



Online workshop

FORTIFYING THE THERAPY RELATIONSHIP IN SCHEMA THERAPY WITH SOME OF THE MOST CHALLENGING PATIENTS

Wendy Behary

Friday, December 11, 2020

09:00 a.m. – 12:00 p.m. (NY Time)



Workshop recognized by ISST (International Society of Schema Therapy)

At the end, ISST official certification will be issued

THE WORKSHOP WILL BE HELD IN ENGLISH AND THROUGH THE ZOOM PLATFORM

PRESENTATION OF THE WORKSHOP

Schema therapists find the therapy relationship to be one of the most important resources for dealing with some of the most challenging patients, for example, those with rigid narcissistic modes, angry modes, and deeply entrenched core schemas like defectiveness, enmeshment and mistrust. The therapy relationship promises plenty of opportunities for schema triggering for both the patient and the therapist. The therapist, in a healthy adult mode, can reflect upon and report resonant experiences that others (outside the treatment room) may feel. The use of self-disclosure can act as a helpful reference for our patients to make sense out of their moment to moment activations and mode shifts. They are enabled of transforming maladaptive modes into healthy and adaptive ones.

Specific Types of Challenges Described, Demonstrated, with Practice Exercises:

- Angry Child
- Narcissistic Modes
- Angry Detached Protector
- Enmeshment and “Loyalty” Issues
- Compliant Surrenderer Mode, especially those with Chronic Hopelessness and Rigid Defectiveness/Demanding Critic

Wendy Behary

With 25+ years professional experience and advanced level certifications, Wendy Behary is the founder and director of The Cognitive Therapy Center of New Jersey and The Schema Therapy Institutes of NJ-NYC-DC. She has been treating clients, training professionals and supervising psychotherapists for more than 20 years. Wendy was on the faculty of the Cognitive Therapy Center and Schema Therapy Institute of New York (until the Institutes merged in 2012), where she trained and worked with Dr. Jeffrey Young since 1989. She is a founding fellow and consulting supervisor for The Academy of Cognitive Therapy (Aaron T. Beck's Institute). Wendy served the President of the Executive Board of the International Society of Schema Therapy (ISST) from 2010-2014, and is currently the chair of the Schema Therapy Development Programs Sub-Committee for the ISST; She also served as the Training and Certification Coordinator for the ISST Executive Board from 2008-2010.

Wendy Behary has co-authored several chapters and articles on Schema Therapy and Cognitive Therapy. She is the author of an international bestselling book, "Disarming the Narcissist..." (New Harbinger, 2nd edition) translated in 12 languages



INSTRUCTION FOR PARTICIPATION

The workshop will be held in English and in a webinar format via the ZOOM platform
Time (NY time): 09 a.m. – 12 p.m.

Upon confirmation of registration you will receive all indications and directions for attending.

Workshop addressed to Psychologists, Psychotherapists and Psychiatrists



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FEE AND REGISTRATION

❖ Euro **100,00** VAT included

To register please fill the **ONLINE FORM** and pay the participation fee at the same time.

The payment must be done via bank transfer to the following bank account:

Scuola di Psicoterapia Cognitiva srl

IBAN IT87K0538703202000001606300

BIC: BPMOIT22XXX

Reason “BEHARY December 2020”

IN CASE OF RENUNCIATION THE REFUND OF THE PARTECIPATION FEE IS NOT PROVIDED

Organizing Secretary

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