



Presented by: *New Zealand Psychologists for Older People*

Schema Therapy

by Associate Professor Chris Lee

Introductory/ Intermediate: 30 & 31 May 2018

Advanced: 20 & 21 September 2018

Parnell Trust Jubilee Building

545 Parnell Road, Parnell, Auckland

Workshop 1: “The Model, Methods & Techniques” (Introductory/Intermediate) - 30 & 31 May

This workshop will give you a thorough experiential introduction to the Schema therapy model and its key therapy strategies. Schema therapy was designed to help clients with chronic presentations and personality disorders. Whilst grounded in CBT, schema therapy also incorporates practical contributions from emotion focussed approaches therapy and places great importance on the therapy relationship as a source of assessment and agent of change.

In this workshop you will:

- review the extensions of cognitive behaviour therapy by Aaron Beck and Jeffrey Young
- review current state of evidence on schema focused therapy including research conducted by the presenter
- learn how to assess the key developmental tasks of childhood, and how these affect schema development
- learn a range of ways to assess problematic schemas and practice these in small group exercises
- explore the methods by which clients subtly maintain their self-defeating schemas
- learn how to challenge client's schema maintaining strategies
- practise emotion-focused schema change techniques

Workshop 2: “Beyond the Basics” (Advanced) - 20 & 21 September

This workshop will assist those with some background in Schema Therapy in developing and fine-tuning skills. The workshop will also specifically look at the implementation of treatment for Borderline Personality disorder as well as Narcissism. Participants will have extensive opportunity to practice experiential exercises such as imagery & chair-work. In addition, time will be allocated to commonly experienced difficulties such as working with the detached protector/parent modes as well as managing challenging in session behaviour.



About Chris:

Associate Professor Christopher Lee works in private practice and has an adjunct appointment at the University of Western Australia. He has had extensive training from leading figures in DBT, EMDR, and Schema Focused Therapy. He was Senior Clinical Psychologist at a major teaching hospital in Perth for 11 years where he set up the DBT treatment team for Borderline Personality Disorders. He first trained in schema therapy in 1992. He was accredited as a trainer in schema therapy by the International Society of Schema Therapists in 2006. Chris has conducted workshops in treating personality disorders throughout Australia and overseas for the last 20 years. He has published in the areas of personality disorders and the treatment of PTSD. He has received an International Society for Traumatic Stress Studies and EMDRIA awards for research excellence in 1999 and 2014. He was the 2011 recipient of the Australian Psychological Society's Ian Campbell memorial award for his work as a scientist practitioner. He is currently a principal investigator in two international multicentre randomized control trials, one investigating the treatment of borderline personality disorder with schema therapy and a second on treating complex PTSD.

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