



# TRAINING COURSE IN SCHEMA THERAPY FOR COUPLES

10-11 FEBRUARY 2018

10-11 MARCH 2018

14-15 APRIL 2018

**BOLOGNA, ITALY**

**Matias Valente**  
**Eckhard Roediger**



Constant Innovation  
to Psychotherapy

## **Healing Relationships: Including the partner into Schema Therapy and working with Couples**

The schema therapy model describes how unmet core needs lead to maladaptive schemas and coping behavior. Unfortunately schema chemistry plays an important role when we choose our partners. So we find ourselves in the same complementary roles that we got used to in childhood and fight the former significant others in our partners by mutually “pushing our buttons” in escalating mode cycles.

Unlike most of the other approaches working with Couples schema therapy is not working solely with the couple but includes single sessions in an individual treatment plan. Even more: We can start working with one partner and include the other partner later to a smaller or greater extent. Many of our patients in individual therapy are in a relationship. Including the partner starts with thinking about him or her in therapy. Schema therapy is very flexible at that point. But balancing these relationships is a challenging issue. The curriculum addresses both: Starting with one partner and including the other or starting with the couple from the start.

The workshops give a theoretical framework and describe with slides, videos and live demonstrations how mode cycles work and how they can be changed by realizing the frustrated core needs, emotional reconnection through imagery and connection talk between the Healthy Adult modes. The diagnosis of mode cycles, schema dialogues, mode dialogues and multiple chairs for clarification, interrupting dysfunctional and creating functional communication will be trained in dyadic role plays.

The 3 workshops cover the content of the Couples-ST Curriculum for standard certification.

# **Table of Workshop content**

(with module numbers)

## **WS 1 (Matias Valente)**

- Update on essentials of core needs, schemas, coping styles, modes, chemistry and the mode cycle concept (1.1)
  - Basic therapeutic skills (flexible, active and directive, arrangement of the chairs, therapist self-care, balancing caretaking of each partner) (2.1)
- Describing basics of the setting (Sitting position, Role of the therapist, Setting issues, ground rules...) (1.3)
- Introducing the Mode map (1.2)
- Stopping clashes and working with the MCC (3.1)
- Detecting emotional core needs and differentiating Needs from Wants (e.g. using the needs vs. Wants tool) (3.2)
- Experiencing emotions in an embodied way and expressing them to the partner as an “in the moment” processing (3.3).

## **WS 2 (Eckhard Roediger)**

- Enhancing emotional participation and reconnection through various techniques (e.g. imagery rescripting) (3.4).
- Teach connection talk skills (including teaching couples to connect as equals on an emotional level, respect each other, listen empathically to each other and eliminate destructive elements of communication and preparing reconnection) (4.1).
- Mode dialogues on multiple Chairs (3.4).
- Using empathic confrontation in the presence of the partner (including the art of utilizing available leverage in limit setting) (2.2)
- Toolbox of standard homework assignments (e.g. jour fixe, well-being activities, creating emotional intimacy) inducing transfer to out session situations (3.5)

## WS 3 (Eckhard Roediger)

- Working with therapist's own Schemas and modes when triggered by the couple (including limited self-disclosure). Differentiating between the wants of the therapist and the needs of the couple (2.2).
- Case management and ethics (records issues, ethics of separation, disclosures, documentation & treatment plans, structuring collateral collaboration with an outside individual therapist, handling conflicts of interest and difficult confidentiality issues) (2.4).
- Tying core emotional needs to a sustainable vision for the relationship, i.e. establishing a "value road map" for relevant life arenas, (parenthood, social group, among families and relatives, in their professional careers etc.) (4.2).
- Dealing with specific problems (affairs and forgiveness - 5.1; interfering problems - 5.2; Separation and divorce 5-3).
- Working with case examples from the participants

## Readings

Atkinson, T. (2012). Schema Therapy for Couples: Healing Partners in a Relationship, In: van Vreeswijk M, Broersen J, Nadort M (eds). Handbook of Schema Therapy. Theory, Research and Practice. New York: Wiley, p. 323-336

Simeone-DiFrancesco, C., Roediger, E., Stevens, B. (2015). Healing Relationships: Schema Therapy for Couples, Oxford, UK: Wiley-Blackwell.

# Trainers

## Dr. Matias Valente



Training director for the Institute for Schema Therapy in Stuttgart.

Clinical psychologist and licensed cognitive behavioural therapist. Licensed cognitive behavioural therapy trainer and supervisor.

Large experience with both in and outpatients, using Schema Therapy since 2005. Trained by E. Roediger in Frankfurt.

Specialities: personality disorders, trauma-associated disorders, inpatient-psychotherapy, couples therapy.

## Eckhard Roediger (MD)



Neurologist, psychiatrist and psychotherapist. Trained in psychodynamic and cognitive-behavior therapy. Formerly Director of a Psychosomatic Department of a clinic in Berlin (GER), since 2007 working in Private Practice and Director of the Schema Therapy Training Center in Frankfurt (GER). Member of the ISST Board since 2008, currently President.

# TIMETABLE

# FEE

## I WS

10 FEBRUARY H 10 - 19

11 FEBRUARY H 9 - 17

## II WS

10 MARCH H 10 - 19

11 MARCH H 9 - 17

## III WS

14 APRIL H 10 - 19

15 APRIL H 9 - 17

1.500 euros (VAT included)  
1° instalment: 600€ at the moment of the registration  
2° instalment: 300€ within January 31st 2018  
3° instalment: 300 within February 28th 2018  
4° instalment: 300 within March 31st 2018

## REGISTRATION

Please visit our website [www.international-isc.com](http://www.international-isc.com) to register to the Event. If you have any questions or need additional details and/or assistance, please email us at the following address: [segreteria@isctraining.com](mailto:segreteria@isctraining.com).

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