

# Conference fees:

€230.00 for non-members  
(\*early bird fee: €210.00)

€200.00 for ISST members  
(\*early bird fee: €180.00)

€150.00 for full time Graduate Students, Interns, Residents and emerging countries.  
*Listing of countries are on the website*  
(\*early bird fee: €140.00)

€50.00 pre-conference workshop day

€40.00 pre-conference workshop for ISST members and emerging countries

**\*Early Registration is before  
April 1st, 2010**

For more information and to register on the Web go to  
[www.isst-online.com](http://www.isst-online.com)

INTERNATIONAL SOCIETY OF  
SCHEMA THERAPY



INTERNATIONAL SOCIETY OF  
SCHEMA THERAPY

**ISST Conference 2010**  
**Schema Therapy and**  
**New Developments**  
**in Experiential Techniques:**  
**Research and Practice**

**ISST Conference 2010**  
**Schema Therapy and**  
**New Developments**  
**in Experiential Techniques:**  
**Research and Practice**

**July 8, 9 & 10, 2010**

**Thursday, Friday & Saturday**

**Berlin, Germany**

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

*Poul Perris, M.D.*

President, ISST;

*Gitta Jacob, Ph.D.*

President, ISST 2010 Conference Committee;

*Marleen Rijkeboer, Ph.D.*

Head, Scientific Committee

- ▶ **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**. Schema therapy emphasizes the activation of affect and helping patients gain a 'lived through' insight 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 & Saturday**  
**July 8, 9 & 10, 2010**  
**Virchow-Langenbeck-Haus,**  
**Luisenstrasse 58/59, 10117**  
**Berlin (Mitte)**

# 8 Reasons to Attend Program

# Keynote Speakers & Workshop Faculty

**Dear Colleagues,** On behalf of the ISST Board and the members of the ISST I would like to extend a warm invitation to our 4th annual international ISST congress. We are eager to have all clinicians and researchers interested in the study and treatment of challenging characterological disorders join us for a stimulating three days in a vibrant and charming city. Leading researchers and clinicians from around the world will share their latest breakthroughs and insights into the treatment of our most challenging patients. We would like to share with you what we believe are among the reasons to join us.

1. Schema therapy now has strong empirical support from three major studies. It has been shown to be highly effective with many of the most difficult clients we treat, with a very low drop out rate. Most patients respond enthusiastically to the model, remain in therapy, and experience deep and broad reaching changes in personality.
2. While other specialized treatments for BPD have demonstrated empirical support, all but schema therapy have serious limitations in their impact on patients' functioning and quality of life and only schema therapy has demonstrated cost effectiveness. Schema therapy is also associated with higher levels of patient and therapist satisfaction with the treatment.
3. Learn about the newly emerging and ground breaking advances in work with Antisocial Personality Disorder (APD) and how to apply these findings to your clinical work.
4. Discover the most recent developments in Schema Mode Work, a new advance in schema therapy applicable to the treatment of our most severe and long-term patients.
5. Find out about recent advances in how to form a strong, constructive therapeutic alliance with patients with BPD, APD and other challenging disorders.
6. Learn about group schema therapy for BPD, a recent advance that has, according to one study, led to even stronger outcomes than those found in previous investigations.
7. Learn how schema therapy is incorporating new developments in positive psychology that help patients move from effective coping to flourishing.
8. Meet and connect with a warm and enthusiastic international group of clinicians and researchers.

We hope to see you in July!

Sincerely,

*Poul Perris, M.D.*

President, ISST

## Thursday, July 8th, 2010: Pre-conference Workshops and Keynote:

Chair Work, **Scott Kellog, Ph.D.**; Limited Reparenting and Imagery, **George Lockwood, Ph.D.**; Psychodrama Techniques for Schema Therapy in Groups, **Pim van Dun, MSc**; Schema Therapy in Groups for BPD, **Joan Farrell, Ph.D.**; Supervision and the Standardized Rating of Tapes, **Wendy Behary, LCSW**  
Key Note: Schema therapy; Past, Present, and Future  
**Jeffrey Young, Ph.D.**

## Friday, July 9th, 2010: Keynotes:

Theoretical Underpinnings of Imagery, **Emily Holmes, Ph.D.**; Schema Therapy for Cluster C Personality Disorders: **Arnoud Arntz, Ph.D.**, Schema Therapy for Forensic Patients, **David Bernstein, Ph.D.**  
Presentations on schema therapy research and practice.  
Dinner Party

