



ISST

INTERNATIONAL SOCIETY OF SCHEMA THERAPY

ISST Conference 2010

Schema Therapy and New Developments in Experiential Techniques: Research and Practice

- **A New, Integrative Therapy**, blending elements of cognitive, behavioural, gestalt and object relations approaches into a unified treatment.
- **Impressive Outcomes**. A series of recent studies have shown that 70 to 94% of patients with Borderline Personality Disorder treated with schema therapy experience clinically significant improvement across all BPD symptoms, with a very low drop out rate. A large percentage achieved full recovery.
- **Deep Personality Change**. In addition to a rational understanding of problems and their origins, schema therapy emphasizes the activation of affect, helping patients gain a 'lived through' insight and meeting needs in order to go beyond behavioural change, skill building and intellectual insight to effect a deep change in personality. Experiential techniques like imagery rescripting, chair work, limited reparenting and role playing are core ingredients. Recent advances in the use of these methods will be the focus of the 4th conference of the ISST.

Berlin, Germany:

Thursday, Friday and Saturday

July 8, 9 and 10, 2010

Virchow-Langenbeck-Haus,
Luisenstrasse 58/59, 10117 Berlin (Mitte)

Thursday Pre-conference Workshops and Keynote

Chair Work, Limited Reparenting and Imagery, Psychodrama Techniques for Schema Therapy in Groups, Schema Therapy in Groups for BPD, Supervision and the Standardized Rating of Tapes.

Schema therapy; Past, Present, and Future. Key Note, Jeffrey Young, Ph.D.

Friday & Saturday Keynotes

Emily Holmes, Ph.D., Arnoud Arntz, Ph.D., David Bernstein, Ph.D.,
David Edwards, Ph.D., and Joan Farrell, Ph.D.

Presentations on schema therapy research and practice Friday and Saturday

Friday Night Dinner Party

Closing: Schema Therapy; An Overview of New Developments.
Jeffrey Young, Ph.D.

For more information and
to register on the Web go to
www.isst-online.com