

**2012 International Training
& Certification Program
In Schema Therapy
Sponsored by the
Schema Therapy Institutes
of New York and New Jersey**

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Wendy Behary, MSW, Director

Program Overview

The Schema Therapy Institutes of New York and New Jersey are pleased to announce the 2012 International Training & Certification Program in Schema Therapy (ITCPST). The program offers a range of training opportunities in Schema Therapy. For participants who elect to complete all aspects of the training, the program will lead to either Standard or Advanced Certification through the International Society for Schema Therapy (ISST; www.isst-online.com).

In response to requests from many professionals around the world, this year for the first time our program will consider both applicants who are interested in meeting all the requirements for official international certification, as well as those applicants who would like to obtain advanced level training in schema therapy but are not interested in completing all of the requirements for certification. Thus trainees will be able to tailor the requirements and costs of the program to their specific needs.

The curriculum offers several components, some of which are required for all trainees while others are only required for trainees who want certification. The training options include: workshops in New York City and Springfield, New Jersey, conducted in English; weekly or bi-weekly supervision sessions (by telephone, Skype, or in-person); readings and DVD's; and periodic ratings of patient sessions.

The training program -- under the direction of Jeffrey Young, Ph.D., and Wendy Behary, MSW -- is conducted by a highly experienced faculty of supervisors with extensive experience in schema therapy. Our training program is conducted in cooperation with other certified schema therapy training programs throughout the world.

The International Training & Certification Program in Schema Therapy is appropriate for mental health professionals from all over the world, and is open to individuals with doctoral or master's level degrees in mental health fields (or the equivalent in each country). Applicants should have prior general psychotherapy experience; have attended at least 2 days of workshops in Schema Therapy; and have read "Schema Therapy: A Practitioner's Guide." Additional criteria for admission are described in the Application Process section below; the criteria will vary depending on whether the applicant desires certification. Admission is competitive.

Benefits of Certification

For applicants who are interested in receiving international certification, there are a variety of benefits. Certified Schema Therapists are eligible to join the International Society for Schema Therapy (ISST), and are certified to be competent to treat patients and participate in research projects utilizing schema therapy. If you obtain certification, you will have access to a variety of professional opportunities, including the following:

- You may represent yourself as a Certified Schema Therapist with patients, in other professional and academic settings, or in brochures and marketing materials.
- If you complete the Advanced Level certification, you will be able to offer Schema Therapy workshops and provide supervision, so long as you adhere to the training criteria set by ISST.
- After you complete the certification requirements, you will be included in the ISST referral network (so long as you pay annual ISST dues and meet any continuing education requirements). The New York & New Jersey Institutes, and the ISST website, will add your name to the list of qualified schema therapists in responding to requests from patients, therapists, researchers, or institutions in your area.

About Schema Therapy

Schema Therapy is an innovative, integrative therapeutic approach, originally developed by Jeffrey Young as an expansion of traditional cognitive-behavioral treatments. The schema approach draws from cognitive-behavioral therapy, attachment theory,

psychodynamic concepts, and emotion-focused therapies. In comparison to “standard” cognitive-behavioral therapy, schema therapy places more emphasis on self-defeating life patterns, characterological problems, deep-rooted emotional themes, affective change techniques, and the therapeutic relationship, with special emphasis on limited reparenting.

Schema therapy is particularly well-suited for difficult, resistant clients with entrenched, chronic psychological disorders, including personality disorders (such as BPD and narcissism), eating disorders, intractable couples problems, and criminal offenders. It is also often effective for relapse prevention with depression, anxiety, and substance abuse. The results of comparative outcome studies have shown schema therapy to be highly effective with a large percentage of outpatients with Borderline Personality Disorder, with a low dropout rate. Clients who have spent years gaining valuable insight with psychodynamic therapies, but who are frustrated by their lack of progress, often respond well to the active, systematic, flexible, and depth-oriented schema approach.

About Jeffrey Young, Ph.D.

