Certificate of Completion:
ISST approved training module

Özlem Öztürk

ISST-Approved Trainer(s) Name(s): H. Alp KARAOSMANOĞLU

Period: September 2024
CONTENT TRAINING PROGRAM(s) OR MODULE(s)*

	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Workshop Name	Introduction to Schema Therapy Model	Cognitive techniques Experiential techniques	Behavioral techniques Therapy Relationship	Schema Mode Work with Personality Disorders	Borderline Personality Disorder	Narcissistic & Child Schema Therapy
Hours specified	Didactic: 5 Role-play: 2	Didactic: 5 Role-play: 3	Didactic: 4 Role-play: 4	Didactic: 4 Role-play: 4	Didactic: 4 Role-play: 2	Didactic: 3 Role-play: 2
Trainer(s)	Alp Karaosmanoğlu	Alp Karaosmanoğlu	Alp Karaosmanoğlu	Alp Karaosmanoğlu	Alp Karaosmanoğlu	Alp Karaosmanoğlu
Date	September 5, 2024	September 6, 2024	September 7, 2024	September 12, 2024	September 13, 2024	September 14, 2024
Subject covered	* Introduction to schema & mode concepts * An overview of therapeutic strategies * Therapeutic Relationship: Being a Schema Therapist * Schemas, Coping Styles, and Modes * Assessment: including interviews, imagery, and inventories * Psycho-education about needs and rights of children * Temperamental Factors Clarifying Goals & Needs * Conceptualizing a Case in Schema Terms and/or modes	* Application of cognitive techniques * Using flash cards-schema diary * Imagery & Imagery re-scripting * Linking Schemas with Early Childhood Experiences * Limited Re-Parenting with Child modes, especially with the Vulnerable and Angry Child Modes * Confronting Maladaptive Coping Modes, Parent Modes	* Coping Styles * Defining targets of change Prioritizing behaviors for pattern-breaking * Using flash card, imagery, role-play and homework assignments * Overcoming blocks to behavioral change	* Limited Re-Parenting * Empathic Confrontation * Limit Setting * Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients. * Appropriate use of self-disclosure * APD * OCPD * DPPD	* Limited Re-Parenting * Empathic Confrontation * Limit Setting * Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients. * Appropriate use of self-disclosure * BPD	* Limited Re-Parenting * Empathic Confrontation * Limit Setting * Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients. * Appropriate use of self-disclosure * NPD * Introduction to Child Schema Therapy

Bu belge sadece ISST onaylı standart düzey sertifikası alabilmek için gerekli olan süpervizyon ön koşulu olan ISST onaylı temel düzey eğitim koşullarının sağlandığını gösterir. Bu belge, kişinin Şema terapi eğitimleri düzenlemesine ve süpervizyon vermesine kesinlikle izin vermez. ISST etik kurallarına göre, Standart düzey sertifika alan kişiler, eğitici olma hakkına sahip ileri düzey Şema Terapistlerinin koordinasyonunda destekleyici olarak süreçlerde yer alabilirler.

No: 24-125
Date: September 16, 2024
Participant: 20

H. Alp Karaosmanoğlu
Signature of Training Facilitator

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SCHEMA THERAPY