



International Society of
Schema Therapy



Scuola di Specializzazione in Psicoterapia dello Sviluppo e Adolescenza n. 190

Schema Therapy for forensic patients

**Working with Schema modes in violent,
addicted and unmotivated offenders**

Dr. Truus Kersten

21-22-23 May 2021 at

**Scuola di Psicoterapia "AcaBs – Academy of Behavioural Sciences"
P.C. Cadoppi Street n° 10 – Reggio Emilia (Italy)**



Impulsive Child Mode

Introduction

Schema therapy is an evidence based psychotherapy for Personality disorders that can reduce risk of recidivism in violent criminal offenders (Bernstein et al, 2020). This practical step-by-step three-day Workshop will focus on how to use Schema therapy in working with difficult forensic patients with personality disorders, aggression and addiction by using *schema mode work*.

In this Workshop you will learn:

- a. About the concept of Schema modes
- b. How to recognize different Schema modes in your most difficult forensic patients
- c. How to conceptualize patients-behavior in terms of an individualized Mode conceptualization
- d. How to work with the Schema modes of your patients that block the therapy process
- e. How to work with the iMode cards developed by David Bernstein
- f. How to use your own Schema's as a navigator in working with difficult modes

The workshop is suitable for psychologists and psychiatrists on an academic level. Some knowledge and experience in CBT and the basic Schema Therapy Model is preferable. The workshop will make extensive use of videotapes with actual patients, live demonstrations and practical exercises.

Participants will be required to purchase iMode Cards at a discounted price which, together with the handouts, they can use in their clinical activity.

To do in advance:

Bernstein, D. P., Nijman, H. L. I., Karos, K., Keulen-de Vos, M., De Vogel, V., & Lucker, T. P. (2012). Schema therapy for forensic patients with personality disorders: Design and preliminary findings of a multicenter randomized clinical trial in the Netherlands. *International Journal of Forensic Mental Health, 11*, 312–324.

Bernstein, D., Keulen-de Vos, M., Jonkers, P., de Jonge, E., Arntz, A. (2012). Schema therapy in forensic settings, The Wiley-Blackwell Handbook of Schema Therapy. Theory, research, and practice. Malden: Wiley-Blackwell, pag. 425-438.

Bernstein, D.P., Keulen-de Vos, M., Clercx, M., de Vogel, V., Kersten, G.C.M., Lancel, M., Jonkers, P., Bogaerts, S., Slaats, M., Broers, N., Deenen, T. & Arntz, A. (2020) Intensive

Psychotherapy for Violent PD Offenders: A Randomized Clinical Trial. *Psychological Medicine*, submitted 24-09-2020.

Chakhssi, F., Kersten, T., de Ruiter, C., & Bernstein, D. P. (2014, March 31). Treating the Untreatable: A Single Case Study of a Psychopathic Inpatient Treated With Schema Therapy. *Psychotherapy*. Advance online publication. <http://dx.doi.org/10.1037/a0035773>

Kersten, T. (2012). Schema Therapy in personality disorders and addiction. In: Van Vreeswijk, M., Broersen, J. & Nadort, M. (eds). *The Wiley-Blackwell Handbook of Schema Therapy. Theory, research, and practice*. Malden: Wiley-Blackwell. Pag. 415 – 424.

Chapters 8, 9, and 10, about working with modes of the Young Handbook:

Young, J.E., Klosko, J.S., & Weishaar, M.E. (2003). *Schema therapy: A practitioner's guide*. New York: Guilford Press.

Young Schema Questionnaire (YSQ 3)

Schema Mode Inventory (SMI)

FRIDAY 21TH MAY 2021

10.00 – 11.30

Schema theory: general introduction

Schema therapy: adaptation for criminal offenders

Main results of the Dutch forensic RCT in high security hospitals

11.30 - 11.45

Coffee/tea break

11.45 – 13.00

Schema modes and new forensic modes

Working with the iMode cards

Exercise in recognizing modes

Mode Observation Scale (MOS)

13.00 – 14.00

Lunch

14.00 – 15.30

Mode conceptualization in forensic patients

Exercise Case of Paul

15.30 - 15.45

Coffee/tea break

15.45 - 18.00

What we learned about working with experiential techniques
in forensic patients

Imagery and rescripting & relapse in drug abuse

Video Gary

Questions and review

SATURDAY 22TH MAY 2021

10.00 - 11.30

Warming up: Recognizing Schema modes in Cluster B-patients

Goals and steps in Schema mode Work

11.30 - 11.45

Coffee/tea break

11.45 - 13.00

Chairwork with Schema modes in forensic patients

Differences between the detached and angry protector mode

Demonstration and exercise: Mode dialogue with the Detached or Angry protector

13.00 - 14.00

Lunch

14.00 - 15.30

Demonstration and exercise: Working with the Angry Child mode

15.30 - 15.45

Coffee/tea break

15.45 - 18.00

Demonstration and exercise: Limit setting with the bully and attack mode
(different types: aggressive and sexual)

Questions and review

SUNDAY 23TH MAY 2021

10.00 – 11.30 Warming up: Recognizing interacting Therapist-patient Schema modes

Modes in narcissistic and psychopathic patients
and interaction with therapist schemas and modes

11.30 – 11.45

Coffee/tea break

11.45 – 13.00

Therapeutic relationship and techniques
to use with overcompensating modes

Demonstration and exercise: Empathic confrontation
with the Self aggrandizer

13.00 – 14.00

Lunch

14.00 – 15.30

Demonstration and exercise: Working with psychopathic modes
(conning and manipulative mode, paranoid overcontroller)

15.30 - 15.45

Coffee/tea break

15.45 – 18.00

Psycho education (different forms) with iMode cards in forensic hospital
and prison

Questions and evaluation workshop

Biography

Dr. Truus Kersten is a Psychotherapist at 'de Rooyse Wissel' Forensic Psychiatric Center in Venray in the Netherlands. She also works as a Self-employed Consultant, is Supervisor and Trainer in Schema Therapy (ISST) and in Cognitive Behavior Therapy (CBT). She is also EMDR-Practitioner.

