

**2011... ISST Minimum  
Certification Training Requirements**

**(To understand this chart, please be sure to read the  
explanations below the table.)**

<u><b>Type of Requirement</b></u>	<u><b>Standard Certification</b></u>	<u><b>Advanced Certification</b></u>
<b>Didactic Hours</b>	<b>25 hours</b>	<b>25 hours</b>
<b>Supervised role-playing in dyads</b>	<b>Minimum 15 Hours</b>	<b>Minimum 15 Hours</b>
<b>Supervision</b>	<b>20 supervision sessions (50-60 minutes each) (Single or Converted Group Minutes- see below)</b>	<b>40 supervision sessions (50-60 minutes each) (Single or Converted Group Minutes- see below)</b>
<b>Self-Therapy as part of case supervision</b>	<b>Highly Recommended: Max. of 3 sessions out of 20 can be primarily self-therapy</b>	<b>Highly Recommended: Max. of 6 sessions out of 40 can be primarily self-therapy</b>
<b>Peer Supervision</b>	<b>Highly Recommended</b>	<b>Highly Recommended</b>
<b>Minimum Number of Cases Treated with ST</b>	<b>Minimum of 2 cases, at least 25 therapy hours each; one case must be BPD</b>	<b>Minimum of 4 cases, at least 25 therapy hours each; one case must be BPD and one must be other PD</b>
<b>Minimum Number of Patient Sessions (at least 45 minutes each)</b>	<b>80 sessions</b>	<b>160 sessions</b>
<b>Duration of Supervision</b>	<b>At least 1 year</b>	<b>At least 1 year</b>
<b>Session Competency Ratings of Patient or Realistic Role-Play</b>	<b>1 session, with minimum STCRS score of 4.0, and a case conceptualization form</b>	<b>2 sessions, with minimum STCRS score of 4.5, and 2 case conceptualization forms</b>

## ***Important Explanations & Notes***

### **Explanation of the 2 Training Levels**

***All Standard and Advanced Level Schema Therapists must be licensed, certified, or registered to legally practice independently in their country based on graduate-level academic training in programs such as psychiatry, psychology, or social work***

**1. Standard International Certification:** Therapists at this level are certified to practice schema therapy, participate in outcome studies, and to train or supervise other therapists at a basic level only. They are not qualified to run a training program, rate sessions, or offer supervision on difficult cases.

**2. Advanced International Certification:** Certified to treat all patients, participate in outcome studies, and to supervise/train/rate others, and to run training programs.

**Each country can decide which of these 2 levels of training it wants to offer (including other non-certification courses). Furthermore, any country can insist on *additional* requirements beyond the minimum guidelines set by ISST, as long as they are approved by the Training Committee of the ISST Board.**

**New: “Associate Schema Therapist”:** a therapist who has been recommended by a member of the Research Community of ISST for approval to assist in ongoing or forthcoming studies in ST, and has shown exemplary skill in utilizing the model with patients.

While there is currently no certification being offered for “Associate” Schema Therapists, the Training Committee is currently working out the details for this 3<sup>rd</sup> level of “affiliation” that would include therapists who are highly trained in schema therapy and committed to the integrity of its application, but do not meet the criteria for certification due to non-traditional backgrounds in psychology and/or psychotherapy, and have restrictions regarding independent practice in their country.

## **Converting Group Supervision Hours to Individual Supervision Hours**

We have worked out a (complicated) system for converting group supervision hours into individual supervision hours (applies to supervision groups with 2 to 6 members). The basis of the conversion is that we voted to consider 3 group hours (180 minutes) with 6 members in the group, to be approximately equivalent to 1 individual supervision “hour” (50 minutes).

For example, if a group has 6 trainees, then we assume that each group member gets 1/6 of the group time. Thus, if the group is 2 hours long (120 minutes), then each member gets 20 minutes of *direct* supervision time in the group. This is equivalent to 20 minutes of individual supervision time. The remaining 100 minutes is spent observing the supervision of other group members. We have decided (by voting) that the time spent *observing* supervision of another member is equivalent to 20% of the time spent receiving supervision on one’s *own* cases. Thus the 100 minutes observing others is equal to 20 individual supervision minutes (20%).

**Using this formula, the chart below allows you to compute the number of supervision credits for each size of group.**

### **For each 60 minutes of group supervision time:**

2 trainees in group = 36 minutes of credit

3 trainees in group = 28 minutes of credit

4 trainees in group = 24 minutes of credit

5 trainees in group = 22 minutes of credit

6 trainees in group = 20 minutes of credit

(60 minutes of individual supervision = 60 minutes of credit)

***Note that, to be certified, trainees may receive a combination of group and individual supervision. Individual supervision is recommended, but not mandatory.***

# **Certification Training Programs / Content**

## **Didactic Hours: 25 / Didactic Curriculum:**

### **1 Concept and Case conceptualization**

#### **1.1 Schema Theory and Concept**

- Schemas, Coping Styles, and Modes: Defined and Differentiated
- Assessment: including interviews, imagery, and inventories
- Psycho-education about needs and rights of children
- Temperamental Factors

#### **1.2 Treatment Formulation & Case Conceptualization**

- Clarifying Goals & Needs in Schema Terms and/or Modes
- Conceptualizing a Case in Schema Terms and/or modes

