**SCHEMA THERAPY FOR CHILDREN & ADOLESCENTS (ST-CA)**

*presented by:*

**DR CHRISTOF LOOSE**  
PhD, Centre for Schema Therapy, Dusseldorf, Germany  
ISST Accredited Schema Therapist, Supervisor & Trainer

**4 x 2-day workshop series**

**Accredited by the ISST**

Venue: Copthorne Kings Hotel  
403, Havelock Road, 169632 Singapore

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<tr>
<th>Workshops</th>
<th>Workshop’s Name</th>
<th>Total</th>
<th>Didactic</th>
<th>Dyadic</th>
<th>Early Bird</th>
<th>Standard</th>
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<tbody>
<tr>
<td><strong>Workshops 1 &amp; 2</strong> (2x2 days)</td>
<td>7-8 July 2020</td>
<td><strong>WS 1: Introductory Workshop ST-CA</strong></td>
<td>32 TU*</td>
<td>13 TU</td>
<td>3 TU</td>
<td>$1,500</td>
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<td>10-11 July 2020</td>
<td><strong>WS 2: Focus on Children and Adolescents</strong></td>
<td>10 TU</td>
<td>6 TU</td>
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<td><strong>Workshops 3 &amp; 4</strong> (2x2 days)</td>
<td>24-25 Oct. 2020</td>
<td><strong>WS 3: Immersion Workshop ST-CA Focus: Schema-Coaching for Parents</strong></td>
<td>32 TU</td>
<td>10 TU</td>
<td>6 TU</td>
<td>$1,500</td>
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<td>27-28 Oct. 2020</td>
<td><strong>WS 4: Case Conceptualization, Inner House, Play Therapy</strong></td>
<td>11 TU</td>
<td>5 TU</td>
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<td></td>
<td>In total</td>
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<td>64 TU</td>
<td>44 TU</td>
<td>20 TU</td>
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* TU = Teaching Unit, 45 minutes each

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To register, click on **Workshop 1&2** or **Workshop 3&4** or email: [Admin@Elephant.com.sg](mailto:Admin@Elephant.com.sg)
Children and Adolescents’ Curriculum in ST-CA (64 TU)

**Introductory Workshop 1 & 2 with Focus on Children & Adolescents (2x2 days)**

The introductory workshop (WS 1) illustrates the formation and perpetuating model of maladaptive schemas against the background of age-specific developmental tasks, risk and protective temperamental factors. Relative to the children’s age, early maladaptive schemas described by Young are outlined with their typical child and adolescent appearance and coping strategies. Other topics include the multimodal diagnostic techniques (use of exploration, survey, imagery, case conceptualization) and explain the significance of the therapeutic relationship, psychoeducation and empathic confrontation.

As an overview, therapeutic strategies are demonstrated: Working with drawings and pictures, finger and hand puppets, working with stories, metaphors, chair work, imagery, and the use of flash cards.

Video examples or life demonstrations and role-play in groups of two or three participants ensure the consolidation and deepening of following exercises:

- Imagery Parent Interview
- Creating a Mode Sketch
- Conducting a Mode Interview
- Working with (stem) stories
- Working with finger and hand puppets
- Working with chair dialogues (3-Chair dialogue: “Mode driving license”)
- Working with mode cards (Mode walk: Feel, Talk, & Walk)
- Working with chair dialogues (2-Chair dialogue: Focus Critic/Punisher)
- Imagery (Fantasy Trip to the Clever & Wise Mode)

**Workshop 3 & 4 in ST-CA with Focus on Parents & Schema-Coaching, Case Conceptualization, and Play Therapy**

This workshop builds upon the content of the WS 1. Participation in WS 1 is a prerequisite for this immersion workshop. After a brief connection with the content of WS 1, the focus will be laid on the features of the work with parents (“Schema Coaching for Parents”), including psychoeducation, work with chairs, mode flash card, internal dialogue and imagery.

Another goal of this workshop is to apply the schematic therapeutic approaches to their own cases. After the case presentation in the plenary, participants work out in small groups, the schema therapeutic case concept and treatment plan of this patient and their family. Based on already implemented schematic therapeutic treatment, techniques progress and problems in the used interventions are discussed. In the last unit participants will learn, how to work with the "Inner House", and to follow the schema therapeutic approaches in the context of Play Therapy (preschool and primary school age). In particular, the content and methods are:

- Therapeutic relationship with parents: "Limited Grandparenting"
- Education of the schema and mode concept
- Collusion of schemas and modes among the therapist and the patient (child/parents)
- Schema Genogramm
- Working with chair dialogues (2-Chair dialogues: Focus Detached Protector)
- Imagery (Visualizing Caring Parental Modes)
- Imagery Rescripting
- Illustration of the basic approach to case conceptualization
- Conceptualization and treatment planning for their own cases
- Working on the "Inner House"
- Mode-oriented play therapy
- Special problems in the therapy

Video and picture material, life demonstrations, and/or role-play in groups of two or three participants ensure the consolidation and deepening of what has been learnt.
**LITERATURE:**

**SCHEMA THERAPY FOR CHILDREN:**


**SCHEMA THERAPY FOR ADULTS:**


**SCHEMA THERAPY FOR GROUPS:**


**ABOUT THE TRAINER:**

Dr. Christof Loose, PhD, is affiliated with the Institute of Experimental Psychology within the Department of Clinical Psychology of the University of Düsseldorf, Germany, and he also conducts his private practice in Düsseldorf. Dr. Loose is a therapist certified in Schema Therapy for children and adolescents (ST-CA) and chaired the Working Group on ST-CA internally of the ISST (International Society of Schema Therapy) from 2012-2017. He has also published and authored several self-study books and videos on ST-CA in Germany. Dr. Loose continues to hold seminars and lessons on ST-CA around the world and we are honoured to invite him to Singapore where his skills and training will be of immense benefit to therapists working with children and adolescent populations. Dr Loose is native German but will present in fluent English.