



International Society of
Schema Therapy



ISST Approved Certification Training Programm
Certificate of Online Training Attendance:

Specialty Area: Individual Schema Therapy

Vasilyev Adam

has completed full training program consisted of 8 modules (60 hours in total:37 didactic,23 role -play)
from 10^h of September . 2023 till 25st of March 2024

ISST Approved Training Program name: Baltic Schema therapy Institute

Content of Training Program or Module

Module Name	Subjects covered From Cert. Curriculum	Hours Specified	Number	Trainers
Module 1 Module 2	Core concept Phases of schema therapy and Interventions in Schema therapy Relationship in the Schema Therapy Cognitive, behavioral, experiential interventions Appropriate use of self -disclosure , etc	Didactic: 5+5 Role-play:2+3	20 20	Ilona Krone
Module 3 Module 4	Psychopathology of personality disorders: definition, origins, diagnostics schema therapy for cluster B personality disorders: etc Schema therapy for cluster C & B personality disorders Schema therapy for other axis I disorders and self reflection Etc	Didactic:4+4 Role play :3+3	20 20	Ilona Krone
Module 5 Module 6	Conceptualization/mode mapping of specific presentations Linking mode map with treatment goals/developing treatment plan Practice of cognitive techniques – audio flashcards Limited reparenting with the Vulnerable Child mode, using imagery rescripting	Didactic:4+5 Role-play”:3+3	20 20	Ilona Krone
Mudule 7 Module 8	Chair work with coping modes .Empathic confrontation of unhelpful coping modes, particularly in the context of NPD and Cluster C, pushing for spontaneity and expression of Happy Child mode Chair work with the Punitive Critic in the context of BPD, Demanding critic in Cluster C. Advanced therapy relationship work,working with therapist’s own blocks with challenging client	Didactic:5+5 Role play :3+3	20 20	Ilona Krone

Literature used in this module:

- 1.Schema Therapy: A Practitioner's Guide by Jeffrey E.Young,Janet Klosko, Marjorie E. Weishaar, 2006;
2. Schema Therapy in Practice: An Introductory Guide to the Schema Mode Approach by Arnaud Arntz, Jitta Jacob, 2017
3. Handbook of Schema Therapy: Theory, Research and Practice / ed. by Van Vreeswijk M., Broersen J., Nadort M. Oxford: Wiley-Blackwell, 2012. 680 p.
4. Breaking Negative Thinking Patterns: A Schema Therapy Self-Help and Support Book by Gitta Jacob, Hannie van Genderen, Laura Seebuer, 2015; and etc

Trainer: **Ilona Krone** , ISST Certified Trainer- Supervisor

Ilona Krone

26.04.2024.

Printed Name & Signature of Training Facilitator

Date

Printed Name & Signature of Training Program Director
Responsible for module content (if different)

Date