



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY

Certificate of Attendance
ISST Approved Training Program
OKSANA HASKO

Has attended the 6 Days Training Program

Individual Schema Therapy Training Program

19 August 2022- 2 December 2022 – on-line program

ISST – Approved Trainers Names: Maria Cristina Sterie, MA & Magdalena Kitlowska, MA

Workshop Name	Subjects covered	Hours Specified	Number of participants	Trainers
Introduction to Schema Therapy	Schema theory: schemas, coping styles and modes. Assessment and psychoeducation. Case conceptualization.	Didactic: 6 Role-play: 3	40	19.08, 26.08.2022 Maria Cristina Sterie M. Kitlowska
Therapeutic relationship in Schema Therapy	Limited reparenting, Empathic confrontation and limit setting. Therapist's schemas and modes.	Didactic: 3 Role-play: 3	40	30.09.2022 Maria Cristina Sterie M. Kitlowska
Therapeutic techniques in Schema Therapy	Cognitive: diaries, flashcards, logs Experiential: imagery, chairwork, mode dialog Behavioral	Didactic: 10 Role-play: 7	40	14.10., 17.11. 2022 Maria Cristina Sterie M. Kitlowska
Schema Therapy with specific populations	Schema Therapy with BPD, NPD, Cluster C PD and other personality disorders. Schema therapy for other non-personality disorders.	Didactic: 6 Role-play: 2	40	02.12.2022 Maria Cristina Sterie M. Kitlowska

Literature used in the training program:

1. Arntz, A., & Jacob, G. (2013). *Schema Therapy in Practice*. West Sussex: John Wiley & Sons Ltd.
2. Jacob G., van Genderen H., Seebauer L. (2019) *Cum să învingi tiparele negative de gândire*, Psihobooks, București
3. van Vreeswijk, M. & Broersen, J. (Eds). (2012). *The Wiley Blackwell handbook of Schema Therapy*. West Sussex: John Wiley & Sons Ltd.
4. Young, J. E, Klosko, J. S., & Weishaar, M. E. (2015). *Terapia centrată pe scheme cognitive. Manualul practicianului*, Editura ASCR, Cluj-Napoca
5. Young, J. E, & Klosko, J. S. (2017). *Cum să-ți reinventezi viața. Cum să pui capăt comportamentelor negative și să te simți din nou bine*. Editura TREI. București

ISST Approved Training Program Name: **Schema Therapy Training Bucharest**

25th January 2023

No 420

Maria Cristina Sterie, M.A.

Magdalena Kitlowska

Training Program Directors and Training Facilitators