Jeffrey Young, Ph.D., is the Founder of Schema Therapy, and the Director of the Schema Therapy and Cognitive Therapy Institutes of New York. He serves on the faculty in the Department of Psychiatry at Columbia University, is a Founding Fellow of the Academy of Cognitive Therapy, and is co-founder of the International Society for Schema Therapy.

Dr. Young has led workshops for over 20 years throughout the world, including the United States, Canada, the UK, Europe, Australia, China, South Korea, Japan, New Zealand, Singapore, and South America. He consistently receives outstanding evaluations internationally for his teaching skills, including the prestigious NEEI Mental Health Educator of the Year award. Dr. Young has presented workshops and lectures for thousands of mental health professionals, resulting in strong demand for further in-depth training and supervision in schema therapy.

Dr. Young has co-authored two best-selling books with Janet Klosko: "Schema Therapy: A Practitioner's Guide" for mental health professionals, and "Reinventing Your Life," a self-help book for clients and the general public. Both have been translated into many languages.

About Wendy Behary, MSW

Wendy Behary is the Founder and Director of The Cognitive Therapy Center of New Jersey, and The New Jersey Institute for Schema Therapy. She has been treating clients and training professionals for more than 20 years. Wendy is also on the faculty of the Cognitive Therapy Center and Schema Therapy Institute of New York, where she has trained and worked with Dr. Jeffrey Young since 1989. She is a Founding Fellow of The Academy of Cognitive Therapy, established by Dr. Aaron T. Beck.

Wendy has co-authored several chapters and articles on Schema Therapy and Cognitive Therapy. She is the author of the book "Disarming The Narcissist...Surviving and Thriving with the Self-Absorbed", published by New Harbinger Press. Wendy specializes in treating narcissism, and the people who live and deal with them. She has lectured both nationally and internationally to professional and general audiences on Schema Therapy, on narcissism, and on how to deal with difficult people. Her work with industry has included speaking engagements focused on interpersonal conflict resolution.

Her private practice is primarily devoted to treating clients with NPD, their partners and people dealing with them, and couples experiencing relationship problems. She is also an expert in coaching individuals in interviewing, public speaking, and interpersonal skills enhancement.

Both the New York and New Jersey Schema Therapy Institutes were established to provide training to mental health practitioners, and to promote research on schema theory and treatment throughout the world. The Institutes are certified by the ISST to offer training programs that fulfill international guidelines.

Key Components & Requirements for the 2012 Program

Depending on whether you are interested in general training or in receiving certification, participants may choose from the following options as part of the 2012 International Training & Certification Program. All components are required for

certification, but for non-certification trainees some of the components are designated as Optional:

1. (Required) Two intensive weekend workshops, each consisting of 4 required teaching days. For each weekend, two days of the workshop will be held at the New York Institute in the center of Manhattan; and two days will be held at the New Jersey Institute in Springfield, NJ -- a 30-minute train ride from Manhattan.
2. (Optional) Individual supervision sessions (20 for Standard Certification and 40 for the Advanced level). Each session is 45-50 minutes in length, and may be conducted by telephone, in person, or via video conferencing (if equipment is available). The supervision sessions must continue for at least one year on a weekly or bi-weekly basis to qualify for ISST certification.
3. (Optional) You can submit audio or video recordings, or transcripts, of patient therapy sessions, at regular intervals, each accompanied by a completed Schema Case Conceptualization Form to be rated by your supervisor (2 sessions for standard certification and 3 for advanced). To obtain ISST certification, 1 or 2 *additional* patient sessions must also be submitted. These will be scored by independent raters, rather than your supervisor.
4. (Required) Viewing actual patient sessions by master schema therapists on DVD that you can borrow from our library; reading books and articles drawn from schema therapy, as well as other readings that provide a broad conceptual background in a variety of approaches relevant to the schema model.

5. (Optional) During the course of the program, each trainee who is applying for ISST certification must treat 2-4 patients (2 for standard certification and 4 for advanced) for a minimum of 25 therapy hours each, utilizing primarily schema therapy. More details will be provided later regarding appropriate types of patients for certification applicants.

