

ISST CERTIFICATION OF AUXILIARY SCHEMA THERAPIST - for professionals in auxiliary disciplines to psychotherapy

Specification of Professions and Qualifications:

This certification is designed for mental health professionals *other than* psychotherapists (psychotherapists defined as those fulfilling the qualifications in the 2014 ISST Certification as a Schema Therapist, 1. Academic training and 2. License or certification for practice)

Professions Eligible for Auxiliary Schema Therapist Training and Certification Program:

Include but are not limited to: creative therapists (art, drama, music, movement, nonverbal, psychomotor, etc.), psychiatric nurses and sociotherapists.

Occupational therapists and physiotherapists (both with a bachelors degree) are eligible for the Standard Level Program.

Some countries may have other designations for this group of professionals and should be considered on a case-by-case basis (e.g. social workers).

Certification Levels:

As with the other certifications of Schema Therapy there are two levels:

Standard (i.e. individual schema therapy) and **Advanced** (i.e. adding group schema therapy).

Participants have up to 3 years to fulfill each level.

The advanced program can start anytime after completing the standard level certification.

STANDARD LEVEL AUXILIARY SCHEMA THERAPY CURRICULUM:

24 hours training (12h didactics and 12h dyadic), plus 3h self therapy and 6h supervision.

1. Workshop: Introduction to Schema Therapy

Duration: 12 didactic hours (max. 40 participants)

Content:

Schema model. Mode model. Identifying modes. Case conceptualization. Psychoeducation. Working sheets. Typical modes related to specific disorders.

This workshop is not necessarily auxiliary staff specific. Auxiliary staff may attend the introductory workshop of a Schema Therapist Certification Curriculum together with therapists.

2. Workshop: Schema Therapy Treatment Strategies designed for Auxiliary Professionals

Duration: 6 supervised training hours (supervised dyadic practice exercises, whole group / fishbowl exercises, demonstrations) and (max. 20. participants).

Content: the goals of ST, Identifying modes and schemas. Limited reparenting. Empathic confrontation. Difficult situations, especially with patients with personality disorder features.

3. Workshop: Special Treatment Situations for Auxiliary Professionals

Duration: 6 hours dyadic practice exercises (max. 20 participants)

Content: Application of Schema Therapy for the specific target population of the multidisciplinary treatment program (e.g. Personality Disorders (e.g. BP), Complex Trauma).

4. Workshop: Self Therapy

Duration: 3 hours in a group format with no more than 6 participants or 6 hours with 12 participants and two trainers.

Content: Focus is on own schemas: Dealing with obstacles in treatment when own schemas become activated with certain types of patients or certain modes.

5. Supervision (min. 6 hours of group supervision)

Duration: Attendance at a minimum of 4 group supervision sessions (max. 6 participants) each lasting 1,5 h is required (in all 6h).

Content:

Supervision can begin after completion of workshop 2. Sessions are recommended approx. once a month for the participants to build on their practice, while their new skills are still fresh in mind.

At every session some of the participants must present their own video material and everyone has to present videos at least 2 out of the 4 sessions.

Regular treatment team supervision does *not* count toward this requirement.

Required Training Program Content of Didactic Curriculum: 12 hours

(12 h similar to the Introduction Workshops in the Schema Therapy Certification Curriculum):

1. Concept and Case conceptualization

1.1 Schema Theory and Concept

- Schemas, Coping Styles, and Modes: Defined and Differentiated
- Psycho-education about Basic Needs of Children

1.2 Treatment Formulation & Case Conceptualization

- Clarifying Goals & Needs in Schema Terms and/or Modes
- Understanding the schema therapist's case conceptualization of the patient.

2. Therapy Relationship

- Limited Re-Parenting
- Empathic Confrontation
- Limit Setting

3. Schema Therapy Techniques

3.1 Cognitive Techniques

- Diaries
- Flashcards

3.4 Self-Help Techniques

4. Literature (recommended)

- Reinventing Your Life
- **Schema Therapy: Distinctive Features (2010)** Eshkol Rafaeli, David P. Bernstein, Jeffrey Young
- Other Reading Materials (national)
- Others selected by the trainers to fit the population

Required Training Program Content of Dyadic Practice Curriculum (12 hours):

Connection and safety, Limited Re-Parenting with Child modes, esp. with the Vulnerable and Angry Child Modes. Confronting Dysfunctional Coping Modes. Confronting and diminishing the control of the Punitive and Demanding Parent Modes. Empathic Confrontation. Limit Setting. Therapy Relationship Work.

Required Program for Self Therapy (3-6 hours):

- ☐ Own Schemas: Dealing with obstacles in treatment when own schemas become activated and modes are triggered with certain types of patients or certain modes
- ☐ Appropriate use of self-disclosure

Required Supervision Program Content (6 hours):

- Use of STCS
- Obstacles in treatment incl. activation of own schemas
- Positive, safe atmosphere

Requirements for Trainers/Supervisors:

Must be an ISST-certified advanced schema therapist and ISST-approved trainer/supervisor. It is recommended strongly that the trainer/supervisor has experience with multi-disciplinary teams. The system of on-going evaluation and quality control for supervisors also applies.

Certification

One video of 15-30 minutes is rated by the following items of the STCS:

General Therapeutic Skills item 1, 2, 3, 4.

Conceptualization and Education item 7, 8.

