

Schema Therapy for Children and  
Adolescents (ST-CA)  
Online Seminar, accredited by ISST (e.V)



## Schema-Coaching for Parents (SCP)

Live-Webinar with Zoom® - based in Cologne (IST-K) – 2 days, 3 hours each  
14<sup>th</sup> and 15<sup>th</sup> of February, 2024

**Target Audience:** Individual Schema Therapists for Adults, who work with clients suffering from upbringing issues; and Schema Therapists for Children, Adolescents and Parents

**Level of experience required for participants:** Intermediate and advanced level in Schema Therapy

**Abstract:** When we talk about SCP we mean a special form of psycho-education and parent work, often in addition to Schema Therapy for Children and Adolescents (ST-CA). In SCP we talk and act not just regarding the child, but in the center of our attention are the PARENT'S core emotional needs, adaptive and maladaptive schemas, as well as functional and dysfunctional modes. If we don't support parents with these deeper insights about themselves and their parenting, we -in the best case- might help the children within ST-CA to understand their core needs, modes, schema (dispositions) to learn healthy ways to get what they need for their healthy development, but we won't break the likely schema collusions and mode clashes between parent and child.

**Learning objectives:** On the first day, participants will learn how to provide an understanding of the three main perspectives within SCP: empathy, understanding, and modification of one's own parenting. Each perspective will be explained, partly by video examples with a mother.

On the second day, the trainer will show how the "House for Generations" is used, a visualized and playful approach to clarify the transmission of maladaptive schemas from generation to generation. In this technique we integrate the concept of Positive Schemas to finally break unhealthy transgenerational schema patterns.

**Dates:** 2024, Feb 14<sup>th</sup> & 15<sup>th</sup> (We, Th), 9:00-12:15h; 2 x 90 min, 15 min break (CET, German time)

**Fee:** in total 200 € (Payment via bank transfer (EU-states) or PayPal (non-EU-states)).

**For registration and further information please go to** <https://www.schematherapie-koeln.de/online-learning.php>

## Brief bio of the presenter:

Christof Loose, PhD., Clinical Psychologist, Psychotherapist for Children and Adolescents (CBT), works in his own Private Practice in Dusseldorf, affiliated with the Heinrich-Heine-University, Department of Clinical Psychology, Germany 2012-2017, research activity e.g. in ST-CA (Development of Schema-Questionnaire for Children (DISC), Chair of the subcommittee Working Group in ST-CA 2013-2017, since 2013 advanced-level certified, trainer and supervisor (ISST e.V.), editor and author of ST-CA books and Video-Learning (DVD), conducts workshops and seminars in Schema Therapy for Children, Adolescents and Parents, worldwide.



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**Literature:** Loose, C. Graaf, P. Zarbock, G., & Holt, A. (Editors)(2020).

Schema Therapy with Children and Adolescents: A Practitioner's Guide. UK: Pavilion Publishing and Media Ltd.

**The IST-K Schema Therapy Cologne** (<https://www.schematherapie-koeln.de/index.php>):

The IST-K is a well established training institute founded as one of the first in Germany in 2010 in Cologne. It offers regularly the basic training for schema therapy for adults and for children, adolescents and parents (ST-CA) and a variety of special workshops, supervision and self-disclosure. Every year approximately 150 participants attend our workshops and seminars. The Institute is certified by the International Society of Schema Therapy (ISST e.V., <https://schemasociety.wildapricot.org/Koln-Training-Programs>).

IST-K Schematherapie Köln UG (haftungsbeschränkt) Fortbildung in Schematherapie

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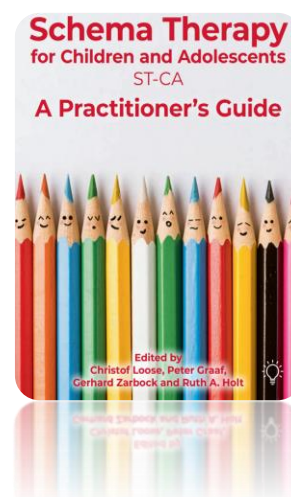
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