

**FROM MERGING AND
DISCONNECTION TO
AUTONOMY AND
ATTACHMENT:
Understanding and Healing the
Enmeshment/Undeveloped
Self Schema**

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MILAN

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FROM MERGING AND DISCONNECTION TO AUTONOMY AND ATTACHMENT: Understanding and Healing the Enmeshment/ Undeveloped Self Schema

The purpose of this Workshop is to engage in a deeper and more expansive exploration of the Enmeshment and Undeveloped Self Schema and to consider viable strategies and interactions for healing this Schema. This is a powerful core Schema that is experienced by many therapy patients and perhaps, several therapists who work with them. Unhealed, this Schema can be a deep pattern that undermines self-understanding, causes confusion and provokes anxiety around forming close relationships and limits the ability to function in the world at full potential. Attention will

be given to the ways in which the Schema is engendered in the family system and the impact of cultural variables that help inculcate this Schema. Emphasis will be placed on the 2 main unmet needs that foster Enmeshment and the Undeveloped Self: Attunement and Autonomy. These 2 needs will be carefully explored and discussed in terms of how they contribute to the development of a strong sense of self and that when these 2 needs are not adequately met, a person is likely to struggle with an "Undeveloped Self." We will consider what it means to possess a "Developed Self versus an Undeveloped Self." The 3 main Attachment Styles will be explo-



red through the prism of Enmeshment and Undeveloped Self. With this broadened understanding of Enmeshment and Undeveloped Self, interventions and strategies for healing this Schema will be explored with ample opportunity for practice. The change agents of Emotion-Focused work, Cognitive and Behavioral work, working within the therapeutic relationship and doing limited re-parenting focused on providing opportunities for autonomy and receiving attuned care will all be addressed.



This workshop would be of interest for therapists who feel stalled or confused in their work with one or more patients as it will provide an alternative way to think about and interact with these patients. It can also be helpful for anyone working with patients who struggle in their understanding interpersonal boundaries, struggle to maintain boundaries in their relationships and who challenge their therapists to manage comfortable boundaries. This workshop will also provide a different perspective in the work with patients who contend with an Attachment Style that is either Avoidant or Anxious. Also provided will be strategies for healing this Schema and weakening Modes that perpetuate the Schema while strengthening the

Modes that help dissipate this Schema. Special highlight will be given to the leveraging of the therapeutic relationship in the service of Schema healing and Mode change. Finally, this could also be an opportunity for therapists to do some personal reflection on how the Enmeshment and Undeveloped Self Schema might be impacting their personal relationships and their professional clinical work and to consider personal applications for healing this very potent Schema.

JEFF CONWAY

Has cultivated a Schema Therapy practice for over 15 years and has been a ST Trainer and Supervisor since the inception of the ISST. Jeff is also trained in EMDR, Emotion-Focused Therapy, Group Therapy, and Object Relations Theory. He is a Founding Member of the ISST and has taken on many roles within the ISST, inspired by a commitment to deepening the understanding of the ST Model and the provision of quality of Schema Therapy Treatment. He is also a founding member of the New York Center for Emotion Focused Therapy. Currently, Jeff is on the Executive Board of the ISST as Coordinator of Training.



EVENT SCHEDULE

DAY ONE

- 10 AM:** Introduction: What is Enmeshment and Undeveloped Self and what are the unmet needs that foster this Core Schema?
- 11 AM:** Parental/Family/Cultural Determinants of Enmeshment and Undeveloped Self
- 12 PM:** Break
- 12:15 PM:** The Importance of Focusing on Enmeshment and Undeveloped Self in our work
- 1 PM:** Deeper dive into Undeveloped Self versus Developed Self
- 1:45 PM:** Lunch
- 2:45 PM:** The ways in which Enmeshment and Undeveloped Self complicates and confuses initiating and developing relationships
- 3:45 PM:** Common Modes and Mode Patterns perpetuating Enmeshment and Undeveloped Self
- 4:45 PM:** Break
- 5 PM:** Consideration of the Limited Reparenting Relationship with a patient with Enmeshment and Undeveloped Self Schema
- 5:30 PM:** Comments and Questions
- 6:00 PM:** End of day 1

DAY TWO

- 9 AM:** Enmeshment and Undeveloped Self Interventions: Leveraging the Therapeutic Relationship
- 10 AM:** Interventions: Emotion Focused strategies for healing Enmeshment and Undeveloped Self Schema with group exercise of Chair Work
- 11:30 AM:** Break
- 11:45 AM:** Intervention: Emotion Focused strategies for healing



- Enmeshment and Undeveloped Self Schema with group exercise of imagery
- 1 PM:** Lunch
- 2 PM:** Interventions: CBT strategies for healing Enmeshment and Undeveloped Self Schema. With group exercise
- 3 PM:** Review: Describing the Enmeshment and Undeveloped Self Schema; Exploration of important Core Needs of Autonomy and Attunement; Considering the Parental/Familial/Cultural variables in engendering this Schema. Impact on the Self and creating relationships with others; Common Modes to address; Schema interactions and strategies for healing this Schema; Central role of Limited Reparenting for healing Enmeshment and Undeveloped Self
- 4:30 PM:** Concluding Remarks and Questions and Comments
- 5:00 PM:** End of Day 2

LOCATION Milan

REGISTRATION FEE: £250

FIRST EARLY BIRD: £150 within 31st March

SECOND EARLY BIRD: £200 within 30th April

REGISTRATION

Please visit our website www.uk.international-isc.com to register to the training course or ask the registration form to our secretariat at trainings@international-isc.com. If you have any questions or need additional details and/or assistance, please email us at the following address: trainings@international-isc.com

CANCELLATION POLICY

Please note that, if you wish to cancel your registration, the following rules will be applied:

- if you cancel your registration within 3 months before the start of the event, you will be entitled to receive a 70% refund of the amount paid for the ticket.
- if you cancel your registration within 2 months before the start of the event, you will be entitled to receive a 40% refund of the amount paid for the ticket.
- if the above-mentioned deadlines are not respected, you will not be entitled to receive any refund.

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