



SCHEMA THERAPY TRAINING CANADA APPLICATION FOR EXPERIENTIAL GROUP

NAME: (written with credentials as you would like it to appear on your Certificate of Participation ie Frances Miller MSW, RSW)

MAILING ADDRESS: _____

EMAIL ADDRESS: _____

CELL PHONE NUMBER: _____

LAST LEVEL OF EDUCATION COMPLETED: _____

CURRENT JOB DESCRIPTION (BRIEF): _____

HOW DID YOU DISCOVER STTC AND THE EXPERIENTIAL GROUP? _____

WHAT LEVEL OF SCHEMA THERAPY EXPERIENCE DO YOU HAVE? ie What webinars or training have you participated in? List the books you have read? ST Supervision?

Please submit your signed agreement, and the signed waiver, along with this application, in one email. Acceptance into the group will be determined by qualifications, fee payment, signed agreement and waiver. Because there are only a limited number of spaces available, if the above conditions are met, we will go on a first come, first served basis. Thank you!

Understanding the Theory and Application of Schema Therapy:

An Experiential Group

Schema Therapy is a rich, integrated, evidence based approach to therapy. It was initially conceptualized in the 1980's by Jeffrey Young, who worked originally with Aaron Beck, developing the Cognitive Behavioral Therapy model. It became apparent that over 30% of clients did not respond to CBT interventions, which led Dr Young to evolve the model to include universal core needs, early maladaptive schemas, and later he included mode work. This became the foundation of modern Schema Therapy, and is now recognized as a popular, transdiagnostic, powerful modality, practiced around the world.

Given that the limited re-parenting stance is the most important and healing stance of ST, the emphasis in practice is on the therapist being authentic in relationships with our clients. Of course, we come with our own schemas and modes, just as our clients do. In guiding our clients on their healing journey, we will face challenges and triggers of our own. In order to stay in our own Healthy Adult Mode during emotionally charged situations in therapy, we need to understand our personal reactions (modes) and beliefs (schemas), so that we can effectively meet client's therapeutic needs.

STTC's Experiential group draws on the strong Self-Practice/Self-Reflection model developed by Dr Joan Farrell and Ida Shaw, as well as Gestalt, Mindfulness, Attachment, and Interpersonal

perspectives. It is appropriate for both beginner and more advanced therapists. Schema therapists believe that the therapist's own unexamined and unhealed schemas and modes impact the effectiveness of work with clients. In Experiential groups, you will be learning about Schemas Therapy theory and techniques, while simultaneously applying Schema Therapy to yourself—and experiencing the benefits of that insight and healing.

We will look at the theory and practice of ST through a series of 12-2 hour consecutive weekly meetings. We will bring our understanding of our own personal therapeutic schema and mode challenges (sharing only to the degree that you are comfortable with) so that **the learning experience is integrated more deeply** through a combination of personal and cognitive understanding. That's the gold standard of ST learning! It's more of a "We're all in this together" approach, versus "I am the expert on you" approach, which you will find reduces anxiety in clients, increases engagement in therapy, reduces stigma, and helps model the Healthy Adult Mode for the client.

How will this help me in my practice?

You will increase your awareness about yourself as an individual and a therapist, improve your ability to recognize your triggers personally and with clients, and learn how to develop a plan to deal with your triggers using ST techniques. You will increase your awareness of your core emotional needs and find the encouragement and ways to meet them.

You will become proficient with this powerful form of therapy, which effectively addresses challenging issues related to personality disorders, trauma, attachment and more mainstream presenting problems.

You will learn to recognize schemas and modes in clients and yourself, and use powerful ST tools to deepen your assessment and intervention skills. The group can become a place for you to network with peers with a common interest in ST, developing referral sources that will be helpful for you and your clients.

Learning in an experiential group can be a transformative experience, as we are "all in the same boat", helping each other grow in understanding and competence, through this training. You will learn more about yourself and hearing other's challenges. It will help you resonate to what it is like to be a client and have to be vulnerable— increasing your empathy for how difficult it can be to be in therapy. One of the main advantages to learning experientially in a group is that people come to feel they have understanding, support and a sense of belonging while they learn new and challenging concepts. Further, evidence shows that participants in Experiential group report: -"...a deeper sense of knowing the therapy...,enhanced reflective skills... demonstrated changes in therapist attitudes towards clients, with enhances interpersonal skills and increased empathy for clients." As well, "Participants report insight changes in the

“personal self” and the “therapist self”...and use a more individualized approach to each client.” Farrell, J., Shaw, I. (2018). Experiencing Schema Therapy from the Inside Out. New York, NY: The Guilford Press.