Schema Change item 12, 13 and parts of 14

(i.e. transitional objects, schema diary, monitor emotions, modes or schema triggers, reach out to friends, practice healthy behavioural changes, call auxiliary therapist when appropriate).

Video must be rated at a minimum score of 4 for item 1; and of 3 for all other items (unless N/A i.e. not applicable).

Scope of practice related to schema therapy for those Certified as Standard Level Auxiliary Schema Therapists

1. Carry out specific basic schema therapy interventions in a multidisciplinary treatment team with supervision (Approved Schema Therapy Supervisor). Examples of such interventions are:
 - a. Using exercises or homework developed in conjunction with a certified schema therapist.
 - b. Limited reparenting interventions as part of the milieu or the usual interactions with clients that occur in the day to day functioning of the treatment program.
2. Work with clients using the interventions of *their professions* to accomplish the goals of schema therapy in individual or group sessions (i.e. *not* schema therapy groups).

**ADVANCED LEVEL AUXILIARY SCHEMA THERAPIST CURRICULUM:
24 hours (6 h didactic and 18 h fishbowl/group training), plus 6 hours supervision.**

Required Qualifications for being Eligible for this Program:

Certified at the Standard level as an auxiliary schema therapist.

1: Introduction to Group Schema Therapy

Duration: 6 didactic hours (max. 40 participants)

Content:

Introduction to the GST model incl. safety, connection and bonding.

Collaboration between the group schema therapist and the auxiliary group schema therapist.

2: Dysfunctional Coping Modes and Healthy Adult Mode

Duration: 9 fishbowl/group-training hours.

Content:

Group interventions for the Dysfunctional Coping Modes and Healthy Adult mode.

3: Child Modes (including Happy Child mode) , Dysfunctional Parent Modes

Duration: 9 hours with demonstration and fishbowl/group training (max. 20 participants)

Content:

Group interventions for the Child Modes, Dysfunctional Parent Modes

Supervision Workshop

Duration: 6 hours of supervision

Content:

Similar to the supervision described for the Standard level of certification with the focus on acting as the auxiliary therapist in a Schema Therapy Group.

Literature (recommended)

☒ The Schema Therapy Clinician's Guide: Farrell, Reiss & Shaw

☒ Other reading material (national)

☒ Others selected by the trainers to fit the population

Required Training Program Content of Didactic Curriculum (6 hours):

1. Introduction to the GST model
2. Collaboration between the group schema therapist and the advanced auxiliary schema therapist
 - a. Connection and support
 - b. Model healthy interactions
3. General therapist behaviour & limited reparenting & structure
 - a. Limited reparenting in, of and by group
 - b. Establishing safety, connection and bonding
 - c. Setting and holding the frame, but balanced between structure and flexibility
 - d. Attending to homework
 - e. Translating problems into schemas and modes in a group – and relating them to the needs
4. Group therapeutic skills & Group climate
 - a. Identify individual- and group modes/-schemas and facilitate the group in involvement in the process
 - b. Alternate between focus on one member and the group as a whole.
 - c. Mode dialogues and role plays in the group
 - d. Exercises to strengthen healthy adult mode
 - e. Group imagery rescripting
 - f. Facilitating corrective emotional experiences for the group

Required Program Content for Fishbowl/Group Training (18 hours):

- Equivalent to didactic curriculum item 2.-4. related to child modes, dysfunctional parent modes, dysfunctional coping modes, Happy Child mode and healthy adult modes

Required Program Content for Supervision (6 hours):

- Use of Group Schema Therapy Rating Scale
- Obstacles in treatment incl. activation of own schemas
- Positive, constructive, safe atmosphere

Requirements for Trainers/Supervisors:

Must be an ISST certified trainer/supervisor in individual ST and Group ST..

An advanced or standard level certified group schema therapist - or an advanced level certified auxiliary schema therapist - may assist the trainer/supervisor in the demonstrations and fishbowl exercises in training workshops.

It is strongly recommended that the trainer/supervisor has experience with multidisciplinary teams. The system of on-going evaluation and quality control for supervisors also applies.

Certification:

One video of a session is rated by the following items of the GSTRS-R (Group Schema Therapy Rating Scale Competency Scale

General Therapist Behaviour item 1-6.

Limited Reparenting item 7-9, 12, 14-15, 17-19.

Structure item 20, 25-28.

Specific Skills:

Anticipatory Socialization to Group Modality and ST Education item 29.

Mode Awareness and Change Work item 32 and assist in item 31, 34-35.

Cognitive Interventions item 38, 40-42.

Experiential Interventions item 48-51 and assist in 47.

Behavioral Pattern Breaking Interventions item 53-54 and assist in 55.

Video must be rated at a minimum score of 4 for item 1-3, 7 and 9; and a minimum of 3 for all other items.

Scope of practice related to schema therapy for those Certified as Advanced Level Auxiliary Schema Therapists:

1. Carry out specific basic schema therapy interventions in a multidisciplinary treatment team. with supervision (Approved Schema Therapy Supervisor). Examples of such interventions are:
 - a. Using exercises or homework developed in conjunction with a certified schema therapist.
 - b. Limited reparenting interventions as part of the milieu or the usual interactions with clients that occur in the day to day functioning of the treatment program.
2. Work with clients using the interventions of *their professions* to accomplish the goals of schema therapy in individual or group sessions
3. Act as an auxiliary group schema therapist (defined as an assistant not the lead group therapist) in a Schema Therapy Group with a certified group schema therapist.