Weekend Workshops

Required workshops will be held over two long weekends in the New York City area (Fridays and Saturdays in Manhattan; Mondays and Tuesdays in Springfield, New Jersey; Sunday will be a rest day). **The workshop dates for 2012 will be: March 30 through April 3 and September 28 through October 2, 2012.**

Weekend workshops will include a combination of teaching methods, including lectures, handouts, video sessions of master schema therapists, live demonstrations, question-and-answer periods, group discussions, supervised practice in dyads, discussion of supervisees' own schemas and childhood histories, and small group exercises.

The workshop topics covered will be drawn from the following list:

Theory and conceptual model: key terms and concepts from schema theory; group imagery exercise to identify the participants' own schemas; discussion of the 18 specific schemas.

Assessment and education: multiple techniques for assessing and activating schemas and coping styles; educating the client about schemas; scoring and interpretation of schema inventories; activating schemas with experiential techniques, including emotive imagery; assessing schemas in the therapy relationship.

Cognitive techniques: building a case against schemas and coping styles; schema dialogues; developing flashcards.

Emotion-focused techniques: emotional change through venting, imagery, dialogues, and letters to parents; breaking through common therapeutic impasses.

Utilizing the therapy relationship for change: limited reparenting; analyzing schemas when triggered in sessions.

Behavioral pattern-breaking: selecting appropriate partners; graded assignments; empathic confrontation; overcoming avoidance of trigger situations.

Mode work: rationale for utilizing schema modes with more severe cases: reviewing common modes for specific disorders; using the Schema Mode Inventory; mode work for clients who can't experience emotions; techniques for changing modes; dealing with angry, clinging, critical, and help-rejecting clients. A detailed protocol for mode work with borderline and narcissistic patients will be presented.

Specialized topics: Schema Therapy for Borderline Personality Disorder (BPD) and narcissism; the therapist's own schemas

Optional topics – if time permits: adapting the model for work with couples; group schema therapy; discussion of other problems and disorders, depending on the interests of the participants and faculty.

Individualized Case Supervision

Trainees who want supervision may elect to receive 20 or 40 hours of individual case supervision, on a weekly or bi-weekly basis.

Regular supervision will provide an opportunity for intensive, individualized feedback and mentoring, tailored to each candidate's specific needs. Supervision will include case conceptualization, treatment planning, practicing specific techniques, and, on a limited basis, some sessions can be devoted to helping candidates heal their own schemas that may be interfering with treatment. Some sessions will be devoted to discussion of the supervisor's feedback and ratings of recorded patient sessions submitted by the candidate.

Discussion of Patient Therapy Sessions

Candidates who want certification will be required to submit video or audio recordings, or transcripts, of therapy sessions on a regular basis (about every 6-8 sessions) throughout the program. Supervisors will rate each session using the STCRS (Schema Therapist Competency Rating Scale) and will provide detailed feedback during regularly scheduled supervision sessions.

Tuition and Other Costs (in US Dollars):

(For non-certification trainees: you must select option 1 below, but all others are optional. You will still be eligible to sign up for other components leading to certification if you want to at a later date, but the training costs and requirements for certification may change in 2013.)

1. Intensive Workshop Training **\$4000**

This is required for all trainees. This option includes the supervised workshop role-playing that is required for both standard and advanced certification. Candidates must attend all 8 days / 48 hours of workshop training scheduled for the 2012 program to qualify for certification. The fee also covers program enrollment costs and access to our DVD library.

2. 20 Hours of *basic* individual supervision **\$2800**

Basic supervision must be provided by a NY/NJ training program faculty member. Additional fees may apply if you choose a qualified supervisor from outside of our institute faculty. Required by ISST for Standard & Advanced Certification.

3. 20 *Additional* Hours of *advanced* individual supervision **\$2800**

This is a continuation of Option 2 above. Required for Advanced ISST Certification.

4. Ratings of Patient Sessions **\$150 per session rating**

Session ratings will be done by our certified NY/NJ faculty members; additional fees may apply if you choose a qualified rater from outside of our institute faculty. 3 session ratings are required for Standard Certification; 5 session ratings are required for Advanced Certification.