Learning to recognize and correct your own schemas and modes will generalize to your life outside of work, with your own personal issues, giving you a model to manage the ongoing challenges that we all face.

Expectations of Participants:

Any group experience is bound to activate old experiences within groups, such as families, work places, friends, school. If you had early negative experiences in these settings as a child, you could feel the urge to leave the group if you have a strong reaction to a participant, the leader or activities in the group. That is often a form of avoidance, used as a way to cope with uncomfortable emotions, and is actually a maladaptive coping response. If you are feeling challenged working with those emotions, please contact Frances directly.

Consistent attendance is critical. Members are expected to attend all sessions and be on time. If an emergency arises and you can not attend the group, please contact Frances at fmiller.schemacda@gmail.com right away, so that we don't worry about your safety and can get the homework to you. If you miss more than 2 sessions, the group may determine that you are unable to continue as participant.

You are asked to consider seriously your commitment to the Schema Therapy Experiential Group. It can be difficult at times during a busy schedule to take the time for yourself and make the group a priority (many therapists struggle with the self-sacrifice schema!). Your commitment is to both yourself and to the others in the group, as absences impact everyone's progress. Attendance creates the coherence you need to get your learning goals met.

Participants are asked to do the reading and homework between sessions, as we will be discussing these in the following group.

Respect for other members: we will respect your boundaries regarding personal disclosure. Group members will be encouraged to give feedback constructively and with empathy.

No question is “stupid”. Therapy is complicated and all feelings, thoughts and questions are welcome. There is always someone else (or maybe several others) who are having the same thought, feeling or experience, and may not have the courage to share it.

Confidentiality: All members agree to respect and maintain confidentiality of information shared in the group. No personal or professional information shared in the group will be shared outside of the group.

WHAT TO EXPECT IN THE EXPERIENTIAL GROUP

Before the first group, each member will complete the YSQ (Young Schema Questionnaire) and the SMI (Abbreviated Schema Mode Inventory), and will self score it. (I will send you these questionnaires and scoring sheets in advance of the group.) We will be using your YSQ and SMI results so that you can participate in the discussions about your own triggers as a therapist. I would ask that, after completing these questionnaires, **each of you set the goal of identifying at least one schema and mode that you want to address in your work in this experiential process.** There will be some reading and homework for most sessions—exercises that you might also give to a client—to integrate more fully the learning about yourself and ST concepts.

Sometimes participants ask why we don't use slides etc for teaching. Occasionally, slides may be shown, particularly at the beginning as we learn the schemas and modes, however **this is a group that focuses on the experience of what you are learning**, and 'being in our heads' in a didactic way interferes with that. You will also see some videos demonstrating modes and theory, but in general, the learning is discussion, exercise and exploration based.

AGENDA:

This is a general outline of what we will be looking at in our group. It does not detail all of the exercises, videos and content, as that can change according to the group needs. Some groups will have homework, and others will not. Please print this off as a flexible outline for the group program.

Firstly, we start each group with a short Mindfulness meditation to leave the day behind, and more fully enter the group experience. Secondly, we review "homework" as a group.

Session 1:

- Welcome! Introduction to the group—what to expect.
- Introduction to each other, and discussion of your individual goals.
- How early maladaptive schemas develop, imagery for assessment.
- What is a schema?
- What is Schema Therapy?
- Review of your YSQ—what did you learn?
- **Please keep these results for later use.**

Session 2:

- We will review your understanding of schemas.
- Core Universal needs
- Domains of Unmet Needs.

- What is a mode?
- What are the Modes we will explore in the group?
- Your SMI—what did you learn? **Please keep these results for later use.**
- Coping styles.

Session 3:

- We will take a look at the Case Conceptualization as it applies to you, using your YSQ and SMI information, as you would with a client.
- Putting it all together—what is Schema Therapy?
- Mode diagrams
- Mode maps
- How our modes impact us personally

In Session 4:

- The Child modes, and unmet needs.
- The Vulnerable, Angry , Enraged, Undisciplined and Impulsive Child modes
- Imagery.

In Session 5:

- We will look at the Maladaptive Coping Modes related to Avoidance (flight) and Surrender (freeze).
- Attachment

In Session 6 :

- Continuation of exploring the Maladaptive Coping Modes: Overcompensation (fight).
- Discussion of attachment homework.

