



The Bundaberg-Hervey Bay Branch  
of the Australian Psychological Society  
invites you to attend a 2-day workshop on:



**Introduction to Schema Therapy (Level 1)**  
**13<sup>th</sup> and 14<sup>th</sup> October, 2017**

Schema Focused Therapy (SFT) was first described in 1989 by Dr Jeffrey Young and has applications in the treatment of personality disorders, chronic depression or anxiety, and “borderline” conditions.

SFT was derived from traditional CBT and incorporates practices from other psychotherapies, including Gestalt, psychodynamic, and emotional focused therapy. Compared to traditional short-term cognitive therapy, SFT differs from traditional CBT in five substantive ways by placing greater emphasis on: 1) childhood origins of problems and working directly with associated memories; 2) use of identified core schemas to drive formulation and treatment; 3) the use of experiential or affect-based techniques; 4) use of the therapy relationship to assess psychological themes and provide corrective experiences; and 5) use of ‘mode’ theory.

Graham is a very experienced presenter, having organised the first Australian training in Acceptance and Commitment Therapy (ACT) and the first national workshop tour on Mindfulness as a Clinical Intervention. He is also accredited by the International Society of Schema Therapy as both a Trainer and a Supervisor. More importantly he is an Accredited EMDR trainer, an Accredited Schema Therapy trainer, and an officially listed ACT trainer according to the official ACT website. For further information about the presenter go to <http://www.therapist-training.com.au>

**Learning outcomes for Introduction to Schema Therapy training includes:**

- 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.
- Practice emotive, interpersonal, cognitive and behavioural interventions designed to regulate emotions.
- Learn experiential interventions to highlight the link between current emotions and earlier learning.
- Develop practical strategies to consolidate emerging beliefs which are more adaptive.

**When:** Friday 13<sup>th</sup> and Saturday 14<sup>th</sup> of October 2017 **Time:** Registration from 8.30am for a 9am start. Close at 5pm.

**Where:** Hervey Bay Neighbourhood Centre: 22 Charles St., Pialba, QLD

**Cost:** APS members: \$630      APS student members: \$530      non-APS members: \$700.

Handouts, morning tea, lunch, and afternoon tea are included in the cost.

Pre-reading is required for this workshop and will be provided after registration.

**Please note:** this workshop is recommended for people wanting to gain skills in Schema Therapy, and for those intending to complete the Advanced EMDR training being held directly after this training (held 15-16<sup>th</sup> October, 2017). Those who attend both the Introduction to Schema Therapy and the Advanced EMDR (Part Two) workshops will be eligible for a discount.

**Registering for both workshops will cost:** APS Members: \$1150, APS student member: \$950, non-APS members: \$1300. Please email [mgevents@psychology.org.au](mailto:mgevents@psychology.org.au) directly to register manually for both workshops.

Registrations via APS website <http://www.psychology.org.au/Events/EventView.aspx?ID=18861>

**Registration closes 6<sup>th</sup> October, 2017 12:00mn.**

**Enquires:** Sonia Muller at [philipandsoniamulle@bigpond.com](mailto:philipandsoniamulle@bigpond.com)

Australian Psychological Society ABN 23 000 543 788