

ISST Approved Training Program in Group Schema Therapy.

1-3 & 5-7/12/2013

36 hours (20 didactic & 16 role-playing)/6 days

Trainers: Joan Farrell & Ida Shaw,

Schema Therapy Institute, Midwest-Indianapolis.

Organization: Greek Society of Schema Therapy (Διοργάνωση ΕΕΘΣ)



Group Schema Therapy was developed by Farrell & Shaw (1994, 2012). The GST model integrates their original group work with Young's individual Schema Therapy (ST)(2003) & the ST outcome research of Arntz (2009). GST strategically uses the therapeutic factors of the group modality to catalyze the work of schema mode change. GST is a unique approach to ST that goes far beyond traditional group therapy models; furthermore, it does not simply incorporate individual ST interventions into a group format, rather, has developed new adaptations of ST interventions for the group modality. The central idea behind GST is that the group members, with the guidance of the therapists, create their own "family" in which they add sibling socialization to the reparenting the therapists provide. As part of this group corrective emotional process patients do imagery and roleplaying exercises in which they take on the roles of each group member's various modes (e.g., the Detached Protector, the Healthy Adult, Punitive Parent) and ultimately heal them. The experience of ST in a supportive, validating group can directly impact and heal key schemas such as, abandonment, defectiveness, emotional deprivation, social isolation and mistrust/abuse. Like individual ST, GST improves: stability of self, interpersonal relationships, social, family, and occupational

functioning and quality of life. There is considerable research now supporting the effectiveness of the GST approach, including empirical validation from a randomized controlled trial (RCT) (Farrell & Shaw, 2009) and pilot studies conducted in the US, the Netherlands and in Germany (Reiss, Lieb, Arntz, Shaw & Farrell, in press). These studies demonstrated very large positive effects from even a short group treatment of thirty sessions. A large multisite international RCT of GST for Borderline Personality Disorder is in progress in collaboration with Dr. Arnoud Arntz. Outcome studies to evaluate the effectiveness of GST for Cluster C Personality disorders, social phobia and mixed groups of Clusters B & C are in development in the Netherlands and Switzerland, which they are supervising. GST was developed with BPD patients but like individual ST it is adaptable to other challenging populations as well as entrenched maladaptive schema and mode effects in any patients.

This training presents the GST model and its core interventions, which are used depending upon the stage of the group and the mode profiles of the group members. Core interventions include: group limited reparenting, group imagery re-scripting, mode-specific group role-plays, experiential group work and the distinctive two therapist model that is considered crucial for maintaining the essence of limited reparenting with the more severe disorders. The work of Farrell and Shaw with Borderline personality disorder patients is presented with equal focus on the use of group interventions with other patient groups. Group Schema therapy functions in the same way as individual ST – i.e. therapist limited reparenting and mode change interventions are determined by the mode a patient is in. GST works by a patient's mode and mode profile, rather than strictly by disorder. For that reason, GST, like ST, can be used with any patient population. Demonstrations by trainers with participants playing patients from their clinical population are used to demonstrate adapting GST interventions for the presenting modes of various diagnostic groups. The workshop incorporates: didactic sections with powerpoint and group discussion, demonstrations by trainers in which the workshop participants play

patients, DVD segments of the trainers leading a group and opportunities for participants to practice group interventions with coaching and feedback. This workshop is part of the GST Certification curriculum. Dr. Farrell is the ISST Executive Board Representative for Training and Certification 2012-2016.