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| **Certificate of Attendance**  ISST Approved Training Program  **ANDONE VIVIANA ANDREEA**  Has attended the 3 Day(s) Workshop  ***Schema Therapy Training – Module I***  8-9-10 April 2022, Bucharest, Romania  ISST – Approved Trainers Names: Maria Cristina Sterie, MA & Roxana Nicolau, MA   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Workshop**  **Name** | **Subjects covered** | **Hours**  **Specified** | **Number of**  **participants** | **Trainers** | | Introduction to Schema Therapy | Schema theory: schemas, coping styles and modes. Assessment and psychoeducation. Case conceptualization. | Didactic: 6 | 30 | Maria Cristina Sterie  Roxana Nicolau | | Role-play: 3 | | Therapeutic relationship in Schema Therapy | Limited reparenting, Empathic confrontation and limit setting.  Therapist’s schemas and modes. | Didactic: 3 | 30 | Maria Cristina Sterie  Roxana Nicolau | | Role-play: 3 | | Therapeutic techniques in Schema Therapy | Cognitive: diaries, flashcards, logs  Experiential: imagery, chairwork, mode dialog, creating emotional bridge.  Behavioral: schema flash-card focused on alternative healthy behaviors; rehearsing alternative behaviors in imagery or role-play. | Didactic: 3 | 30 | Maria Cristina Sterie  Roxana Nicolau | | Role-play: 2 |   ***Literature used in the training program:***   1. *Arntz, A., & Jacob, G. (2013). Schema Therapy in Practice.West Sussex: John Wiley & Sons Ltd.* 2. *Jacob G., van Genderen H., Seebauer L. (2019) Cum să invingi tiparele negative de gandire, Psihobooks, București* 3. *van Vreeswijk, M. & Broersen, J. (Eds). (2012). The Wiley Blackwell handbook of Schema Therapy. West Sussex: John Wiley & Sons Ltd.* 4. *Young, J. E, Klosko, J. S., & Weishaar, M. E. (2015). Terapia centrată pe scheme cognitive. Manualul practicianului, Editura ASCR, Cluj-Napoca* 5. *Young, J. E, & Klosko, J. S. (2017). Cum sa-ti reinventezi viata. Cum sa pui capat comportamentelor negative și să te simți din nou bine. Editura TREI. București*   ISST Approved Training Program Name: **Schema Therapy Training Bucharest**  April 11th, 2022 № **322**   |  |  |  | | --- | --- | --- | | **Maria Cristina Sterie, M.A.** | **Roxana Nicolau, M.A.** | **Petrisor Tepurlui, PhD** | | *Training Program Directors and Training Facilitators* | | | |