

# Certificate of Completion: ISST approved training module

Merve Ceren Güngör

ISST-Approved Trainer(s) Name(s): H. Alp KARAOSMANOĞLU

Period: June-July 2022

CONTENT TRAINING PROGRAM(S) OR MODULE(S)\*

	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
<b>Workshop Name</b>	Introduction to Schema Therapy Model	Cognitive techniques Experiential techniques	Behavioral techniques Therapy Relationship	Schema Mode Work with Personality Disorders	Borderline Personality Disorder	Narcissistic & Child Schema Therapy
<b>Hours specified</b>	Didactic: 5 Role-play: 2	Didactic: 5 Role-play: 3	Didactic: 4 Role-play: 4	Didactic: 4 Role-play: 4	Didactic: 4 Role-play: 2	Didactic: 3 Role-play: 2
<b>Trainer(s)</b>	Alp Karaosmanoğlu	Alp Karaosmanoğlu	Alp Karaosmanoğlu	Alp Karaosmanoğlu	Alp Karaosmanoğlu	Alp Karaosmanoğlu
<b>Date</b>	June 9, 2022	June 10, 2022	June 11, 2022	June 30, 2022	July 1, 2022	July 2, 2022
<b>Subject covered</b>	* Introduction to schema & mode concepts * An overview of therapeutic strategies * Therapeutic Relationship: Being a Schema Therapist * Schemas, Coping Styles, and Modes * Assessment: including interviews, imagery, and inventories * Psycho-education about needs and rights of children * Temperamental Factors Clarifying Goals & Needs * Conceptualizing a Case in Schema Terms and/or modes	* Application of cognitive techniques * Using flash cards-schema diary * Imagery & Imagery re-scripting * Linking Schemas with Early Childhood Experiences * Limited Re-Parenting with the Vulnerable and Angry Child Modes * Confronting Maladaptive Coping Modes, Parent Modes	* Coping Styles * Defining targets of change Prioritizing behaviors for pattern-breaking * Using flash card, imagery, role-play and homework assignments * Overcoming blocks to behavioral change	* Limited Re-Parenting * Empathic Confrontation * Limit Setting * Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients. * Appropriate use of self-disclosure * APD * OCPD * DPPD	* Limited Re-Parenting * Empathic Confrontation * Limit Setting * Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients. * Appropriate use of self-disclosure * BPD	* Limited Re-Parenting * Empathic Confrontation * Limit Setting * Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients. * Appropriate use of self-disclosure * NPD * Introduction to Child Schema Therapy

Bu belge sadece ISST onaylı standart düzey sertifikası alabilmek için gerekli olan süpervizyon ön koşulu olan ISST onaylı temel düzey eğitim koşullarının sağlandığını gösterir. Bu belge, kişinin Şema terapi eğitimleri düzenlemesine ve süpervizyon vermesine kesinlikle izin vermez. ISST etik kurallarına göre, Standart düzey sertifika alan kişiler, eğitici olma hakkına sahip ileri düzey Şema Terapistlerinin koordinasyonunda destekleyici olarak süreçlerde yer alabilirler.

No: 22-80

Date: July 13, 2022

H. Alp Karaosmanoğlu  
Signature of Training Facilitator



INTERNATIONAL SOCIETY OF  
SCHEMA THERAPY