

## Schema Focused Therapy (1 Day)

### Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

### Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

For more information about our suite of solutions, please contact:

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This one (1) day workshop will provide an introduction to the principles of Schema Focused Therapy (SFT). Schema Focused Therapy is a form of Cognitive Behavioural Therapy that looks at changing long term life patterns (life traps) that often impact on the ways we interact with other people.

SFT helps explain why we form the relationships we do, why we seem to get caught in familiar traps and repeat unhealthy cycles in our lives. While short term Cognitive Behavioural Therapy is highly effective for many people, short term techniques are sometimes not enough.

This SFT workshop assumes prior experience in the fields of counseling or psychotherapy however it does not require other specific knowledge.

The workshop will demonstrate the principles of SFT by engaging participants to apply the process on themselves.

At the completion of this workshop participants will be able to:

- Carry out a Schema Focused assessment to derive a formulation and treatment plan
- Understand how life traps/schemas' are formed
- Understand the link between long term life traps (schemas) and behavioural patterns
- Understand ways to refute long term life traps
- Set appropriate homework tasks for clients
- Evaluate client progress

#### Dates

Wednesday 7th April 2010

Wednesday 29th September 2010

**Investment \$253**