



International Society of
Schema Therapy

ISST Approved Certification Training Module
Certificate of Completion:
Specialty Area: Couples

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Has Attended: Dates: 11th & 12th September & 25th & 26th September 2025
ISST Approved Training Programme: *Schema Therapy for Couples UK*

Content of Training Programme or Module

Module Name	Subjects covered From Cert. Curriculum	Hours Specified	Number of participants	Trainers
4-day Workshop ST for Couples on: 11/09/25 12/09/25 25/09/25 26/09/25	ISST Curriculum for Couples Schema Therapy: ISST Curriculum for Couples Schema Therapy:	Didactic: 15 Role-play: 9	20	Mandy Walsh Dr Anastasiya Lovegrove Dr. Denise Ginzburg-Marku

Literature used in this module:

- (1) Simeone Di Francesco C, Roediger E, Stevens B (2015) *Schema Therapy with Couples: A Practitioners Guide to Healing Relationships*. Oxford New York: Wiley
(2) ST-C Modules on the Website: www.schematherapy-roediger.org

Mandy Walsh for Schema Therapy for Couples UK

Training Facilitator & ISST Accredited Schema Therapy Trainer

DIDACTIC CONTENT:

I. ASSESSMENT

- . Identify schemas of each partner, and define the default relationship mode cycle
- . Use assessment inventories: YSQ-3, YPI, SMI, BDI, BAI, DAS, WC, etc.
- . Conceptualize schemas and the default mode cycle
- . Link childhood wounds and maladaptive relationship patterns to current relationship, and identify strengths of the relationship
- . Introduce Schema Flashcard, Mode Mapping, Mode Clash Card, Needs vs. Wants Tool
- . Identify schema chemistry and schema clashes
- . Assess degree of passion, romance, intimacy, and sexual satisfaction
- . Determine if any complicating factors (levels of commitment, individual past trauma or disorders, injuries in the relationship, etc.) and/or contraindications (active affairs, addictions, patterns of violence, etc.)
- . Find supplemental resources or treatment, as needed
- . Create "Needs Road Map"
- . Identify vision of the love relationship: goals, dreams, mission, desired legacy
- . Establish goals of treatment, and set the time frame

2. THERAPEUTIC RELATIONSHIP STRATEGIES

- . Create and maintain a secure therapeutic bond
- . Apply a therapist stance of being flexible, active, and directive
- . Practice "empathic confrontation," as needed
- . Use therapeutic self-disclosure
- . Intervene when therapist's own schemas and modes are activated in-session
- . Differentiate between the "wants" and the "needs" of the therapist and the couple
- . Repair ruptures in the therapeutic relationship
- . Discuss ethics and confidentiality concerns with the couple (disclosures, consultation with other therapists, conflicts of interest, confidentiality issues, etc.)

3. INTERVENTIONS AND CHANGE STRATEGIES

- . Connecting Dialogues: provide antidotes to schemas and maladaptive modes by identifying and expressing (1) core emotions (2) urges to cope. Next, use adaptive coping modes to invite partner to meet needs
- . Chair Work: use mode dialogues to address mode cycle and schemas
- . Imagery Rescripting: identify childhood origins of schemas, link to current relationship, create antidote to schema origins while deepening emotional depth and

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- increasing emotional connection
- Use tools to shift clashes: Mode Clash Cards, Schema Flashcards, Meta-perspective, "Needs vs. Wants" tool, etc.
- Couples Toolbox: assign homework to solidify work in-between sessions

4. SOLIDIFYING CHANGE AND PREVENTING RELAPSE

- Develop a language for deeper emotional connection
- Build shared meaning in roles, rituals, goals, values, dreams
- Create a shared narrative of the couple's story, including desired legacy
- Build and sustain mutually satisfying passion, romance, intimacy, and sexual satisfaction, and address any sexual dysfunctions
- Solidify mode cycles to create antidotes to schemas with interactions involving (a.) self-and-partner soothing (b.) inviting bids (c.) successful repairs (d.) stance of curiosity and acceptance

5. TREATING DIFFICULT COUPLES

- Address and heal relationship injuries (affairs, betrayals, other significant injuries)
- Confront addictions, aggressive modes, and patterns of physical violence
- Treat couples with survivors of childhood trauma (sexual, emotional, physical)
- Treat specific personality disorders in a couple (BPD, NPD, Avoidant, Antisocial, etc.)