In Session 7:

- We will explore the Dysfunctional Critic Modes: the Demanding Critic and the Punitive Critic Modes
- Imagery Rescripting for the Critic Modes

Session 8:

- We will look the Happy/Contented Child Mode.
- Maintaining the HCM.
- Imagery for HCM

Session 9:

- We will look at the Healthy Adult Mode.
- Maintaining the HAM: ST Flashcards.
- Discussion of Attachment homework.

Session 10:

- We will look at “You in the Group”
- Feedback and Exercises around this topic.

Session 11:

- Processing “You in the Group”
- Therapist’s Schemas and Modes: In our work as therapists—schema/mode interactions with clients, work life balance, therapist burn-out, parenting, friendships, relationships. You will choose the focus for this group.

Session 12:

- We will explore the meaning of endings.
- Imagery for endings.
- Review of the YSQ and SMI pre and post group inventory results.
- Look at Next Steps for you.
- Evaluate the group.
- Saying goodbye

Fees: the fee is \$1100.00/person (less than \$50.00/hour) for 24 hours (12 consecutive sessions of 2 hours each)

Because of the importance of commitment to the group, there will be no refunds for missed sessions. As there will be only 8 participants in this group, after you have paid your fees, there will be no refunds if you change your mind about, or are unable to participate, unless your spot can be filled. Please take the time to ensure that you can attend the group before signing up.

I have read and agree to the above conditions.

Name of Participant (Print)

Signature of Participant

Date

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

Please read carefully. By signing this document, you will waive certain legal rights, including the right to sue

This is a binding legal agreement. **Clarify any questions or concerns before signing.**

In consideration of Frances Miller (the “**Leader**”) providing the participant named below (referred to as “**I**” or “**me**” herein) with Experiential Program in Schema therapy (the “**Program**”), and for other good and valuable consideration, I agree to all the terms and conditions set forth in this agreement (this “**Agreement**”).

I hereby expressly agree that in no event shall I sue the Leader, and I waive and release any and all claims which I have or may have in the future against the Leader and her representatives on account of injury, death, property damage, expense and related loss, including loss of income, or any other loss or damage of any kind arising out of or resulting from my participation in the Program, due to any cause whatsoever, including without limitation, the negligence of the Leader, breach of contract, or breach of any statutory or other duty of care or otherwise. I agree not to make or bring any such claim against the Leader or any of Leader’s representatives, and forever release and discharge the Leader and all Leader’s representatives from liability under such claims.

I further expressly agree that I shall defend, indemnify and hold harmless the Leader and her representatives against any and all losses, damages (including direct, indirect, special and/or consequential), liabilities, claims, demands, actions, judgments, settlements, interest, awards, penalties, fines, costs, and expenses of whatever kind, including reasonable legal fees, in connection with any third party claim, suit, action or proceeding arising out of or resulting from the Program.

By participating in the Program, I confirm that I have read and agree with each of the following statements:

1. I am solely responsible for my own well-being, be it in relation to my mental health or otherwise.
2. I accept and fully assume all risks arising out of my participation in the Program including without limitation the possibility of emotional distress, personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Program.
3. I understand that the Leader is not guaranteeing any results or outcomes following the provision of the Program.

This Agreement is the entire agreement between the Leader and me with respect to the subject matter contained herein and supercedes all prior and contemporaneous understandings, agreements, representations and warranties, both written and oral, with respect to such subject matter. If any term or provision of this Agreement is held to be invalid, illegal or unenforceable in any jurisdiction, such invalidity, illegality or unenforceability shall not affect any other term or provision of this Agreement or invalidate or render unenforceable such term or provision in any other jurisdiction. This Agreement is binding on and shall ensure to the benefit of the Leader and Leader’s heirs, executors, administrators and next-of-kin. This Agreement is governed by the laws of Ontario and the federal laws of Canada applicable therein. Any claim

or cause of action arising under this Agreement may be brought only in the courts of Ontario, and I hereby consent to the exclusive jurisdiction of such courts.

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I acknowledge that I have read and understood all of the terms of this Agreement, that I have executed this Agreement voluntarily, and that this Agreement is to be binding upon myself, my heirs, my next-of-kin, executors, administrators and legal and personal representatives. I further acknowledge by signing this Agreement that I have waived my right to sue the Leader and any of Leader's representatives.

Name of Participant (Print)

Signature of Participant

Date