



You are cordially invited to attend 3 days of:

## Schema Therapy Workshops

**Schema Therapy for Narcissistic  
Personality Disorder (April 30)**

**Schema Therapy for Couples (May 1-2)**

Presented by

**Wendy Behary**

president of ISST - The International Society of Schema Therapy

**April 30, 2012 - May 2, 2012**

**Sourasky House, Sheba Tel Ha'Shomer Medical Center Ramat-Gan Israel**

**The workshops will take place from 9:00 am to 3:00 pm on each of the days.**

**The workshops will be conducted in English**

**Ofer Peled** - Director of The Schema Therapy Center Raanana, Israel

**Yakov Sini** - Director of The Israeli Program for Behavioral and Cognitive Therapy

Academic consultant - **Prof. Eshkol Rafaeli**, Director of the Adult Clinical Training Program, Department of Psychology, Bar-Ilan University, and The Israeli Institute for Schema Therapy

**Dear colleagues,**

We are honored to invite you to 3 workshop days:

**Schema Therapy for Narcissistic Personality Disorder**  
**Schema Therapy for Couple Therapy**

The workshops will be presented by Wendy Behary, the President of the International Society of Schema Therapy. The workshops will take place from April 30 2012 until May 2 2012 at Sourasky House, at Sheba, Tel Ha'Shomer Medical center, Ramat-Gan, Israel.

The one day (April 30th) workshop will focus on the Schema Therapy protocol for Narcissistic Personality Disorder and will emphasize on the art of Empathic Confrontation.

The two-day (May 1st-2nd) workshop will focus on the Schema Therapy protocol for treating Couples and will emphasize effective intervention strategies when facing mutual triggering cycles perpetuating the schemas and coping styles of challenging couples.

Schema Therapy is an innovative integrative and evidence based approach for treating personality disorders and resistant therapy cases which can be applied in individual, couple's or group formats. Its combination of cognitive-behavioral elements along with object-relations concepts and emotion focused interventions make Schema Therapy one of the leading integrative approaches available. Recent studies on Schema Therapy show considerable effectiveness in the treatment and change of long lasting maladaptive interpersonal patterns.

The therapy alternates between a focus on the present problems and a complementary focus on the unmet childhood needs of the patient which are thought to continue to exert an influence into adulthood. It addresses the maladaptive schemas, coping styles, and modes that had developed throughout the patient's life. A therapeutic relationship that follows a limited re-parenting model serves as the foundation for the therapy, and models for the patients how their needs could be met appropriately. Together with the art of Empathic Confrontation, used to promote change, this approach yields impressive results in treating personality disorders thought to be untreatable until recently.

For over two decades, Wendy Behary (MSW), has been cooperating with Dr. Jeffrey Young, the founder of Schema Therapy, in the development and dissemination of this approach. In 2010 she was elected President of the International Society of Schema Therapy. Wendy has profound knowledge in psychotherapy and is a well known expert in treating narcissists and couples.

We are delighted to host Wendy Behary on her first visit to Israel. We will have the chance to learn firsthand, the clinical application of schema therapy conceptualization and mode work techniques. We will have a chance to observe Wendy's demonstration of various strategies, including imagery work and rescripting with painful childhood memories, chair-work dialogues for mode change and for strengthening the healthy adult mode, etc. Video segments will be used to demonstrate Empathic Confrontation, Limited Re-parenting and appropriate limit setting in the most challenging moments of therapy with narcissists and with couples. We wish to thank ITA - The Israeli Association for Behavior and Cognitive Psychotherapies for sponsoring this event. Above all we want to thank Wendy Behary for accepting our invitation in a great enthusiasm to come to Israel and share her vast knowledge with us.

In planning your visit, we encourage you to take some time to explore the Holy Land, take in both the ancient and the modern Israel, and enjoy the fascinating sites: Jerusalem, Nazareth, the Sea of Galilee, the Jordan River, the Dead Sea, Masada, Eilat and many others. Most of these sites are within 1-2 hours by car or public transportation from the Workshop site.

We will be happy to have you as a participant in the coming fabulous 3 days of Schema Therapy workshops.

**See you soon, Shalom,**

**Ofer Peled**

**Yakov Sini**

**Eshkol Rafaeli**

**Wendy Behary** is the president of ISST - The International Society of Schema Therapy. She 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 nearly 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 / Dr. Aaron T. Beck.



Wendy has co-authored several chapters and articles on schema therapy and cognitive therapy. She is the author of a new book - published by New Harbinger: "Disarming the Narcissist...Surviving and Thriving with the Self-Absorbed". Wendy has a specialty in treating narcissists and the people who live with and deal with them and she is a specialist in couple therapy. She has lectured both nationally and internationally to professional and general audiences. Her work with industry has included speaking engagements focused on interpersonal conflict resolution.