Complete Training Program Packages

You may also choose to enroll for either the complete Standard or Advanced Certification program at a discounted, non-refundable tuition fee, instead of paying for each component separately. (The complete program tuition costs do not include the ISST membership fees that are required for certification. For more information, see the ISST website: www.isst-online.com.)

1. Complete Standard Certification Program **\$6250**

This program includes Options 1, 2 and 4 above, including 3 session ratings. Completion of this program qualifies you for Standard Certification by ISST.

2. Complete Advanced Certification Program

\$8800

This program includes Options 1, 2, 3, and 4 above, including 5 session ratings. Completion of this program qualifies you for Advanced Certification by ISST.

Payment Arrangements

Standard Certification and non-certification trainees must complete the program within one year. Tuition is payable in two installments: half upon acceptance into the program, and the second half prior to the second weekend workshop.

Advanced Certification trainees may choose to have the supervision sessions and session ratings spread out over either a one or two-year period. For advanced candidates who choose to complete the program over a two-year time period, tuition is payable in four installments: one installment upon acceptance into the program; one installment prior to the 2nd weekend workshop; and the remaining two payments spread out over the next 10 months.

Payments can be made in US Dollars by check, credit card (MasterCard or VISA), or bank transfer. If an institution is paying your tuition, the Institute will provide invoices at approximately six-month intervals upon request.

Candidates will be responsible for all travel expenses to New York City/New Jersey, including airfare, lodging, and meals, and will make all of their own travel arrangements. Candidates may choose to stay at one hotel in Manhattan for the entire

weekend; one hotel near Springfield, NJ; or may prefer to split the long weekend and spend the first 2 or 3 nights in Manhattan, then move to a New Jersey hotel on Sunday. (Springfield, NJ, is not far from Newark Airport, where many international flights are based.)

Candidates will also pay all telephone charges for supervision, and postage for the mailing of tapes, DVD's, or session transcripts. Trainees will be required to purchase a relatively inexpensive digital audio recorder *approved by us* if they plan to make audio recordings of sessions.

Partial scholarships or tuition reductions may be available to trainees in need.

Application Process

We plan to accept up to 18 applicants, depending on the availability of supervisors and the quality of applicants. The application process will consist of the following:

- Completion of the application form (available on our website www.schematherapy.com);
- Submission of a recent curriculum vitae;
- Proof of professional licensure or certification in your state or country, if required where you live;
- At least two letters of recommendation from mental health professionals who know your clinical work;

- The optional provision of any other material that you think may be of help in the evaluation process.

Selection Criteria

We will make our selection of candidates based primarily on the following criteria:

- Evidence of a high level of prior interest in schema therapy, as demonstrated by research, clinical, and/or training experience in schema therapy.
- Previous general clinical training and experience, demonstrating personal qualities that would contribute to becoming an effective schema therapist.
- Your letters of recommendation.
- For Advanced Certification trainees: Your level of interest in, and potential opportunities for, training new schema therapists after completion of the program. These include your current professional position or appointment, seniority, reputation, and professional credentials.
- Geographic diversity internationally.
- Your level of interest in, and ability to conduct, research on schema therapy in the future, especially outcome studies.

Application Deadlines

- All applications and supporting materials for the 2012 program **must be received by December 15, 2011**. Applications received after this deadline will only be considered if we still have openings available.
- We plan to notify applicants regarding acceptance no later than January 15, 2012.

If you have questions about the program or various options, please call or email us. We look forward to receiving your application. Once your materials have been reviewed, you will be contacted regarding your application status.

Contact Information

Mailing Address:

Attn: International Training & Certification Program
Schema Therapy Institutes of New York and New Jersey
130 West 42nd St., Suite 501
New York, NY 10036
USA

Phone: 1.212.221.0700 (Call *only* Monday through Friday, from 9am until 4pm, NY time)

Fax: 1.212.221.1818 (anytime)

Email: training@schematherapy.com

For more information about schema therapy, including training program updates, please visit these websites:

www.schematherapy.com

www.isst-online.com

www.disarmingthenarcissist.com