



**SCHEMA THERAPY  
INSTITUTE  
OF SOUTH AFRICA**

**Presents a 3 day training workshop  
At High Constantia Conference Centre,  
Schoenstatt Gardens, Constantia, Cape Town  
Sunday 1<sup>st</sup> - Tuesday 3<sup>rd</sup> March 2020**

**20 CEUs (HPCSA / Psychology - Clinical/Counselling)**

CEUs in ethics will also be applied for.

[www.schematherapysouthafrica.co.za](http://www.schematherapysouthafrica.co.za)

[stisa@schematherapysouthafrica.co.za](mailto:stisa@schematherapysouthafrica.co.za)

**Schema therapy training course - Part 2 (Days 4 - 6)**

**Presented by Professor David Edwards**

*Registered as a Clinical Psychologist with the HPCSA, Diplomate and Founding Fellow of the Academy of Cognitive Therapy, Certified as a Schema Therapist and trainer by the International Society of Schema Therapy (ISST). Currently President of ISST.*

**NOTE: THE WORKSHOP IS DESIGNED SO YOU CAN START WITH IT EVEN IF YOU HAVE NOT DONE DAYS 1-3.**

Schema Therapy is an evidence-based treatment approach for difficult cases, such as treatment resistant depression, eating disorders and cases where there is complex trauma or a personality disorder. It is an integrative therapy that draws on the Relational/ interpersonal, Process Experiential/Emotion Focused and Cognitive-behavioural approaches to psychotherapy. STISA's training program in Schema Therapy leads to the award of the South African Diploma in Schema Therapy. This is one component of the requirements for applying for certification as a schema therapist with the International Society of Schema Therapy (ISST). Practitioners can benefit from these workshops whether or not they intend to do the full training. The program is designed as a 6 day course that covers the 40 hours of didactic presentations and experiential exercises required by the ISST. The March 2020 workshop covers the second half of the program.

The workshop is designed to be practical. Most participants find they can use what they learn with cases in their own practice right away. Clinical examples are presented on DVD or as audio segments, and there are practical experiential exercises. During the workshop you are encouraged to think about your own cases and how the concepts and interventions presented in the workshop might apply to them. Questions are welcomed particularly where they relate to your own cases.

There is a limit of 20 places (to meet ISST training requirements) and STISA reserves the right to cancel the workshop if less than 6 participants sign up.

- **Day 4 (Sunday): 9h00-17h00.** 1) Attachment theory and schema modes; 2) Trauma and borderline personality disorder.
- **Day 5 (Monday): 8h30-17h30.** 1) Working with the relationship: Setting limits and therapist triggering; 2) Narcissistic and cluster C personality disorders.
- **Day 6 (Tuesday): 8h30-17h30.** 1) Behavioural pattern breaking; 2) Other applications of schema therapy.

**Cost: R6800**

**Extra Early Bird** - Before 6<sup>th</sup> Dec 2019: **R5900**

**Early bird** - Before 10<sup>th</sup> January 2020: **R6300**

**Each day, the following are provided:**

Generous catering: Tea/coffee/snack on arrival (from 8h00) and during morning and afternoon breaks, lunch, free Wi-fi, parking.

To apply for a place, complete and return the application form (available from our website): a deposit of R800 is payable (only refundable if workshop is cancelled by us).

Part of a training program approved by *the International Society of Schema Therapy*

<http://www.schematherapysociety.org/>

Email [stisa@schematherapysouthafrica.co.za](mailto:stisa@schematherapysouthafrica.co.za) for further information or to submit application form and proof of payment.

For further information about schema therapy training, local and international, visit

<http://www.schematherapysouthafrica.co.za/the-schema-therapy-institute-of-south-africa/#5>.

