



## **Certificate of Completion:**

### ***ISST approved training module***

*Agnieszka Karpińska*

**Has Attended:** 40 hours ST-Basic Training Workshop on the 9<sup>th</sup>-10<sup>th</sup> of January and 13<sup>th</sup>-14<sup>th</sup> of February 2021

**Specific treatment populations:  
Cluster B and C Personality Disorders.**

**ISST-Approved Trainer(s) Name(s):** *Małgorzata Bielak*

### **CONTENT TRAINING PROGRAM OR MODULE**

| Workshop Name                          | Subject covered                                                                                                                                                                                                                                                                                                         | Hours Specified | Number of participants | Trainers |
|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|------------------------|----------|
| Schema Therapy: Basic Training Program | 1.1.Schema theory and concept,<br>1.2.Formulation and case conceptualization,<br>2.Therapy relationship,<br>3.1 Cognitive techniques,<br>3.2. Experiential techniques I,<br>3.3. Experiential techniques II,<br>3.4. Homework assignment and behavior change strategies.<br>4. Specific treatment populations: BPD,NPD. | Didactic:25     | 20                     | 1        |
|                                        |                                                                                                                                                                                                                                                                                                                         | Role-play:15    |                        |          |

***Literature used in this module:***

Farrell, M.J; Reiss,N.; Shaw, A.I. (2014). The Schema Therapy Clinician's Guide. Chichester: Wiley-Blackwell  
Young J.E., Klosko J., Weishaar M.E., (2003). *Schema Therapy: a practitioner's guide*. New York: Guilford Press.  
Van Vreeswijk, M.; Broersen, J.; Nadort, M.(2012). The Wiley-Blackwell Handbook of Schema Therapy. Theory, research, practice. Chichester: Wiley-Blackwell.

**Signature of Training Facilitator**

14<sup>th</sup> of February 2021

**Date**