

# OVERCOMING THERAPEUTIC IMPASSES USING SCHEMA THERAPY INTERVENTIONS

A 2-Day Master Class September 22 and 23, 2018

**Presented by:**

Joan Farrell, PhD. & Ida Shaw, MA.



International Society of  
Schema Therapy

**Potential audience:** people who had basic schema-therapy training and already actively practicing individual therapy sessions.

**Day 1 will focus on the conceptualization of impasses with client and therapist during therapy**

Clients typically “get stuck” because of barriers to engagement such as avoidant coping styles, mistrust-abuse schemas, low motivation, lack of connection, defining problems differently to the therapist and feelings of being unsafe, misunderstood or hopelessness. ST approach identifies early emotional learning deficits from childhood, which are at the source of clients’ present difficulties. Experiential or emotion-focused interventions form a major part of ST and directly address Early Maladaptive Schemas (EMS) and entrenched patterns of dysfunctional coping styles. ST includes cognitive and behavioral interventions as well, but as these will be more familiar, the workshop will focus primarily on experiential interventions. Participants will learn ways to identify what the impasses are and help clients work through them. Interventions will include experiential work to connect and get through the resistance of dysfunctional coping styles and the reluctance of clients to experience strong emotion and their avoidance of experiential interventions. Also to be included will be imagery rescripting and storytelling to introduce the Vulnerable Child Mode and mode dialogues (aka Schema Mode Chair work).

**Day 2 will focus on overcoming avoidant coping modes in personality disorders, complex trauma and dissociative disorders**

It focuses on the challenges that exist with these clients and the schema activation and mode triggering that therapists encounter in working with them. The overall focus will be on experiential interventions to get through or around the Avoidant Coping Modes, heal the frightened or traumatized Vulnerable Child and diminish the control of the Dysfunctional Critic Modes. The phenomenon of client’s avoidance triggering therapist’s avoidance will be discussed with ways to overcome this. Creative adaptations of imagery rescripting and the development of the client’s “Good Parent” (part of the Healthy Adult Mode) will be presented and demonstrated. Techniques to deal with flashbacks, avoidance, detachment and dissociation will be addressed – both in the session and in plans for clients to use outside of therapy

Each day will include an opportunity for “**live supervision**” with a participant presenting a problematic case and the presenters role-playing the interventions they would use. A new supervision technique that uses mode dialogue work with the multiple modes present in the therapist and the client will be demonstrated.

We are planning to use **simultaneous translation** from English to Russian and a **live video streaming option** in both English and Russian for remote attendance.

**Organizers:** Moscow Institute of Schema Therapy

**Contact person:** Alexandra Yaltonskaya, MD, PhD

**Contacts for registration and further communication:** **Send email to** [joanandainmoscow@gmail.com](mailto:joanandainmoscow@gmail.com) if you want to be registered for the event, receive further information and in the case of any questions.

**Venue:** Moscow, Palmira Business Club Hotel (<http://www.palmira-bc.ru/>), Novodanilovskaya Naberezhnaya, 6

**Prices:**

	In person participation	On-line participation
<b>Before 20<sup>th</sup> of July</b>	250 euro	200 euro
<b>Before 20<sup>th</sup> of August</b>	265 euro	215 euro
<b>Before 20<sup>th</sup> of September</b>	280 euro	230 euro
<b>After 20<sup>th</sup> of September</b>	300 euro	250 euro

**Presenters Short Bios**

**Joan Farrell, Ph.D. and Ida Shaw, M.A.**



JOAN FARRELL

Joan Farrell, Ph.D. is a Licensed Clinical Psychologist and the Research Director of the Center for Borderline Personality Disorder Treatment and Research, Indiana University-Purdue University Indianapolis (IUPUI). She is an Adjunct Professor of Psychology at IUPUI and was a Clinical Professor of Psychiatry at Indiana University School of Medicine for 25 years. In that position, she developed and directed an inpatient ST program for BPD at the university-affiliated hospital. She is co-principal investigator of an international trial of ST for BPD with Arnoud Arntz with 14 sites in five countries and was principal investigator of a randomized controlled trial of Group ST for BPD that was awarded a NIMH grant. Joan is the Coordinator for Training and Certification on the Executive Board of the International Society of Schema Therapy.



IDA SHAW

Ida Shaw, MA is the Training Director of the Center for Borderline Personality Disorder Treatment and Research, IUPUI and a member of the Training and Certification Advisory Board of ISST. Ms. Shaw is the main clinical supervisor of the same multisite trial of group schema therapy, providing training and supervision for all trial therapists. She supervises the practice component of additional research projects on Avoidant personality disorder, dissociative disorders, complex trauma and child-adolescent treatment.

Farrell & Shaw are the developers of a group model of schema therapy, which integrates experiential interventions and harnesses the therapeutic factors of groups. They have worked together since the 1980s and provide schema therapy training and self-practice/self-reflection workshops nationally and internationally. They co-direct the ST Institute Midwest – Indianapolis where they offer ISST Certification programs in Individual, Group and Child-Adolescent ST. They are the authors of numerous chapters on schema therapy, research articles evaluating their group model and three books: **Group Schema Therapy for Borderline Personality Disorder: A Step-by- step Treatment Manual with Patient Workbook**, Wiley-Blackwell, 2012, **The Schema Therapy Clinician’s Guide: A Complete Resource for Building and Delivering Individual and Group Integrated Mode Treatment Programs**, Wiley- Blackwell, 2014 and the third **Experiencing Schema Therapy from the Inside Out: a Self-Practice/Self-Reflection Workbook for Therapists**, Guilford 2018. They also have produced a DVD Set: **Group Schema Therapy: An innovative approach to treating patients with personality disorder**, IVAH-Hamburg, 2011.