

The Schema**Therapy**Academy
of
A. Hadinia & J. Kossack

**The Essential Power
of the
Therapy Relationship
in
Schema Therapy**

A seminar with

Jeff Conway

President of the International Society
of Schema Therapy (ISST)
from NYC



in BARCELONA
2nd of June 2023

Upgrade**YourLife**^{sat-s}
Coaching - Supervision - Training - Psychological Counseling

This seminar will focus on the great potential of focusing on the therapeutic relationship for a Schema Therapist. In fact, the relationship has always been a core aspect of Schema Therapy as cultivating a limited reparenting relationship with our patients is essential to doing good Schema Therapy.

But the therapy relationship can also be looked at in a more expansive way in that it is filled with dual activations for both patient and therapist, which offer opportunities for the therapist to detect and confront the resonant experiences that others may feel when engaged with the patient. The use of transparency and self-disclosure can act as a helpful guide for our patients to sense, see, feel, and ultimately, transform self-defeating modes into healthy and adaptive ones. This phenomenon is especially true when addressing the biased emotional experiences of some of our most challenging patients, for example, those with deeply ingrained core schemas like the enmeshment/undeveloped self. A schema such as this presents many complex relational issues.



Drawing attention to the need for fortifying personal self-expression, self-disclosure and attunement, and tracking activations in the therapist-patient dynamic are true active ingredients in creating corrective emotional experiences, leading to Schema healing, Mode change and improved relationships.

about:

JEFF CONWAY

- Jeff is the current President of the International Society of Schema Therapy (ISST).
- Jeff is a founding member of the ISST and has cultivated a Schema Therapy practice for over 20 years.
- Jeff has been a ST Trainer and Supervisor since the inception of the ISST.
- Jeff is also trained in EMDR, Emotion-Focused Therapy, Group Therapy, and Object Relations Theory.
- He is also a founding member of the New York Center for Emotion Focused Therapy.
- Before being elected President, Jeff has taken on many roles within the ISST, inspired by a commitment to deepening the understanding of the ST Model and the provision of quality of Schema Therapy Treatment.
- Jeff has cultivated a special interest in the Enmeshment and Undeveloped Self Schema and has provided numerous workshops, webinars, presentations, and supervision groups around the world on this topic.

about:

THE SEMINAR: THE ESSENTIAL POWER OF THE THERAPY RELATIONSHIP IN SCHEMA THERAPY

- Date: 2nd of June 2023
- in Barcelona / Spain
- Location address:
SOHO House Barcelona,
Pl. del Duc de Medinaceli, 4,
ES - 08002 Barcelona
- Timing: 10 to 12:30 & 13:30 to 16:00
- Register for the seminar by sending an email to:
schematherapyacademy@pm.me
- Costs: 85,- EUR per person
- Language: the seminar will be held in english