

SOUTH AND WEST WALES BRANCH

Integrating Schema and CBT Practice: How to use powerful schema techniques in CBT

Presented by Dr Arnie Reed

Wednesday 15 & Thursday 16 May 2019

Times: 9.30am to 4.30pm (registration from 9.00am) on both days

Venue: St. Paul's Centre, Gerald Street, Aberavon, Port Talbot, SA12 6DQ

Workshop Details

Dr Arnie Reed, Consultant Counselling Psychologist, Advanced Accredited Schema Therapist, Supervisor and Trainer

This two day workshop is aimed at clinicians with experience in cognitive behavioural approaches and who want to elevate their practice to a new level by learning and integrating new techniques. The workshop will enable participants to work more effectively with all clients including those with complex needs and dysfunctional coping styles, by helping them gain a good working knowledge of the fundamental concepts and techniques of schema theory and therapy. This includes the assessment of schemas, mode mapping and the powerful experiential techniques of chairwork and imagery. Video footage and live demonstrations will be used to assist with the learning experience.

Please note that attendees are not expected to have prior experience of schema work, chairwork or imagery but should be willing to practise in dyads/triads during the 2 days; this is not simply a didactic workshop.

Registration and general information

BABCP Member: £120 Non Member: £140

Lunch and refreshments are included.

A CPD certificate for 12 hours will be issued. 6 hours theory and 6 hours skills

Closing date for registrations is midday Wednesday 8 May 2019

Venue

Please see the Parish of Aberavon website for a map and directions -

<http://www.pariahofaberavon.org/st-pauls-centre.html>