help of the therapist, work to find out what specific needs were not met in childhood as well the specific schemas that are the driving force behind their dysfunction. Through collaboration with the therapist clients’ negative schemas are gradually weakened but their positive ones are strengthened, and wounds from childhood are gradually healed.

**Date: June 1, 2 and 3, 2022; 9am – 5pm**

**Venue: Online Zoom Platform**

**Fees: SGD 960**

**After 10% Discount for SAC/SPS/SASW/APACS members: SGD 864**



### About the Trainer

**Dr John Philip Louis** holds a PhD from the UK and developed and psychometrically validated several psychological instruments, and one of them was a scale measuring 14 positive schemas. These scales were published in peer-reviewed journals and are used in almost 40 countries by clinicians and researchers. He was trained by Dr Jeffrey Young (Columbia University), 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”.

Course will be via Zoom (as current restrictions are still in place for in-person training). Strict allocation of 20 slots maximum for this course. Places will be confirmed upon receipt of payment. Handouts will be provided. Certificates will be awarded upon completion. **To register, kindly email registration form to: [johnphiliploouis@gmail.com](mailto:johnphiliploouis@gmail.com)**



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## REGISTRATION FORM

### Participant's Details

(Please print and write legibly on the form. Then scan/take a photo and send it by WhatsApp to +1 806 777 8799, or email to johnphiliploUIS@gmail.com)

Full name as in NRIC / Salutation : \_\_\_\_\_

NRIC No / FIN : \_\_\_\_\_(State last four numerical digits only, e.g. SXXXX1234)

Email : \_\_\_\_\_

Contact No. : \_\_\_\_\_ Fax No.: \_\_\_\_\_ HP: \_\_\_\_\_

Address to post materials to : \_\_\_\_\_

Highest Academic Qualification : \_\_\_\_\_

SAC/SPS/SASW/ISST Member? Y/N : \_\_\_\_\_  
(Please Specify)

Name to be printed on Certificate : \_\_\_\_\_

### SchemaTherapy Professional Training (Basic)

**Date: June 1, 2 and 3, 2022; 9am – 5pm**

**Venue: Online Zoom Platform**

#### Standard Fees

- SGD 960.00**
- SGD 864.00** (10% discount for members of SAC/SPS/SASW/ISST)

### Terms and Conditions

1. In the event that participant is unable to attend the workshop, replacement will be allowed. Please notify the organizer in writing at least three days before actual workshop date.
2. For cancellation requests made in writing 30 calendar days before the training date, 50% refund will be given. Please allow at least 30 days to process there fund.
3. No refund will be given for cancellation made less than 30 calendar days from the training date.
4. In the event that the training is postponed, registration fees will automatically be brought forward to the subsequent training dates.
5. Participants will need to complete 3 full days of training in order to receive ISST-approved certificate of completion.

### Payment Instructions:

1. PAYNOW using our UEN no. 200904348W, indicate purpose of payment in comment section e.g. "Schema Therapy Basic Level".
2. Transfer payment to: "LOUIS COUNSELLING & TRAINING SERVICES PTE. LTD.", OCBC Bank, Account number: 550-766018-001
3. Please notify us by email once bank transfer has been made. For overseas participants, please contact us for more details on telegraphic transfer.

### For Enquiries and Registrations:

**Dr John Philip Louis**

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WhatsApp: +1 806 777 8799