

**2010... ISST Minimum
Certification Training Requirements**

**(To understand this chart, please be sure to read the
explanations below the table.)**

<u>Type of Requirement</u>	<u>Standard Certification</u>	<u>Advanced Certification</u>
Didactic Hours	25 hours	25 hours
Supervised role-playing in dyads	Minimum 15 Hours	Minimum 15 Hours
Supervision	20 supervision sessions (50-60 minutes each) (Single or Converted Group Minutes- see below)	40 supervision sessions (50-60 minutes each) (Single or Converted Group Minutes- see below)
Self-Therapy as part of case supervision	Highly Recommended: Max. of 3 sessions out of 20 can be primarily self-therapy	Highly Recommended: Max. of 6 sessions out of 40 can be primarily self-therapy
Peer Supervision	Highly Recommended	Highly Recommended
Minimum Number of Cases Treated with ST	Minimum of 2 cases, at least 25 therapy hours each; one case must be BPD	Minimum of 4 cases, at least 25 therapy hours each; one case must be BPD and one must be other PD

<u>Type of Requirement</u>	<u>Standard Certification</u>	<u>Advanced Certification</u>

Minimum Number of Patient Sessions (at least 45 minutes each)	80 sessions	160 sessions
Duration of Supervision	At least 1 year	At least 1 year
Session Competency Ratings of Patient or Realistic Role-Play	1 session, with minimum STCRS score of 4.0, and a case conceptualization form	2 sessions, with minimum STCRS score of 4.5, and 2 case conceptualization forms

Important Explanations & Notes

Explanation of the 2 Training Levels

All Standard and Advanced Level Schema Therapists must be licensed, certified, or registered to legally practice independently in their country.

1. Standard International Certification: Therapists at this level are certified to practice schema therapy, participate in outcome studies, and to train or supervise other therapists at a basic level only. They are not qualified to run a training program, rate sessions, or offer supervision on difficult cases.

2. Advanced International Certification: Certified to treat all patients, participate in outcome studies, and to supervise/train/rate others, and to run training programs.

Each country can decide which of these 2 levels of training it wants to offer (including other non-certification courses). Furthermore, any country can insist on *additional* requirements beyond the minimum guidelines set by ISST, as long as they are approved by the Training Committee of the ISST Board.

New: “Associate Schema Therapist”: a therapist who has been recommended by a member of the Research Community of ISST for approval to assist in ongoing or forthcoming studies in ST, and has shown exemplary skill in utilizing the model with patients.

While there is currently no certification being offered for “Associate” Schema Therapists, the Training Committee is currently working out the details for this 3rd level of “affiliation” that would include therapists who are highly trained in schema therapy and committed to the integrity of its application, but do not meet the criteria for certification due to non-traditional backgrounds in psychology and/or psychotherapy, and have restrictions regarding independent practice in their country.

Converting Group Supervision Hours to Individual Supervision Hours

We have worked out a (complicated) system for converting group supervision hours into individual supervision hours (applies to supervision groups with 2 to 6 members). The basis of the conversion is that we voted to consider 3 group hours (180 minutes) with 6 members in the group, to be approximately equivalent to 1 individual supervision “hour” (50 minutes).

For example, if a group has 6 trainees, then we assume that each group member gets 1/6 of the group time. Thus, if the group is 2 hours long (120 minutes), then each member gets 20 minutes of *direct* supervision time in the group. This is equivalent to 20 minutes of individual supervision time. The remaining 100 minutes is spent observing the supervision of other group members. We have decided (by voting) that the time spent *observing* supervision of another member is equivalent to 20% of the time spent receiving supervision on one’s *own* cases. Thus the 100 minutes observing others is equal to 20 individual supervision minutes (20%).

Using this formula, the chart below allows you to compute the number of supervision credits for each size of group.

For each 60 minutes of group supervision time:

2 trainees in group = 36 minutes of credit

3 trainees in group = 28 minutes of credit

4 trainees in group = 24 minutes of credit

5 trainees in group = 22 minutes of credit

6 trainees in group = 20 minutes of credit

(60 minutes of individual supervision = 60 minutes of credit)

Note that, to be certified, trainees may receive a combination of group and individual supervision. Individual supervision is recommended, but not mandatory.

