



[www.stisa.org.za](http://www.stisa.org.za)

**Presents a training workshop**  
Sunday 3<sup>rd</sup> March (2 hours) and Monday 4<sup>th</sup> to  
Wednesday 6<sup>th</sup> March (6 hours each) 2024  
**HPCSA - 19 CEUs + 1 Ethics CEU**  
Enquiries: [stisa@stisa.org.za](mailto:stisa@stisa.org.za)

## Schema therapy training course Part 1 (Days 1 - 3)

**Presented by Professor David Edwards**

*Former President: International Society of Schema Therapy (ISST)*

*Certified as a Schema Therapist and trainer by the ISST*

*Registered as a Clinical Psychologist with the HPCSA*

**assisted by Dr. Chantal Renton**

Schema Therapy is an evidence-based treatment approach for difficult cases, such as those where there is complex trauma or a personality disorder. It is an integrative therapy that draws on the Relational/ interpersonal, Emotion-focused/ expressive and Cognitive-behavioural approaches to psychotherapy.

STISA's training program 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. This workshop covers the first 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. Many clinical examples are presented on DVD, and there are several 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.

### **Day 0 (Sunday): 15h30-17h30**

*Introduction and basic concepts.*

### **Day 1 (Monday): 9h00-18h00**

*Schema therapy as an evidence-based practice. Assessment and case conceptualization.*

### **Day 2 (Tuesday): 9h00-18h00**

*Principles of experiential psychotherapy and introduction to imagery, imagery rescripting and chairwork.*

### **Day 3 (Wednesday): 9h00-18h00**

*Cognitive techniques / Working with the relationship.*

**Each day, there is a half hour break in the morning and again in the afternoon and a 2-hour break at lunch time.**

### **Cost: R5800**

**Xtra early bird:** Before 23<sup>rd</sup> January: **R4900**

**Early bird:** Before 13<sup>th</sup> February: **R5300**

**The workshop includes several experiential training exercises as specified by the ISST.**

**To apply for a place:** Complete and submit the application form. A deposit of R1000 must be paid on application (only refundable if workshop is cancelled by us).

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.



Part of a training program approved by *the International Society of Schema Therapy*  
<http://www.schematherapysociety.org/>

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

For further information about schema therapy training, local and international, visit  
<http://www.stisa.org.za/the-schema-therapy-institute-of-south-africa/#5>.

Fuller details of the 6 day program can be found at <http://www.stisa.org.za/wp-content/uploads/2015/05/2015-STISA-training-program-in-ST.pdf/>

See important notes on next page →

## **HPCSA ACCREDITATION FOR CPD**

- 1. The HPCSA draws attention to the fact that attaining continuing education units (CEUs) does not license professionals to practice outside their scope of practice. CEUs are intended to broaden the knowledge of professionals but do not constitute professional training.**
- 2. This workshop will be accredited for CPD purposes for those registered with the HPCSA.**

## **Requirements for working online**

The workshop is offered using the Zoom online platform and information about how to connect will be provided. The ISST has specified the conditions under which online training may be offered. Participants must have a reliable internet connection and a private, uninterrupted space in which to attend the workshop. They must keep their cameras on at all times (unless they discuss this first with the organizers) and must undertake not to engage in other activities (such as web surfing, doing emails etc.) during the workshop times. Participants will be asked to sign an agreement form indicating that they understand and will abide by the set conditions.