

## **Group Schema Therapy: BPD and Beyond (application to other patient groups and disorders)**

### **2 day Workshop**

This training workshop provides intensive training in the model and techniques of Group Schema Therapy with the psychotherapists who developed this model and have worked with it for over 20 years. It is intended for psychotherapists familiar with ST who have attended an introductory GST workshop, or are trained in ST and use ST in groups.

The Group Schema Therapy (GST) model has been evaluated in a randomized controlled trial, which demonstrated strong positive effects on BPD symptoms, global psychiatric symptoms and global functioning. A large multisite international RCT is underway in the Netherlands, Germany, Australia and the US. Pilot results are promising and are replicating the very large RCT treatment effect sizes. GST as developed by Farrell & Shaw is an integrative model consistent with individual ST as developed by Young and applied to BPD by Arntz. GST uses the therapeutic factors of the group modality strategically to catalyze the work of schema mode change. The experience of ST in a supportive, validating group can directly impact and help heal key early maladaptive schemas of abandonment, defectiveness, emotional deprivation, social isolation and mistrust/abuse. Like individual ST, GST in addition to reducing symptoms, targets key criteria of personality issues including: sense of self, interpersonal relationships, social, family, and occupational functioning and improved quality of life.

This workshop goes beyond the application of GST to BPD patients to look at the model's application to other personality disorder patients, challenging psychiatric problems like Eating Disorders and mixed diagnosis groups. Like ST, GST matches the modes of patients and their emotional developmental level. This makes the group model, like ST, applicable to a wide range of disorders. Needed adaptations to GST for other patient populations and mixed diagnosis groups are discussed, which include: the necessary group environment and limited reparenting.

The training model that we use combines the following elements:

1. Brief didactic presentation
2. Video segments of actual patient groups conducted by the trainers,
3. Demonstrations of core techniques by the trainers playing therapists with participants playing patients
4. Group role plays that allow participants to try out core GST techniques by acting as therapists in a group of participants, with the trainers as coaches.

### **TRAINERS:**

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Joan Farrell, Ph.D. and Ida Shaw, M.A. are advanced level Schema Therapists and Trainers who co-direct the Indianapolis Center of the Schema Therapy Institute Midwest, a training, research and practice center, certified by the International Society Schema Therapy (ISST). It is affiliated with the Kalamazoo Center, directed by George Lockwood, Ph.D. The Indianapolis Center specializes in Group Schema therapy. Joan has been on the faculty of the Indiana University School of Medicine (IUSM), Clinical Psychiatry faculty for 25 years and holds appointments in Psychology at Purdue University and the University of Indianapolis. They teach graduate course on ST and supervise clinical psychology graduate

students and psychiatry residents. Joan is clinical and training director of the Indiana University School of Medicine /Midtown CMHC Center for BPD Treatment & Research. Ida is a senior trainer and supervisor at the center.

In their work they have integrated their complementary cognitive and experiential treatment approaches with social learning and developmental psychology theory to develop a group treatment model for ST. Influenced by their 30+ years of clinical experience and by the work of Jeffrey Young, they adapted ST interventions and limited reparenting to a group model and developed uniquely group interventions to accomplish ST goals (Farrell & Shaw, 1994). They first established the group model for outpatients in a specialty clinic for BPD at the IUSM outpatient clinic. This program was awarded an Indiana Governor's Showcase Award in Mental Health. They went on to develop an inpatient ST program that combines individual and group modalities and directed a dedicated BPD unit for ten years at a university affiliated psychiatric hospital in Indianapolis. They evaluated their model of Group Schema Therapy in a randomized controlled trial for outpatients (Farrell, Shaw & Webber, 2009- funded by NIMH) and in three inpatient pilot studies (Reiss, Lieb, Arntz, Shaw & Farrell, 2011). Both studies demonstrated strong positive effects on BPD symptoms and global function as well as high recovery rates. Currently, they are the clinical trainers and treatment supervisors of a randomized controlled trial with 14 sites in 4 countries that will further test their model of Group ST. Joan is co-PI for the multi-site study with Arnoud Arntz, Ph.D. Also with Arntz, Lieb, Reiss and Fretwell, they are further evaluating the intensive GST model in Day Hospital and inpatient settings in the US, Germany, the Netherlands and Australia.

Their Group Schema Therapy for Borderline Personality Disorder Treatment Manual, published by Wiley-Blackwell, will be available in Spring of 2012. Chapters on their work appear in *Advances in ST and Handbook of ST*, Wiley 2011. They are working with colleagues in ISST on applying the GST model to other patient populations and as self-therapy for schema therapists. Joan and Ida have extensive experience leading psychotherapy groups with a wide range of patient populations: mixed diagnosis inpatient and outpatient groups employing experiential and cognitive approaches, combat veterans and childhood abuse survivors with PTSD, psychotherapists in self-therapy, multiple family groups and couples groups, personality disorder, dissociative disorders, substance abuse and eating disorders are a partial list. Joan says kiddingly that she thinks she has led several groups a week for most of her 33 years as a clinical psychologist. Joan & Ida have given keynotes, symposia and Master Clinician workshops on GST internationally for over 20 years. They receive outstanding evaluations for their enthusiastic and collaborative teaching style that includes demonstrations and group role play experiences for participants.

#### **Recommended Readings:**

Arntz, A. & van Genderen, H (2009) *Schema Therapy for Borderline Personality Disorder*. Wiley, N.Y. (Available in English, Dutch and German)

Farrell, J.M., & Shaw, I.A. (1994). Emotional awareness training: a prerequisite to effective cognitive-behavioral treatment of borderline personality disorder. *Cognitive and Behavioral Practice*, 1, 71-91.

Farrell, J.M., Shaw, I.A. & Webber, M. A. (2009) A schema-focused approach to group psychotherapy for outpatients with borderline personality disorder: A randomized controlled trial, *Journal of Behavior Therapy & Experimental Psychiatry*, Jun; 40(2):317-28.

Farrell, J.M., Shaw, I.A. (2010) "Schema Therapy Groups for Borderline Personality Disorder Patients: the Best of Both Worlds of Group Psychotherapy" (in **German**) in E. Roediger & G.

Jacobs (Eds.) Fortschritte der Schematherapie. (Advances in Schema Therapy). Göttingen: Hogrefe,

Farrell, J.M., Shaw, I.A. & Reiss, N. Group Schema Therapy for Borderline Personality Disorder Patients: Catalyzing Schema Mode Change in Eds. Van Vreeswijk, Broersen, Nadort. *Handbook of Schema Therapy*Wiley, NY 2011

Young, J. E., Klosko, J. S. & Weishaar, M.E. (2003). *Schema Therapy: A Practitioner's Guide*. NY: Guilford Press.