### **2. Therapy Relationship**

- Limited Re-Parenting
- Empathic Confrontation
- Limit Setting
- Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients.
- Appropriate use of self-disclosure

### **3 Schema Therapy techniques**

#### **3.1 Cognitive techniques**

- Diaries
- Flashcards

#### **3.2 Experiential techniques I (Imagery work)**

- Imagery & Imagery re-scripting
- Linking Schemas with Early Childhood Experiences
- Limited Re-Parenting with Child modes, especially with the Vulnerable and Angry Child Modes,

#### **3.3 Experiential techniques II (Chairwork & Roleplay)**

- Chair Work with schemas and modes
- Confronting Maladaptive Coping Modes
- Confronting Punitive and Demanding Parent Modes
- Role-Plays

#### **3.4 Homework assignments and behavior change**

### **4 Specific Treatment Populations**

#### **4.1 Schema Mode Work with Personality disorders**

- BPS
- NPD
- Cluster C
- Other Personality Disorders

#### **4.2 Schema Therapy for Couples (optional)**

#### **4.3 Schema Therapy in groups (optional)**

#### **4.4 Schema Therapy with other Axis-I-Disorders (optional)**

- Addiction
- Eating Disorders
- PTBS
- OCD

#### **5 Literature**

- Reinventing Your Life
- Schema Therapy: A Practitioner's Guide
- Other Reading Materials

#### **Dyadic Hours: Minimum 15 Hours / Dyadic Curriculum:**

- Whole group or “fishbowl” exercises are encouraged and can count towards as much as 2 hours of the dyadic requirement, as long as the whole group is participating in the practice. Whole group exercises can be a great way to demonstrate strategies in preparation for the dyadic practice.
- Dyadic Practice: Therapists pair up and take turns (approximately 30 minutes each direction) in the role of patient and therapist. If the group is large, and supervisors are scarce, a third person may act as the observer/coach. But - the observer should only be in that role one time so as to maximize practice opportunity.
- Dyadic practice exercises must include: Limited Re-Parenting with Child modes, especially with the Vulnerable and Angry Child Modes, Confronting the Detached Protector Mode, Confronting the Punitive (Demanding) Parent Modes, the Use of Empathic Confrontation, Imagery, Limit Setting, and Therapy Relationship work.
- Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients.

While there is no standard for the didactic portion of a certification program, meaning that you may have 30-40 participants in the room with one certified trainer facilitating the didactic part, we are proposing that there be a minimum of 1 trainer for every 20 participants (optimally 1 trainer for every 10 participants) in the dyadic role-play portion of the program. We know this is challenging in some countries where the number of available advanced schema therapists is still growing.

But perhaps in these cases, offering separate consecutive dates for smaller group training to cover the dyadic role play might adequately help meet this requirement. It is one of the most important aspects of the training program for learning the model, in addition to personal and group supervision, and therefore

requires that advanced schema therapy supervisors be available to guide and coach the dyadic practice exercises.

***Note that, if you apply to be certified on individual studies, all the listed content must be represented in your individual training modules. All certified curricula cover this content.***

## **Supervision and Session Ratings:**

**20 Hours – Standard (in some programs: supervisors view an additional 2 hours of taped sessions)**

**40 Hours – Advanced (in some programs: supervisors view an additional 4 hours of taped sessions)**

In some programs (New York/New Jersey, for example) 2- 4 additional taped sessions are submitted to supervisors, rated, and discussed throughout the supervision period. Supervisors view taped sessions prior to supervision session.

(The supervisor's "viewing" of tapes, prior to session, is not included in the total number of hours required)

- All supervision should include supervisees looking at their own schema activation in the context of their work with patients.
- Additional self-therapy should be encouraged when needed and should be related to counter-transference issues in treatment.
- STCRS – what will be expected for final rating of tapes
- Comprehensive use of the case conceptualization forms / case summaries
- Prerequisites for Schema Therapy – (Assessing contextual “road blocks” like limited finances, limited access to patient, blending other therapies, suicidal tendencies, crisis intervention, medication evaluations.)
- Respectfully providing positive and negative feedback to candidates
- Handling obstacles related to schema activation in supervision
- Confronting avoidance and detached protector modes w/supervisees
- Implementing role plays with candidates
- Use exercises from training program to help trainees “experience” their own schema triggering and maladaptive modes.
- Emphasis on mode work

## **Final Tape Ratings**

1. Session ratings will normally be provided by the site offering the training program. However, each final rating session must be rated by different Advanced Certified Schema Therapists other than the trainee's supervisor(s), and by someone who is relatively unfamiliar with the trainee on a personal level.
2. For a standard certification the tape must show any personality disorder. For an advanced certification one tape must show a severe PD (e.g. BPD, NPD or APD). The second tape must show any PD, favorable a Cluster-C PD.
2. The STCRS is still a pilot scale, as are the cut-off scores. We expect to refine the STCRS and cut-off scores over the next 1 or 2 years based on research data.
3. In addition to the required 4.0 (standard) and 4.5 (advanced) minimum required score – a candidate must receive individual ratings of no less than 4.0 on items 6-9 on the STCRS.