## Saturday, July 10th, 2010: Keynotes:

The History of Experiential Techniques, **David Edwards, Ph.D.**; Research and Practice of Group Schema Therapy for BPD, **Joan Farrell, Ph.D.** Presentations on schema therapy research and practice. Closing lecture: 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](http://www.isst-online.com)

**Arnoud Arntz, Ph.D.**, is a professor of Clinical Psychology and Experimental Psychopathology and the scientific director of the research institute of Experimental Psychopathology at Maastricht University in the Netherlands. Dr. Arntz was project leader of the Dutch multicenter RCT that compared Schema Therapy and Transference Focused Psychotherapy as treatments of BPD. He is co-editor of the Journal of Behavior Therapy and Experimental Psychiatry.

**Wendy Behary, L.C.S.W.** is the director of The Cognitive Therapy Center of New Jersey and The New Jersey Institute for Schema Therapy, is on the faculty of the Cognitive Therapy Center and Schema Therapy Institute of New York and is a founding fellow of The Academy of Cognitive Therapy. Wendy is the author of "Disarming The Narcissist...Surviving and Thriving with the Self-Absorbed".

**David Bernstein, Ph.D.**, is Associate Professor of Psychology at Maastricht University, The Netherlands. He is a founding member of the International Society for Schema Therapy, and past President of the Association for Research on Personality Disorders. He is the author of 90 publications on forensic psychology, personality disorders, and childhood trauma.

**Dave Edwards, Ph.D.** is from Rhodes University in South Africa, trained in cognitive therapy under Beck in 1984/5 and contributed to the early literature on guided imagery in cognitive therapy. For over 20 years, he provided cognitive therapy training and supervision to trainee clinical psychologists and is now a certified schema therapist.

**Joan Farrell, Ph.D.**, is an ISST Certified Schema Therapist specializing in Borderline Personality Disorder. With Ida Shaw, MA, she developed a highly effective model of Group Schema Therapy for BPD. She is faculty at Indiana University School of Medicine and clinical director of its Center for BPD Treatment & Research.

**Emily Holmes, Ph.D.**, is a Clinical Psychologist with a PhD in Cognitive Neuroscience. She is at the University of Oxford's Department of Psychiatry, UK. Her research addresses the impact of mental imagery on emotional processing. It ranges from trauma flashbacks to imagery in depression and bipolar disorder.

**Scott Kellog, Ph.D.**, is a Clinical Assistant Professor at New York University and a psychotherapist and supervisor at the Schema Therapy Institute. In addition to a long-standing interest in addictive disorders, Dr. Kellogg has created the Transformational Chairwork Training Program as a way of revitalizing interest in this experiential technique."

**George Lockwood, Ph.D.**, is the Director of the Schema Therapy Institute Midwest and is a Founding Fellow of the Academy of Cognitive Therapy. He completed a post doctoral fellowship in cognitive therapy under the supervision of Aaron T. Beck, M.D. in 1982 and has participated in the development of schema therapy since 1983.

**Ida Shaw, M.A.** is an ISST Certified Schema Therapist specializing in Borderline Personality Disorder. She brings training in Experiential psychotherapy and developmental psychology to the Group Schema Therapy model she co-developed, and is a master of group limited reparenting. She is training director, Center for BPD Treatment & Research, IUSM.

**Pim van Dun, M.Sc.**, works as a psychodrama director and group psychotherapist in an outpatient clinic in Rotterdam and in private psychotherapy practice in Zegveld, the Netherlands. He specialized in IPT, EMDR, schema focused and psychodynamic treatment of personality disorders. He is trainer and supervisor in IPT, psychodrama and group psychotherapy.

**Jeffrey Young, Ph.D.**, is the Director of the Cognitive Therapy Center of New York as well as the Schema Therapy Institute. He serves on the faculty in the Department of Psychiatry at Columbia University. Dr. Young is the founder of schema therapy and is a Founding Fellow of the Academy of Cognitive Therapy. He has published extensively on both schema and cognitive therapies, including "Schema Therapy: A Practitioner's Guide", written for mental health professionals and "Reinventing Your Life", a best selling self-help book for clients.