

Schema-Focused Cognitive Therapy: A Breakthrough Approach for Christian Practitioners

Course Description

Schema related treatment approaches have been shown to be effective for a variety of difficult to treat conditions. However, the long-term nature of pure schema therapy is not a fit for all clients in all settings. Thus, many professionals find themselves scratching their heads for effective alternatives to more quickly meet the needs of a segment of their caseloads.

Most practitioners are familiar with standard CBT which offers a variety of tools and techniques helpful for managing symptoms. But few are versed in the deeper schema-level work that is necessary for truly treating the most challenging conditions seen in the clinical setting.

Schema modification treatments offer a refreshing hybrid between dynamic, insight-oriented approaches and evidence-based cognitive behavioural therapy, incorporating attachment theory, psychodynamic concepts, and emotion-focused techniques as well. Also, in comparison to traditional CBT, Schema-Focused Therapy emphasizes identifying and changing lifelong patterns, and utilises the therapeutic relationship in a powerful way to leverage deeper level change, making it particularly well suited for complex, resistant clients with entrenched, chronic psychological challenges.

Schema-based techniques have proven themselves capable of modifying underlying meaning at “the root” of client’s presenting problems without sacrificing practical “here and now” interventions. Join internationally known and three-time bestselling author Dr. Jeff Rigenbach as he leads us in this highly engaging online course, offering unique insights from a Christian perspective along the way.

Learning Objectives

1. Understand the Relationship between SFCT and other common treatment approaches
2. Learn the 18 Maladaptive Schemas, which ones are most prevalent in the Christian community, and ways to leverage them to promote recovery
3. Demonstrate understanding of the 3 specific ways schemas are maintained and strengthened
4. Acquire insight into the role schemas play in information processing and driving problem behaviours
5. Utilize behavioural pattern-breaking to long-standing cycles of destructive behaviour
6. Understand the three stages of schema change
7. Incorporate Schema mode work into your individual and group sessions

Outline

Integrated Schema Focused CBT Approach

- SFCT vs Standard Cognitive Therapy
- SFCT vs Schema Focused Therapy
- SFCT vs DBT, ACT and other 3rd wave Approaches

Socialisation to the Model

- Levels of Cognition
- Schema Psychoeducation
- Emotional Schemas
- Characteristics of Schemas
- Belief Maintenance Process
- Client Beliefs about God and Role in Conceptualization and Treatment

Case Conceptualisation

- Awareness of Patterns
- Schema based Treatment Planning
- Identification of Behavioural Targets
- Individualised Roadmaps to Recovery

Treatment Set Up and Strategies

- Role of Group Treatment vs Individual Therapy
- Schema Psychoeducation and Targeting
- “Top Down” vs “Bottom Up” Approaches
- Behavioural Pattern Breaking
- Internalisation exercises
- Stages of Schema Change
- Mode Dialogues and Restructuring of Childhood Attributions

About Your Presenter



Jeff Rigenbach, PhD is a best-selling and award winning author who has earned a reputation as an international expert in Cognitive approaches to treating personality disorders. After completing his PhD in Christian Counseling, Dr. Rigenbach trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia to develop a schema-focused cognitive treatment approach that he and his staff have utilized for 20 years to treat mood disorders, anxiety disorders, addictive behaviour disorders and personality disorders at two different psychiatric hospitals and clinics serving over 3,000 clients at multiple levels of care.

He is a Diplomat of the Academy of Cognitive Therapy, a certified cognitive therapist, and has trained over 50,000 professionals worldwide including audiences in all 50 United States, The UK, Canada, Mexico, South Africa, Australia and New Zealand.

Dr. Rigenbach is the author of six publications including his most recent release *The CBT Toolbox (2nd ed): A Workbook for Clients, Clinicians, and Coaches*.

Jeff is known for bridging the gap between academia, research findings, and day-to-day clinical practice, and his work has earned him the reputation for being “the practical tools guy.” His seminars on CBT, DBT, and Schema-Focused Cognitive Therapy routinely receive the highest evaluations from conference participants in terms of clinical utility as well as entertainment value.