

SCHEMA SPECIAL INTEREST GROUP (SIG)

Basic Foundation Skills in Schema Therapy

Presented by Ruth McCutcheon and Saskia Ohlin

Date: Friday 27 September 2019

Times: 1.30pm to 4.00pm

Venue: The Space Centre, 94 Judd Street, Kings Cross, London, WC1H 9NT

About the workshop:

This workshop is aimed at clinicians who are looking for an introduction to the Schema Therapy model. It will provide an overview of Schema Therapy to provide a useful conceptual framework for clinicians to work with clients across a spectrum of complex presenting issues.

Experiential exercises will be used to demonstrate some of the key techniques in the application of Schema Therapy, including limited reparenting, empathic confrontation, imagery and chair work throughout the workshop.

Workshop Leaders

Saskia Ohlin is a chartered Counselling Psychologist with the British Psychological Society (BPS) and registered with the Health and Care Professions Council (HCPC). She works in the NHS and private practice. She is an ISST accredited advanced level Schema Therapist, Supervisor and Trainer. She is also fully accredited as a Cognitive Behavioural Therapist with the British Association for Behavioural and Cognitive Psychotherapies (BABCP). For over 20 years Saskia has worked in NHS primary and secondary care, outpatient and inpatient settings. Saskia has wide clinical expertise in treating complex trauma and personality disorders, particularly borderline personality disorder.

Dr Ruth McCutcheon is a chartered Counselling Psychologist with advanced level accreditation in Schema Therapy with the International Society for Schema Therapy (ISST) in addition to an accredited Cognitive Behavioural Therapist with the BABCP. She has fifteen years of experience of working in NHS healthcare, including primary and secondary care in addition to inpatient forensic settings with personality disorders. Ruth works as a therapist and supervisor with a range of psychological issues including chronic depression, relationship difficulties, complex trauma and personality disorders with adult and adolescent populations in her private practice. She is also a visiting lecturer at the University of East London and London Metropolitan University where she provides teaching in Schema Therapy.

Saskia and Ruth are the co-chairs of the BABCP Schema Special Interest Group.

Booking Information

BABCP Member: £45

Non Member: £55

Refreshments are included. A CPD certificate for 2.5 hours will be provided.

Closing date for registrations is Friday 20 September 2019

Venue Information

Please see website - <http://www.thespacecentre.com/>