

## About this course

The present course aims to familiarize participants with the core elements of schema therapy and the main methods and techniques in the treatment of personality disorders or chronic syndrome disorders. This training will be presented online, using Zoom as an interactive platform that allows for practical demonstrations, exercises in breakout rooms and sharing clips and videos displaying some of the core elements of schema therapy. At the end of 40 hrs, the students will be able to detect schemas and schema modes and make a case conceptualisation of the patient in terms of basic needs, schemas, coping styles and modes. Students are also able to use the therapeutic relationship of Limited reparenting as the main tool in the re-working schemas and schema modes. Ultimately, students will be able to use the foremost methods and techniques, such as cognitive techniques and experiential techniques as guided imagery rescripting, chair work and historical role playing. To achieve this, use is made of a diverse and vibrant curriculum in which short introductions to topics are interspersed with demonstrations (role playing or audio-visual clips) after which the students practice the skills demonstrated by themselves and then discuss these experiences in the group. Great importance is attached to a safe and pleasant learning environment in which students learn the basics of schema therapy. At the end of the course participants will be able to, supported by peer review and supervision, perform schema therapeutic treatments.

# isst-approved online 40 hrs training program schema therapy

Organised by Remco van der Wijngaart & Hannie van Genderen

## Presenter(s)



### Remco van der Wijngaart

Remco van der Wijngaart, who was personally trained and supervised by Jeffrey Young in the 1990s as a schema therapist. As Vice President of the International Society of Schema Therapy (ISST) from 2016-2018, he is training director of an education program approved by the ISST. In collaboration with others he produced many different audio-visual productions, like 'Schema therapy, step by step' and 'Fine Tuning Imagery Rescripting'.



### Hannie van Genderen

Hannie van Genderen is a clinical psychologist, supervisor and trainer in schema therapy and cognitive behavioral therapy. She has been giving training courses since 1980 and together with other contributors authored the books 'Breaking negative thinking patterns: A Schema Therapy Self-Help and Support book', and 'Schema therapy in Borderline Personality Disorder'.

### Dates & times

Mondays; 20 sessions of 2 hrs each:  
40 hrs in total

Amsterdam (0)	01.00-03.00am
New York (-6)	07.00-09.00am
Moscow (+1)	02.00-04.00pm
Sydney (+8)	09.00-11.00pm

### 2020

August	31
September	7, 14, 21, 28
October	5, 12, 26
November	2, 9, 16, 23, 30
December	7, 14, 21

### 2021

January	11, 18, 25
February	1

### Costs

€ 1000 for 40 hrs (€ 25 per hour)

### Registration

[www.schematherapieopleidingen.nl](http://www.schematherapieopleidingen.nl)  
[www.schematherapy.nl](http://www.schematherapy.nl)

**NEW  
ONLINE  
TRAINING**

### Certification

This training can count  
for certification for the  
International Society  
for Schema Therapy  
(ISST)