

SCHEMA FOCUSED THERAPY WORKSHOPS

Two workshops presented by
Dr. Jeffrey Young
Founder of Schema Therapy

May 4-6, 2010
Yafa-Li Conference Center
Ramat Aviv, Tel Aviv, Israel

www.isas.co.il/schema



ISAS International Seminars
POB 34001, Jerusalem 91340, Israel
Tel: +972-2-6520574
Fax: +972-2-6520558
Email: congress@isas.co.il
www.isas.co.il/schema



Sponsored by
The Israeli Association for
Behaviour and Cognitive
Psychotherapies (ITA)



co-organized and co-sponsored
by the New School of Psychology,
Interdisciplinary Center (IDC)
Herzliya

Dear Colleagues,

I am honored to invite you to attend two workshops in Israel dealing with Schema Focused Therapy (SFT) for Borderline and Narcissistic Personality Disorders. Dr. Jeffrey Young, founder of SFT, will present the workshops.

SFT is an innovative integrative approach for personality disorders and treatment-resistant patients. SFT integrates elements of cognitive therapy, behavior therapy, object relations, and gestalt therapy into one unified, systematic approach to treatment. Schema-Focused Therapy has shown remarkable results in helping people change patterns which they have lived with for a long time, even when other methods and efforts have been unsuccessful.

Participants attending the workshops will learn to use a useful and effective therapy for dealing with complex personality disorders; one that leads to improved overall functioning of this difficult population.

These workshops will afford therapists a unique opportunity to learn an Evidence Based treatment for complex personality disorders from a primary source.

Dr. Jeffrey Young is the founder and director of the Cognitive Therapy Center of New York and the Schema Therapy Institute. He has lectured on cognitive and schema therapies internationally for over 20 years, has trained thousands of mental health professionals, and is widely acclaimed for his outstanding teaching skills.

The Israeli Association for Behaviour and Cognitive Psychotherapies (ITA) is proud to welcome Dr. Young and appreciates his wish to share his vast knowledge and experience with all of us. We thank Dr. Young very much for accepting our invitation.

I want to use this introduction to also express our thanks to Prof. Mario Mikulincer and the Interdisciplinary Center (IDC) in Herzliya for co-sponsoring this important workshop. Since the number of places for these workshops is limited I urge you to confirm your participation as soon as possible.

We hope that you will also have a chance to absorb the spirit of our country. Israel (like SFT) contains many layers, with both ancient and innovative segments interfusing its identity. We of course also suggest that while you are here you enjoy exploring the Land of Israel - from the Galilee to Eilat. Known as the birthplace of three monotheistic religions, Israel has always been a center of knowledge and continuous learning.

We are all looking forward to exciting workshops.

SHALOM,



Dr. Sofi Marom, Chair

The Israeli Association for Behaviour and Cognitive Psychotherapies (ITA)

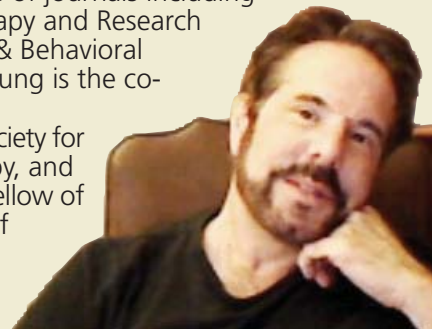
Dr. Young is founder and Director of the Cognitive Therapy Center of New York and the Schema Therapy Institute. He is also on the faculty of the Department of Psychiatry at Columbia University College of Physicians and Surgeons.

He received his undergraduate training at Yale University and his graduate degree at the University of Pennsylvania. He then completed a postdoctoral fellowship at the Center for Cognitive Therapy at the University of Pennsylvania with Dr. Aaron Beck, and went on to serve there as Director of Research and Training.

Dr. Young has lectured on cognitive and schema therapies internationally for over 20 years. He has trained thousands of mental health professionals, and is widely acclaimed for his outstanding teaching skills. Dr. Young was awarded the prestigious NEEI Mental Health Educator of the Year award.

Dr. Young is the founder of Schema Therapy, an integrative approach for personality disorders and treatment-resistant patients. He has published widely in the fields of both cognitive and schema therapies, including two major books: *Schema Therapy: A Practitioner's Guide*, written for mental health professionals, and *Reinventing Your Life*, a popular self-help book based on schema therapy.

Dr. Young is co-author of a psychotherapy outcome study evaluating the effectiveness of CT in comparison to antidepressant medication. He has also served as consultant on many cognitive and schema therapy research grants, including the NIMH Collaborative Study of Depression, and was on the editorial boards of journals including *Cognitive Therapy and Research* and *Cognitive & Behavioral Practice*. Dr. Young is the co-founder of the International Society for Schema Therapy, and is a Founding Fellow of the Academy of Cognitive Therapy.



Schema Therapy for Borderline Personality Disorder May 4-5

Dr. Young will present the latest advances in schema therapy for working with Borderline Personality Disorder. This approach places primary emphasis on “limited reparenting” within the therapy relationship, and the extensive use of emotion-focused techniques. Schema therapy was evaluated in a large-scale outcome study for BPD and demonstrated high levels of efficacy.

