

INTRODUCTION OF SCHEMA THERAPY TRAINING WORKSHOP



Ms. Beatrice Ng-Kessler

- Registered Clinical Psychologist
- Associate Fellow of The British Psychological Society
- The First ISST accredited Advance Certified Schema Therapist and Supervisor in HK
- Certified Mindfulness Trainer from Canada

Date & Time

- 24 & 25 May 2024 (Friday & Saturday),
9:00 am - 5:00 pm

Platform

Face-to-Face

Venue

Lecture Theatre, 2/F, Block S,
Castle Peak Hospital, Tuen Mun

Course fee

- HK\$4,000 per person
- HK\$3,200 per person for early- bird registration on or before 12 April 2024

Application Deadline

- 3 May 2024
- based on a first-come, first-served basis

Please visit IMH website www.imh.org.hk for more details and download the enrolment form



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Course Objective

To equip the participants with a good understanding of schema and the mechanism of Schema Therapy. To help the participants gain some insight into its application to clients with Borderline Personality Disorder (BPD).

Medium of Teaching

Cantonese supplemented with English (with English handouts)

Accreditation

CME/CNE/CPD/CE(HKPS) accreditation in application

Certificate

A Certificate of Attendance will be issued with 75% or above attendance (Participating in this workshop does NOT qualify participant to be certified schema therapist)

Requirement of participants

- Have basic knowledge of a mode of psychotherapy, i.e. Cognitive Behavioural Therapy
- Have first-hand experience with clients with Personality Disorder, especially BPD



青·山·醫·院
Castle Peak Hospital



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Institute of Mental Health
Castle Peak Hospital

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INTRODUCTION OF SCHEMA THERAPY TRAINING WORKSHOP

Course Content

Day 1 - 24 May 2024 (Friday)

1. What is Schema Therapy? What are Early Maladaptive Schema (EMS) and basic childhood needs?
2. Therapeutic Relationship and Limited Parenting (Schema Therapy Backbone)

The 20 Schemas: how they inform our case conceptualization (updated in 2023)
3. Activities to deepen our understanding of:
How does it look like for schema surrender / avoidance / overcompensation?
What is the unmet childhood needs behind each schema?
4. What are Schema Modes? Common Schema Modes for Borderline Personality Disorder
5. Assessment: Imagery assessment (live demonstration) and assessing modes (BPD as an example, audio sharing)
6. Practice Exercise in Dyads
7. Q & A



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Course Content

Day 2 - 25 May 2024 (Saturday)

1. Schema Therapy on Borderline Personality Disorder, Treatment Goals and Phases
2. Case Conceptualization
3. Constructing BPD Mode Profile
- Common Treatment Strategies for BPD (audio / video sharing: focus on experiential skills, chairwork and imagery rescripting)
4.
 - a) The Process of Limited Reparenting for BPD clients
 - b) Bypassing Detached Protector Mode
 - c) Confronting Punitive / Critical Parent Mode
 - d) Limit setting for anger & impulsivity – Empathetic Confrontation
5. Practice Exercise in Dyads
6. Q & A



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About Ms. Beatrice Ng-Kessler

A Hong Kong and UK Registered Clinical Psychologist, an Associate Fellow of The British Psychological Society, the first Advance Certified Schema Therapist and Supervisor in Hong Kong, a Certified Mindfulness Trainer from Canada. She has worked in hospitals & Non-governmental organisations (NGOs) before she established Mindfully in 2016.



She has extensive experience in treating complicated cases, such as childhood trauma, Post-traumatic stress disorder (PTSD), Dissociative identity disorder (DID), Personality Disorder. She is particularly experienced in treating people with pervasively negative life patterns.

In the past, she has worked in diversified settings, working with dying patients and those fighting or recovering from serious illnesses like cancer, working with patients and their family members suffering from depression and anxiety. She is also part of the supporting team at Hong Kong Integrated Oncology Centre.

She specializes in the use of mindfulness to support well-being. She has completed a series of Mindfulness teacher training and was a Certified Mindfulness Trainer from Canada. She has run workshops on Mindfulness and different mental health topics, and is a frequent speaker for trainings in the government departments, corporations and NGOs.

After she has become a Certified Schema Therapist Supervisor, she shifted her focus to giving general trainings, so as to help trainees from different countries to learn and achieve certification in becoming Certified Schema Therapist with International Society of Schema Therapy.



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Pre-training preparation

Suggested Videos:

1. What is schema therapy:
English version: [Click here](#)
Cantonese version: [Click here](#)
2. Introduction of each schema:
[Click here](#)

Suggested Readings:

1. Reinventing your life, written by Janet S. Klosko, Jeffrey E. Young
2. Schema Therapy for Borderline Personality Disorder, written by Arnoud Arntz, Hannie Van Genderen
3. 治療故事: 邊緣人格障礙:
[Click here](#)
4. 《為什麼，我人生總在繞圈圈》 吳崇欣:
[Click here](#)