Her private practice is primarily devoted to treating narcissists, partners/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.

**Visit her web site:**

**[www.disarmingthenarcissist.com](http://www.disarmingthenarcissist.com)**

**30/4/2012**

## **Schema Therapy for Narcissistic Personality Disorder**

Narcissists are notoriously difficult clients – often intelligent, charming, and self-confident, they also tend to be arrogant, condescending, incapable of empathy, and possessed with a sense of entitlement. While sometimes charming, they can also make you feel downright uneasy. In this workshop we will emphasize the therapist warm yet sturdy position which maintains the necessary leverage needed for healing.

We'll discuss how to use empathic confrontation, avoid power struggles, maintain compassion through curiosity, and help the client begin to understand his or her own behavior and its impact on other people. Empathic confrontation is one of the applied strategies of schema therapy, an active and integrated approach that focuses on changing lifelong emotional and behavioral patterns through cognitive restructuring, attachment and re-parenting work, behavioral-skills training, and experiential techniques.

### **Objectives:**

1. Participants will receive a working understanding of schema theory and schema mode work, specific clinical applications for working with narcissists.
2. Integrated concepts from interpersonal neurobiology will also be demonstrated as powerful tools for accelerating treatment effectiveness.
3. Didactic and video presentations, and customized “scripts” that illustrate the use of empathic confrontation, therapy relationship work, and limit-setting for handling the most challenging moments in therapy with the narcissist will be provided.

**1-2/5/2012**

## **Schema Therapy for Couples**

This intensive workshop will teach participants how to apply the innovative strategies of Schema Therapy to difficult couples work. Unlike most models of couples treatment, that emphasize the importance of generic skills training (like communication) ST concentrates on the active identification and resolution of “core cycles and schema clashes”, that are unique to each couple; triggered by specific implicit and explicit conditions, and operating at a deeper emotional level.

The schema therapist assumes that the most “difficult” couples are in conflict because of clashes between the schemas and the coping modes of each of the partners. These clashes are partly the result of schema chemistry, which originally draws the partners together, but later turns them against each other.

Patients learn, through a “limited re-parenting” approach, strategies for healing their partner's schemas, as well as their own – by providing a combination of couples' work and individual therapy sessions. Eventually, the schema triggers, cycles, and clashes become infrequent and short-lived. Recovery is quicker and distressful emotional intensity is reduced. Self-defeating behaviors are exchanged for adaptive ones as the couple begins to concentrate on building a reservoir of positive, healing experiences together.

### **Participants will learn:**

1. The schema therapy conceptual model.
2. How to identify the core clashes in a couple; to link these clashes with each partner's unique schemas and coping modes.
3. To teach partners strategies for recognizing, accepting, and de-activating both their own and their partner's schemas.
4. Strategies to help resistant couples resolve triggering cycles and core “schema clashes”.
5. How to use special questionnaires and assessment methods for complex, difficult cases.
6. To help couples move from dysfunctional angry and detached modes to more healthy, vulnerable modes

The format of the workshop will include lecture, videotaped segments of actual couples that demonstrate specific strategies, and question-and-answer periods.

# Registration Form

## Schema Therapy Workshops by Wendy Behary

1. Schema Therapy for Narcissistic Personality Disorder (April 30)

2. Schema Therapy for Couples (May 1-2)

Sourasky House, Sheba Tel Ha'Shomer Medical Center Ramat-Gan Israel

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First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Male/Female

Address: \_\_\_\_\_ Country: \_\_\_\_\_

e-mail Address: \_\_\_\_\_ Tel: \_\_\_\_\_

Profession: \_\_\_\_\_ Title: \_\_\_\_\_

Registration Fees:	Payment until 31.1.2012	Payment until 30.3.2012	Payment after 30.3.2012
One day - 30.4.2012	\$ 150	\$ 165	\$ 180
Two days - 1-2.5.2012	\$ 300	\$ 330	\$ 360
Whole Congress - 30.4. - 2.5.2012	\$ 360	\$ 400	\$ 430

**Payment includes:** Participation in congress, Written material, Lunches and Coffee breaks.

**Cancellation Policy:** Until 15.4.2012 50% of payment. No refund after 15.4.2012

For any assistance regarding hotels, tours and transfers please contact: **Idan: i-doron@zahav.net.il**

Method of payment:  Visa Card No: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

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Account No.: 199926  
Jerusalem, Israel  
Name of Account: G.D.Gal Conventions & Tourism Ltd

**Please note:** registration forms sent without payment will not be taken into consideration.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_