The schema therapy model for BPD is based on the concept of a schema mode. A schema mode is defined as a facet of the self, or state, that has not been fully integrated with other parts of the self. Borderline patients typically “flip” among four modes: the Detached Protector, the Abandoned/Abused Child, the Angry/Impulsive Child, and the Punitive Parent.

Dr. Young will present an overview of specific strategies for identifying and responding to mode, including: validation of emotional needs, schema mode imagery and dialogues, and limited reparenting, and the role of the therapist’s own schemas.

The workshop will include patient videotape segments.

Objectives

1. Participants will learn to conceptualize Borderline Personality Disorder in terms of four schema modes: the Detached Protector, Abandoned Child, Angry Child, and Punitive Parent.
2. Participants will learn about limited reparenting as one of the central foci of treatment for BPD.
3. Participants will become familiar with the results of a major outcome study comparing Schema Therapy with Transference-Focused Psychotherapy (TFP) for outpatient BPD.

Schema Therapy for Narcissistic Personality Disorder May 6

This workshop will focus on the application of Young’s schema therapy to the treatment of Narcissistic Personality Disorder. Schema therapy integrates cognitive, behavioral, emotion-focused, attachment, and psychodynamic strategies.

The conceptual model for narcissism revolves around schema modes, which are defined as separate facets of the self that have not been fully integrated with each other. The narcissistic patient is characterized by three modes: the Lonely Child, who feels lonely and devalued; the Self-Aggrandizer, who overcompensates through entitlement and approval-seeking; and the Detached Self-Soother, who seeks stimulation to avoid painful affect. The narcissistic patient alternates between the Self-Aggrandizer and Detached Self-Soother modes to avoid experiencing the isolation of the Lonely Child.

The treatment focuses on developing healthy intimate connections, including the therapy relationship. Topics include: helping the narcissist value nurturing and empathy more than status and approval; combating entitled behavior; handling the patient’s devaluing of the therapist; accessing early feelings of loneliness and defectiveness; and the role of the therapist’s own schemas in treating the narcissistic patient. Techniques will be demonstrated through videotape segments; extensive handouts will be provided.

This workshop assumes attendance at the first workshop or previous exposure to Dr. Young’s models.

Objectives

1. Participants will learn to conceptualize the narcissistic patient in terms of three schema modes: Lonely Child, Self-Aggrandizer, and Detached Self-Soother.
2. Participants will learn the typical origins of narcissism and the development of the three schema modes.
3. Participants will learn to utilize the therapy relationship as a vehicle for shifting the narcissistic patient’s focus from status and approval to genuine caring and empathy.
4. Participants will come to understand how their own schemas interfere with treating narcissism, and will learn more appropriate strategies for handling the patient’s devaluing and self-centered behavior.
5. Participants will learn to utilize imagery and dialogues to access the loneliness, defectiveness, and mistrust that underlie most narcissism.

The workshops will take place from 9:00-16:30

Registration Form Schema Therapy

Please send to: ISAS International Seminars, POB 34001, Jerusalem 91340, Israel; Fax +972-2-6520558; register@isas.co.il

Surname

First Name

Email

Place of Work

Mailing Address: Please check Work Home

City

Postal Code

Country

Telephone

Fax

Please register me for:

Borderline Personality Disorder Workshop

Narcissistic Personality Disorder Workshop

Both workshops (3 days)

Please book single double room at the Grand Beach Hotel

Check-in date

check-out date

of nights

I will share my room with*

*It is the sole responsibility of the participant to find a roommate.

In the absence of a roommate, single occupancy price will be charged.

Registration €

Accommodations €

Total €

Enclosed is a check payable to ISAS International Seminars

Charge my credit card: VISA DINERS M/C AMEX

Number

Expiration

3-4 Digit Security Code

Bank transfer to: ISAS International Seminars Ltd.

Bank Leumi, Account Number 812900/40

Tourist Branch #780, 19 King David St., Jerusalem, Israel

SWIFT Account: LUMIILITINT

IBAN CODE: IL850107800000081290040

Please email/fax a copy of the bank transfer instructions to the secretariat

Name

Signature

Date

General Information

Registration Fees

	until March 25	until April 28	after April 28
Borderline Personality Disorder workshop (2 days)	€ 200	€ 225	€ 250
Narcissistic Personality Disorder workshop (1 day)	€ 100	€ 115	€ 125
Both workshops (3 days)	€ 280	€ 315	€ 350

Special price for EABCT members who pay by March 25:

Borderline Personality Disorder workshop (2 days)	€ 160
Narcissistic Personality Disorder workshop (1 day)	€ 80
Both workshops (3 days)	€ 220

Registration includes participation in all sessions, workshop handouts, lunch and coffee/cake break each day.

Accommodations: Rooms are available at the Grand Beach Hotel for € 84 per night for a single room and € 99 for a double room. Prices are for B/B. Reservations must be accompanied by a non-refundable deposit of € 84.

Cancellation Policy: Cancellations received before March 25, 2010 are not subject to a cancellation fee. Cancellations received between March 25 and April 29 will be charged a € 60 service fee. No refunds for cancellations received after April 29.

For further information and updates about the seminar, please see www.isas.co.il/schema or contact the secretariat at congress@isas.co.il