Fuller details of the 6 day program can be found at

<http://www.schematherapysouthafrica.co.za/the-schema-therapy-institute-of-south-africa/#3>



See important notes on next page →

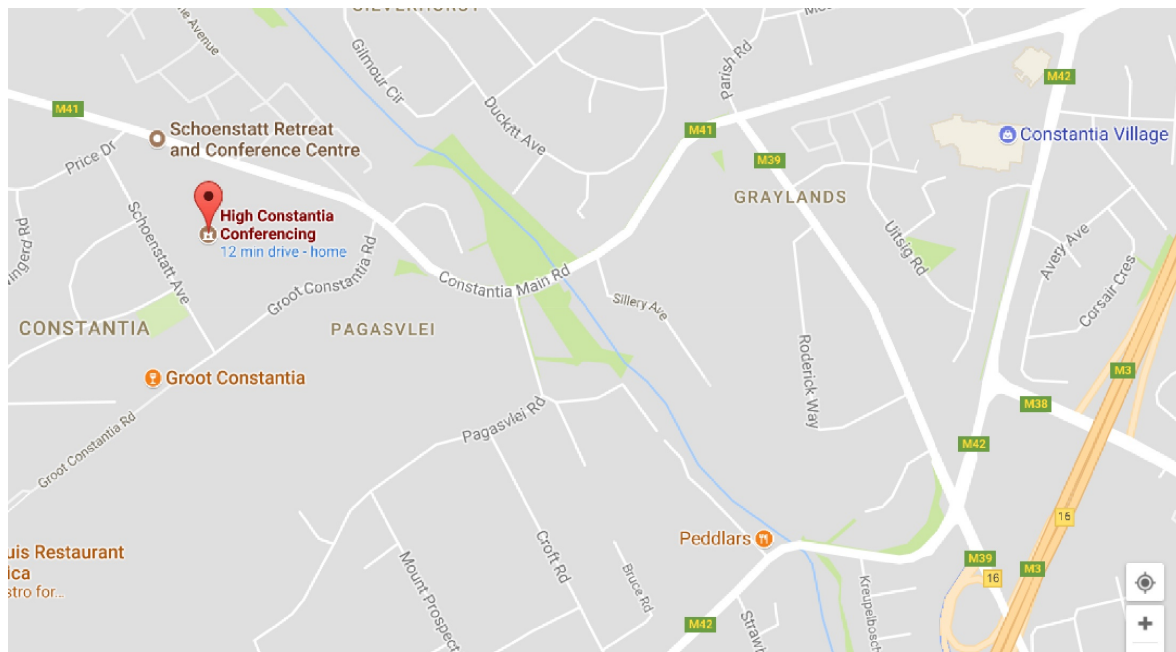
## IMPORTANT NOTES

1. The HPCSA draws attention to the fact that attaining continuing education units (CEUs) does not licence professionals to practice outside their scope of practice. CEUs are intended to broaden the knowledge of professionals but do not constitute professional training.
2. The University of Pretoria who will be asked to accredit this workshop for CPD purposes has indicated that the content lies within the scope of practice of Clinical and Counselling Psychologists and that, in the case of an audit, the HPCSA may not give CEU credit to other categories such as Registered Counsellor. Please discuss this with us if you have concerns about this.

## High Constantia Conference Centre, Schoenstatt Gardens, Constantia, Cape Town

<http://www.constantia-conferencing.co.za/>

### HOW TO GET THERE



On Google Maps enter **Schoenstatt Retreat and Conference Centre**  
or **High Constantia Conferencing**.

**See the map above:** If you come on the M3, you have two options. From the North, take the Constantia Main Road exit. Turn left on to Constantia Main Road and proceed on past Constantia Village. From the South, you can take the Ladies Mile Exit. Turn left and continue straight over the traffic lights along Ladies Mile Road. At the next traffic light turn left on to Constantia Main Road.



Proceed on past Groot Constantia Road (Entrance to Groot Constantia). Shortly after this, on the left, there is an entrance to Schoenstatt Retreat and Conference Centre. Turn left into it and bear right. Soon you will see the conference centre pictured left and there is parking nearby.