Truus studied Psychology at the University of Nijmegen and became Cognitive Behavior Therapist in 1996. After finishing her PhD Study on 'Matching patients to Addiction Treatment' in 1998, she worked for 3 years in an Addiction Treatment Clinic. Since 2004 she works in a High Security Forensic Psychiatric Hospital, where she is trained as a Schema

Therapist by Hannie van Genderen and Marjon Nadort, and since 2006 by David Bernstein, Arnoud Arntz and Jeff Young.

She participated as a Schema Therapist in the Randomized Controlled Trial (RCT) of Schema Therapy for forensic patients (Bernstein, 2012, 2020). She developed an integrated treatment for patients with Personality Disorders and Addiction, based on the Schema Mode model. She has a special interest in treating psychopathic and addicted patients with Schema Therapy.

Together with David Bernstein, she developed a Dutch National Training Program on Schema Therapy for Psychotherapists working in Addiction Care settings and Forensic Care settings. Since 2010 she teaches and trains Psychotherapists, Forensic Master Students and Psychiatric nurses in the Netherlands who work with forensic and addicted patients with Personality Disorders. Since 2012 she also trained Psychologists in the UK and Australia. Furthermore she developed Implementation Programs (Training and Coaching) for Social workers and Psychiatric nurses in Addiction- and Forensic Hospital Settings. She gave in-company trainings in several Institutes in the Netherlands. Recently she implemented Schema Therapy in Forensic Youth Care Institutes and teams. She was also co-teacher with David Bernstein in the Forensic Master Program to teach the students Therapy Skills at the University of Maastricht.

She was a Board member of the Dutch Register of Schema Therapy, responsible for coordinating Training and Certification issues. She was also coordinator of the Special Interest Group Schema Therapy and EMDR of the Dutch EMDR Association. She is former President of the Addiction Section of the Dutch Behavior Therapists Association and former Secretary and founding member of the Section 'Psychology in the Addictions' of the Dutch Association of Psychologists.

She has written national and some international publications on the treatment of addictions and on treatment of PDs with ST. She is co-author, with David Bernstein, of the forthcoming book: *Treating aggression, addiction, and Personality Disorders: A Schema-Focused approach to complex, Antisocial patients.*

International publications on Schema Therapy

Chakhssi, F., Kersten, T., de Ruitter, C., & Bernstein, D. P. (2014, March 31). Treating the Untreatable: A Single Case Study of a Psychopathic Inpatient Treated With Schema Therapy. *Psychotherapy*. Advance online publication. <http://dx.doi.org/10.1037/a0035773>

Kersten, T. (2012). Schema Therapy in personality disorders and addiction. In: Van Vreeswijk, M., Broersen, J. & Nadort, M. (eds). The Wiley-Blackwell Handbook of Schema Therapy. Theory, research, and practice. Malden: Wiley-Blackwell. Page 415 – 424.

Kersten, T., & van de Vis, L. (2012). Implementation of Schema Therapy in de Rooyse Wissel Forensic Psychiatric Center. In: Van Vreeswijk, M., Broersen, J. & Nadort, M. (eds). The Wiley-Blackwell Handbook of Schema Therapy. Theory, research, and practice. Malden: Wiley-Blackwell. Page 579-584.

International presentations and workshops on Schema Therapy

"Schema Focused Therapy and dual diagnosis", CSIP, Cambridge, UK, febr 2008.

"Treatment of psychopathic patients with SFT", IAFMHS, Edinburgh, UK, june 2009.

"Schema Therapy for forensic patients", one-day workshop, London, UK, febr 2012.

"Schema Therapy of a psychopathic patient: a single case study", IAFMHS, Maastricht, june 2013.

"New developments in Schema Therapy: Schema mode work with antisocial with aggression and addiction problems", two-day workshop 'Schema Therapy UK', London, UK, sept 2013.

"New developments in Schema Therapy: Schema mode work with antisocial with aggression and addiction problems", three-day workshop 'Schema Therapy UK, Birmingham, UK, nov 2013.

"Schematherapy in Personality disorders and Addiction", workshop ISST congress, Istanbul, 2014.

"From addiction to connection; the hidden-addiction mode", workshop ISST congress Vienna, 2016.

"Experiential and behavioral change techniques for substance abuse and other 'addictive' behaviors", one-day workshop Ubud, Bali, 2015.

"Though cases using Schema therapy; treating violent, addicted and unmotivated patients", two-day workshop Melbourne, Sydney and Brisbane, Australia, 2015.

Websites:

www.akkerdistel.nl

<https://www.i-modes.com/en/>

Contact details:

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PARTICIPATION FEE:

€500,00 (VAT included)

The fee includes simultaneous translation for the entire duration of the Workshop

IBAN PAYABLE TO RBT S.R.L.: IT42Y0348801601000000029559

REASON: SFT WORKSHOP REGISTRATION MAY 2021

DEADLINE REGISTRATION: April 15th 2021

Registration is subject to sending the Registration Form together with a copy of the bank transfer to the following e-mail address:

scuoladipsicoterapia@scienceandmethod.org or to the following fax number 0522496645.



WORKSHOP RECOGNIZED BY THE ISST
(International Society of Schema Therapy).
At the end, an official ISST certificate will be issued



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