

ISST Approved International Schema Therapy Training Program

Certificate of Completion-Online Training

CANSU ERDOĞAN

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ISST-Approved Trainer(s) Name(s): Bahar KÖSE , PhD

Period: April 2025

Participant:20

CONTENT TRAINING PROGRAM(s) OR MODULE(s)

	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Workshop Name	Introduction to Schema Therapy, Concepts, Assessment and Education	Assessment and Education and Cognitive Strategies	Experiential Techniques-I	Experiential Techniques-II & Behavioral Strategies	Therapy Relationship	Schema Therapy for Cluster B (BPD & NPD) and Cluster C Disorders (OCCD, DPD, APD)
Hours specified	Didactic: 5 Role-play: 2	Didactic: 4 Role-play: 3	Didactic: 4 Role-play: 3	Didactic: 4 Role-play: 3	Didactic: 4 Role-play: 3	Didactic: 4 Role-play: 3
Trainer(s)	Bahar KOSE	Bahar KOSE	Bahar KOSE	Bahar KOSE	Bahar KOSE	Bahar KOSE
Date	April 10, 2025	April 11, 2025	April 12, 2025	April 24, 2025	April 25, 2025	April 26, 2025
Subject covered	Theoretical background of schema therapy, core emotional needs, rights of children, temperamental factors, conceptualization of schemas, coping responses and modes, introduction to assessment and education Role Play: Imagination to link schemas/ modes with early childhood experiences	New case conceptualization, formulation of schemas, core emotional needs, coping styles, modes, treatment formulation, clarifying goals and needs in schema terms and/or modes, cognitive strategies Didactic: Assessment interview and inventories, flash card & schema diary Role-play: Imagery assessment	Types of imagination, imagery re-scripting Role-play: Imagination to indicate limited re-parenting with child modes, especially with the vulnerable and angry child modes Imagery re-scripting	Chair work, homework assignment, behavior change strategies and overcoming blocks to behavioral change Role-play: Chair work ST dialogues with schemas and modes, Empathic Confrontation/limit setting for Maladaptive Coping Modes Confronting and limit setting for Punitive and Demanding Parent Modes	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 Role-play: Imagination Limited re-parenting and modeling healthy adult Group imagination Therapeutic relationship-imagery re-scripting	Schema mode work and treatment plan for Cluster B and Cluster C disorders Role Play: Chair work to cope with maladaptive parent modes and maladaptive coping modes

Bu belge, sadece ISST onaylı temel düzey eğitim koşulunun sağlandığını gösterir. Bu eğitim ISST onaylı standart düzey terapist sertifikası alabilmek için gerekli olan süpervizyonun ön koşuludur. Bu belge, kişinin Şema Terapi eğitimleri düzenlemesine ve süpervizyon vermesine izin vermez. ISST onaylı süpervizyon, sürekli eğitim ve sertifikasyon başvurusu aşamalarında ISST ölçütlerini karşılayan gerekli diğer resmi belgelerin ibrazı katılımcıların sorumluluğundadır.



Bahar KÖSE
Signature of Training Facilitator



