



STIM-CLEVELAND

**FOUR-DAY INTENSIVE TRAINING IN GROUP SCHEMA THERAPY:
A Master Class with Joan Farrell, Ph.D & IDA SHAW, M.A.
March 7, 8, 21, 22, 2025 8:30-4pm EST (NY-USA)**



International Society of
Schema Therapy

This 4 day Master Class allows you the opportunity to learn Group Schema Therapy (GST) from its developers – Joan Farrell and Ida Shaw. They began developing the model that became GST in 1985 when working with patients with borderline personality disorder. They integrated their complementary cognitive and experiential treatment approaches with social learning and developmental psychology theories. When they read Jeff Young’s first book in 1990 introducing schema therapy concepts, they recognized the similarity with their conceptual model and adapted ST interventions and limited reparenting to their group work. They also developed new experiential interventions for ST that are adaptable to individual and group work.

The unique GST model integrates their original group work with Young’s individual Schema Therapy (ST)(Young, Klosko and Weishar 2003). GST strategically uses the therapeutic factors of the group modality to catalyze the work of schema mode change. GST is an innovative 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, add sibling socialization to the reparenting the therapists provide providing a “re-family” corrective emotional experience. 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 supporting the effectiveness of their GST approach, including three randomized controlled trials (RCT) (Farrell & Shaw, 2009; Arntz, Farrell, Shaw, et al., 2022) These studies demonstrated very large positive effects from even a short group treatment of thirty sessions. The model is transdiagnostic and can be applied to personality disorders, complex trauma and other challenging populations as well as entrenched maladaptive schema and mode effects in any patients. It is utilized as self-practice with schema therapists

This four day training presents the GST model and its core interventions. Core GST 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. Demonstrations by trainers ask participants to play their patients, thus providing examples of using 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 interventions with coaching and feedback. The first two days include some didactic material with numerous demonstrations of interventions with participants playing the patient group. Day three focuses on participant practice and day four is self-practice of interventions in small self-therapy groups (experiencing being in a ST group as oneself). The training follows the ISST approved curriculum and provides the 24 hours required for Standard level ISST certification. You will receive a certificate of attendance upon completion that can be used for certification documentation. Those who complete this training will be given priority in receiving the supervision requirement of certification from the trainers.

A quote from the founder of Schema Therapy, Jeffrey Young PhD, who attended a Farrell-Shaw Workshop:

“Group schema therapy has the potential to deliver powerful treatment strategies using the schema approach in a more cost-effective manner than has been possible with individual schema therapy, with equivalent or perhaps superior results. The experience that the authors have gained over 30 years is evident throughout. The approach Joan and Ida have developed is truly unique, exciting and promising. Joan Farrell is an outstanding schema therapist who serves as the “stable base”, emotional center, and “educator” for the group as a whole – a role I can imagine myself learning to fill, given enough time and experience. What truly amazed me – perhaps because her style is so different from mine and Joan’s -- was the remarkable group work of Ida Shaw. It is hard to convey the level of originality, creativity, and spontaneity she brings to the group experience. She is able to blend elements of gestalt, psychodrama, role-playing, and her own infectious style of play into an approach that perfectly fits the intensive demands of schema mode work, cajoling patients to change in profound ways.”

Jeffrey Young Ph.D.
Schema Therapy Institute of New York
Columbia University, Department of Psychiatry

About the Trainers

Joan and Ida are advanced level Schema Therapists and Trainer/Supervisors who co-direct the Cleveland Center of the Schema Therapy Institute Midwest, approved by the International Society Schema Therapy (ISST) since 2009. The Cleveland Center specializes in Group Schema therapy. Joan is an Adjunct Professor of Clinical Psychology at Purdue University and was a clinical professor at Indiana University School of Medicine (IUSM), for 25 years. She was the elected Executive Board Member, Coordinator for Training & Certification of the ISST 2012-2018. Ida is an ISST Certified Child & Adolescent Schema Therapy supervisor/trainer and chaired the ISST Work Group on Child and Adolescent Schema Therapy that defined certification standards for that area. Both were elected Lifetime Honorary members of ISST and serve on the ISST Training & Certification Advisory Board. They have given training in GST in 24 countries since 2009, regularly present workshops at international conferences and provide clinical and research supervision internationally. They receive outstanding evaluations for their enthusiastic and collaborative teaching style.



They have written two books on GST: *Group Schema Therapy for Borderline Personality Disorder: A Step-by-step Treatment Manual with Patient Workbook*, Wiley-Blackwell, 2012 and *The Schema Therapy Clinician's Guide: A Complete Resource for Building and Delivering Individual and Group Integrated Mode Treatment Programs*, Wiley-Blackwell, 2014. Both have been translated into numerous languages. A three DVD Set: *Group Schema Therapy: Innovative Treatment for Personality Disorders* was produced with the support of IVAH, Hamburg Germany. Their latest book *Experiencing Schema Therapy from the Inside-Out: A Self-Practice/Self-Reflection Workbook for Therapists*, was published by Guilford Press, 2018.