Approved Certification Training Programs / Content

Didactic Hours: 25 / Didactic Curriculum:

1. Schema Theory and Conceptualization

- Schemas, Coping Styles, and Modes: Defined and Differentiated
- Assessment: including interviews, imagery, and inventories
- Linking Schemas with Early Childhood Experiences
- Temperamental Factors
- Conceptualizing a Case in Schema Terms and/or modes

2. Treatment Formulation – Clarifying Goals & Needs in Schema Terms and/or Modes

2.1 Treatment – Strategies Overview

- Confronting Maladaptive Coping Modes
- Confronting Punitive and Demanding Parent Modes
- Limited Re-Parenting with Child modes, especially with the Vulnerable and Angry Child Modes,

2.2 Therapy Relationship

- Limited Re-Parenting
- Empathic Confrontation

- Limit Setting
- Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients.
- Appropriate use of self-disclosure

2.3 Cognitive techniques

- Diaries
- Flashcards
- Schema Dialogues
- Psycho-education about needs and rights of children

2.4 Experiential techniques

- Emotion-Focused Chair Work,
- Imagery
- Imagery re-scripting
- Role-Plays

2.5 Behavioral Strategies, and Homework

2.6 Schema Mode Work with BPD and NPD and other personality disorders

2.7 Schema Therapy for Couples – optional

2.8 Schema Therapy in groups _ optional

3 Literature

Reinventing Your Life
 Schema Therapy: A Practitioner's Guide
 Other Reading Materials

Dyadic Hours: Minimum 15 Hours / Dyadic Curriculum:

- Whole group or “fishbowl” exercises are encouraged and can count towards as much as 2 hours of the dyadic requirement, as long as the whole group is participating in the practice. Whole group exercises can be a great way to demonstrate strategies in preparation for the dyadic practice.
- Dyadic Practice: Therapists pair up and take turns (approximately 30 minutes each direction) in the role of patient and therapist. If the group is large, and supervisors are scarce, a third person may act as the observer/coach. But - the observer should only be in that role one time so as to maximize practice opportunity.
- Dyadic practice exercises must include: Limited Re-Parenting with Child modes, especially with the Vulnerable and Angry Child Modes, Confronting the Detached Protector Mode, Confronting the Punitive (Demanding) Parent Modes, the Use of Empathic Confrontation, Imagery, Limit Setting, and Therapy Relationship work.
- Therapists Schemas: Dealing with obstacles in treatment when therapists’ schemas become activated with certain types of patients.

While there is no standard for the didactic portion of a certification program, meaning that you may have 30-40 participants in the room with one certified trainer facilitating the didactic part, we are proposing that there be a minimum of 1 trainer for every 20 participants (optimally 1 trainer for every 10 participants) in the dyadic role-play portion of the program. We know this is challenging in some countries where the number of available advanced schema therapists is still growing.

But perhaps in these cases, offering separate consecutive dates for smaller group training to cover the dyadic role play might adequately help meet this requirement. It is one of the most important aspects of the training program for learning the model, in addition to personal and group supervision, and therefore requires that advanced schema therapy supervisors be available to guide and coach the dyadic practice exercises.

Supervision and Session Ratings:

20 Hours – Standard (in some programs: supervisors view an additional 2 hours of taped sessions)

40 Hours – Advanced (in some programs: supervisors view an additional 4 hours of taped sessions)

(The supervisor's "viewing" of tapes, prior to session, is not included in the total number of hours required)

- All supervision should include supervisees looking at their own schema activation in the context of their work with patients.
- Additional self-therapy should be encouraged when needed and should be related to counter-transference issues in treatment.
- STCRS – what will be expected for final rating of tapes
- Comprehensive use of the case conceptualization forms / case summaries
- Prerequisites for Schema Therapy – (Assessing contextual "road blocks" like limited finances, limited access to patient, blending other therapies, suicidal tendencies, crisis intervention, medication evaluations.)
- Respectfully providing positive and negative feedback to candidates
- Handling obstacles related to schema activation in supervision
- Confronting avoidance and detached protector modes w/supervisees
- Implementing role plays with candidates
- Use exercises from training program to help trainees "experience" their own schema triggering and maladaptive modes.
- Emphasis on mode work

Final Tape Ratings

1. Session ratings will normally be provided by the site offering the training program. However, each final rating session must be rated by an Advanced Certified Schema Therapist other than the trainee's supervisor(s), and by someone who is relatively unfamiliar with the trainee on a personal level.
2. The STCRS is still a pilot scale, as are the cut-off scores. We expect to refine the STCRS and cut-off scores over the next 1 or 2 years based on research data.
3. In addition to the required 4.0 (standard) and 4.5 (advanced) minimum required score – a candidate must receive individual ratings of no less than 4.0 on items 6-9 on the STCRS.