

# Schema Focused CBT

Cognitive-behavioural therapy is widely considered the gold standard treatment of psychotherapy. However some clients don't respond to standard protocols, and a number of approaches, still considered under the CBT "umbrella" have been adapted to meet the specific needs of different populations. Schema therapy is one such treatment that continues to show promise for what used to be considered "treatment-resistant" patients. Individuals struggling with personality disorders, addictions, and other impulsive and destructive behaviours are amongst those considered to be the most challenging to reach, and many practitioners often feel ill equipped to deal with them.

Attend this full day workshop with internationally recognized personality disorders expert Dr. Jeff Rigenbach as he presents an integrated schema focused cognitive model for dealing with your most challenging cases. This unique, chock-full training will teach you practical strategies to implement with individuals struggling with BPD, addictions, Impulse control problems, and other emotionally dysregulated or Cluster B presentations. Leave this engaging workshop with a plethora of new tools in your toolbox that you can implement tomorrow to help you get unstuck and facilitate meaningful change that lasts. Moreover, leave with a renewed hope that you are now more equipped to deal with even the most clients that walk through your door.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists          Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe the Relationship between SFCT and Standard SCT, DBT, ACT Schema Focused therapy, and the others!
2. Socialise clients to the model in a way that fosters engagement and decreases dropout rates
3. Identify the role schemas play in driving challenging behaviour
4. Learn the 18 Maladaptive Schemas and leverage them to promote recovery
5. Utilize behavioural pattern-breaking to long-standing cycles of destructive behaviour

## Seminar Schedule

Begin 10AM EST and end 5:30 PM, with 15 minute breaks at 11:30 and 3:30, and a one hour lunch break at 1:00 PM

## Outline

Integrated Schema Focused CBT Approach (10-10:15 AM ET)

Socialisation to the Model (10:15 - 11:30)

BREAK 11:30 - 11:45

What Makes Clients "Challenging?" (11:45 - 12:15)

Case Conceptualisation (12:15 - 1:00)

Lunch 1:00 - 2:00

Treatment Set up and Overview (2:00 - 2:15)

Skills Training Groups (2:15 - 3:15)

Individual Treatment (3:15 - 3:30)

BREAK 3:30 - 3:45

Schema Groups (3:45 - 4:45)

Relapse Prevention and Wrapping Up (4:45 - 5:30)

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## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 6 CE's for attending once they have completed these requirements.

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## The 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. Over the past 20 years he has developed and overseen CBT-based treatment programs for Mood disorders, anxiety disorders, addictive behavior disorders and Personality Disorders at two different psychiatric hospitals and clinics serving over 3,000 clients at multiple levels of care. Dr. Rigenbach trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia, is a Diplomate of the Academy of Cognitive Therapy, and is a certified cognitive therapist. He has trained over 20,000 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 seven publications including his award winning *The BPD Toolbox: A Practical Evidence-Based Guide to Regulating Emotions* and his newly released self help book *Disarming High Conflict Personalities: Dealing with the 8 Most Difficult People in Your Life Before You Burnout*.

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.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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tkkseminars, LLC  
2770 South Eagle Road  
P.O. Box 310  
Newtown, Pa. 18940