

Inhalte der ISST-Richtlinien zusammengefasst in Module

(die Zahlen in Klammern sind die Inhalte der Guidelines auf der ISST-Webseite)

Modul 1 (Einführung in die ST) (1.1; 2) → ST-1

- Schemas, Coping Styles, and Modes: Defined and Differentiated
- Psycho-education about needs and rights of children
- Assessment: including interviews, imagery, and inventories
- Temperamental Factors
- Cognitive Strategies, Behavioral Strategies, and Homework
- Limited Re-Parenting

Modul 2 (Kognitive Strategien und Einleitung von Verhaltensänderungen) (3.1; 3.4) → ST-2

- Flashcards
- Diaries
- Dealing with homework assignments and behavior change

Modul 3 (Imaginative Techniken) (3.2) → ST-2

- Linking Schemas with Early Childhood Experiences
- Use of Imagery rescripting,

Modul 4 (Modusmodell und Stühledialoge) (3.3) → ST-3

- Schema Change: including Schema Dialogues, Emotion-Focused Chair Work,

Modul 5 (Therapeutische Beziehung und schwierige Therapiesituationen) (2; 4.1) → ST-5

- Therapy Relationship Work (including the appropriate use of self-disclosure)
- Schema Mode Work with BPD and NPD and detached protector modes
- Limited Re-Parenting, Empathic Confrontation, Limit-Setting, Confronting Maladaptive Coping Modes and Punitive and Demanding Parent Modes
- Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients.
- Appropriate use of self-disclosure
- Role-Plays

Modul 6 (Fallkonzeption und Behandlungsplanung) (1.2) → ST-4

- Conceptualizing a Case in Schema Terms
- Treatment Formulation – Clarifying Goals & Needs in Schema Terms

Modul 7 (zusätzliche optionale Inhalte)

- Schema Therapy for Couples
- Schema Therapy in groups
- Schema Therapy with other Axis-I-Disorders (Addiction, Eating Disorders, PTBS, OCD...)