

# Schema Therapy Training

## Foundation Skills

**Friday 15 November 2019**

The Met, King Street, Leeds, LS1 2HQ

9am Registration, 9.30am Welcome and 4.30pm, Close

The Schema Therapy approach is designed to help people overcome complex longer standing psychological problems and has evidence for treating Borderline, Narcissistic and Cluster C personality disorders. This workshop will provide an overview of Schema Therapy to provide a conceptual framework for clinicians to work with clients across a spectrum of complex presenting issues including personality disorders. Experiential exercises will be used to demonstrate some of the key techniques in the application of Schema Therapy, including limited re-parenting, empathic confrontation, imagery and chair work throughout the workshop.

After attending this course, delegates will...

- Have a greater understanding of Schema Therapy conceptualisation
- Learn the common intervention techniques used in Schema Therapy including chair work, imagery, limited re-parenting and empathic confrontation
- How to use of the Schema Therapy when applied to specific patient groups and settings

### About our speakers:

**Saskia Ohlin** is a chartered Counselling Psychologist with the BPS and registered with HCPC. She is an ISST accredited advanced level Schema Therapist, Supervisor and Trainer. She is also fully accredited as a Cognitive Behavioural Therapist with BABCP. Saskia has wide clinical expertise in treating complex trauma and personality disorders, particularly borderline personality disorder. Together with Ruth McCutcheon they formed the Academy of Schema Therapy.

**Ruth McCutcheon** is a chartered Counselling Psychologist and a member of the BPS and Health Professions Council. She has 20 years of experience of working clinically both in NHS healthcare and privately. This has included work in primary and secondary care in addition to inpatient forensic settings with personality disorders. Ruth has advanced level accreditation in Schema Therapy with the ISST. Ruth is an accredited Cognitive Behavioural Therapist with the BABCP and holds advanced accreditation in Interpersonal Psychotherapy with IPTUK. She continues to work as a supervisor offering training to Psychologists and other health professionals. She also works as a therapist delivering individual and couples work with a range of psychological issues including chronic depression, relationship difficulties, complex trauma and personality disorders with adult and adolescent populations in her private practice.

### Course Fees:

**£210.00**

All learning materials, lunch and refreshments are included.

### Reservations:

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

### Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 6 CPD hours subject to your peer group approval.

### This conference is suitable for:

Healthcare Professionals e.g. Clinical/Counselling Psychologists, Psychiatrists, CBT Therapists and Psychotherapists



# Andrew Sims Centre Reservation Form

Course Title: **Schema Therapy Training**

Date: **Friday 15 November 2019**

## YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title ..... First Name .....

Surname ..... Job Title .....

Speciality .....

Trust / Organisation .....

Preferred Mailing Address .....

..... Postcode .....

Work Telephone ..... Mobile .....

Email .....

Dietary ..... Other .....

Signature ..... Date .....

## NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please tick [ ]

## COURSE FEES

[ ] One Place £210.00

Promotional Code ..... Making Course Fee £.....

## BOOKING & PAYMENT OPTIONS

*Please choose ONE of the following payment options (1 to 6)*

- ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with credit or debit card
  - TELEPHONE:** 0113 855 5638 with credit or debit card
  - POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
  - BACS:** Account Number: 10003312 Sort Code: 60-70-80  
Please use ref ASC151119-DELEGATENAME
  - INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net  
Trust .....
- Purchase Order Number .....
- LYPFT Internal Transfer:**  
Budget Holder Name.....  
Budget Holder Email .....
- Budget Code: .....
- Budget Holders signature .....
- Budget Transfer will occur in **November 2019**

**All Payment must be received in advance of event.**

## HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

## PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

## ACCREDITATION

This course is eligible for **6** CPD hours subject to your peer group approval.

## THE VENUE

The Met Hotel is approx. 2 minutes' walk from Leeds city train station. If you are travelling by car, please note that The Met has no parking for delegates and it is recommended that you park in the long-stay train station car park off Aire Street or one of the other city-centre car parks.

## CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

## RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

## FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Pure360 and Attercopia Ltd according to the General Data Protection Law ('GDPR'). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick [ ]

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here [ ]

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick [ ]