



## SCHEMA THERAPY TRAINING CANADA

### APPLICATION FOR EXPERIENTIAL GROUP

NAME: \_\_\_\_\_

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? \_\_\_\_\_  
\_\_\_\_\_

**Please submit your signed agreement, 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!

## SCHEMA THERAPY TRAINING CANADA



### 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 by Jeffrey Young, who worked originally with Aaron Beck, developing the Cognitive Behavioral Therapy model. It became apparent that some clients did not respond to CBT interventions, which led Dr Young to evolve the model to include both schemas and modes. Given that the limited re-parenting stance is the most important and healing function of ST, the emphasis in practice is on the therapist being authentic in our 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.

This group is draws strongly on the ground breaking model developed by Dr Joan Farrell and Ida Shaw. 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) 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 we do it?**

Before the first group, each member will complete the YSQ (Young Schema Questionnaire) and the SMI (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 each session—exercises that you might also give to a client—to integrate more fully the learning about yourself and ST concepts.

### **Session 1:**

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?

**Session 2:**

We will explore your understanding of your schemas.

Domains of Unmet Needs.

What is a mode? Your SMI—what did you learn?

Coping styles.

**In 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.

The Vulnerable, Angry and Undisciplined/Impulsive child modes—Imagery.

**In Session 4 :**

We look at the Dysfunctional Critic Modes (Punitive Critic and Demanding Critic), and a management plan for those modes.

ST Exercise for Critic Modes.

**In Session 5:**

We will look at the Maladaptive Coping Modes of :

Avoidance—flight.

Surrender—freeze.

Attachment: Mother.

**In Session 6 :**

Continuation of the exploring of the Maladaptive Coping Modes:

Overcompensation—fight.

Review Mom Homework –your EMS and Modes.

**In Session 7:**

We will look the Happy/Contented Child Mode.

Maintaining the HCM.

### Session 8:

We will look at the Healthy Adult Mode.  
ST Flashcards.  
Review of Dad Homework—your EMS and Modes.

### Session 9:

We will look at "You in the Group"

### Session 10:

We will look at the Stages of ST.  
My Self Practice Review.

### Session 11:

We'll learn about Mode maps.  
Therapist's Schemas and Modes.

### Group 12:

We will explore the meaning of endings.  
Review of the YSQ and SMI results.  
Look at Next Steps for you.  
Evaluate the group.

### How will this help me in my practice?

You will increase your awareness about yourself as a person and 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 own core emotional needs and find encouragement 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 by learning more both 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 most likely generalize to your life outside of work, with your personal issues, giving you a model to manage the ongoing challenges that we all face..

### **Challenges to doing this work in group:**

Exploring your Schemas and Modes will likely activate some emotional responses in you. If you are feeling very overwhelmed with your life right now, this may not be the best time for you to undertake this training,

although it is unlikely that the content of this group will cause harm to anyone. Self-care is an important skill for all therapists. If you are finding yourself triggered frequently in the group, you may want work on a mode management plan or seek out personal therapy. It is highly recommended that all Schema Therapists engage in personal Schema Therapy.

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.

**Expectations of Participants:**

**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](mailto: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.

**Fees:** the fee is \$990.00/person 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.**

I have read and agree to the above conditions.

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Signature

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Print Name

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Date

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Frances Miller MSW, RSW

## 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.**

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Name of Participant (Print)

Signature of Participant

Date