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HOSTS

GISELA HENN-MERTENS

Graduate Psychologist,
Psychological Psychotherapist,

CHRISTOF LOOSE

Clinical Psychologist, Psychotherapist
for Children and Adolescents



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IST-K Institut für
Schematherapie Köln

1ST ONLINE CONFERENCE

IN SCHEMA THERAPY FOR CHILDREN
AND ADOLESCENTS (ST-CA)

02.11.2024

Take part
conveniently
via Zoom!

CREATIVE APPROACHES IN ST-CA

CONTENT

Schema Therapy (ST), developed by Jeffrey Young is an enhancement and development of cognitive behavioral therapy (CBT) with a particular emphasis on the integration of emotional, attachment and developmental factors as central components of both assessment and therapy. ST is based on a model of schemas, modes and basic childhood needs that interact and evolve over the course of the lifespan, playing a key role in the development of psychological problems. Therefore, ST – as a technical and strategic variant of CBT – is a model which appears to be well suited to the field of child and adolescent therapy, with a range of powerful techniques that generate emotional, interpersonal, cognitive and behavioural transformation.

OBJECTIVES

The aim of this Online Conference is to present creative and age-appropriate approaches within the schema therapeutic framework for younger clients and their parental caregivers. These approaches provide clients with a better understanding of their own schemas, modes, and emotional needs and how they are linked to the difficult feelings and dysfunctional behaviours that they seek help for in therapy.

AGENDA (CET-TIME)

- 9:00 A.M.** GISELA HENN-MERTENS & CHRISTOF LOOSE
Welcome
- 9:15 A.M.** ALP KARAOŞMANOĞLU
Schemas and Morality: Exploring Children's Justice through the Layered Model
- 10:20 A.M.** KATERINA AGGELI & ROZA LAIOUS
The use of creativity, art and play in Schema Therapy for Children and Adolescents
- 11:25 A.M.** STEFANO TEREZI
Aggressiveness in childhood: a clinical case with externalizing disorder
- 12:30 P.M.** Break
- 13:30 P.M.** DIANA TEODORESCU
Creative Ways to Strengthen the Wise and Competent Mode in a Group ST-CA setting
- 14:35 P.M.** SUSAN SIMPSON & FATEMEH SEIFI
Parent-Focused Group Schema Coaching Protocol;
CAREFREE - Intervention for Parents of Adolescents with Anorexia Nervosa
- 15:40 P.M.** SAMANTHA FLORES
Sand tray technique in schema therapy for Adolescents
- 16:45 P.M.** CHRISTOF LOOSE
Open Questions, Outlook and end
- 17:00 P.M.** End