**EXPERIENCING SCHEMA THERAPY FROM THE INSIDE-OUT: SELF-PRACTICE/ SELF-REFLECTION GROUP 2023**

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| --- | --- |
| Name |  |
| Email |  |
| Phone |  |
| Schema Therapy experience or certification level |  |
| Country |  |
| Time Zone |  |
| Email to be used on invoice |  |

Our SP-SR Program consists of 20, ninety minute group sessions and 2 individual sessions

**2023 Meeting Dates: the first and third Tuesdays of the month**

The first individual session will be scheduled before March 1, 2023 and the second after Nov 22.

The group will begin **March 7, 2023**

**Time:** 11-12:30 EDST (NY); 16:00 UK; 17:00 CET; 15:00 UCT, GMT

**Cost for the program** $1900. USD in 4 payments (Zelle, check, or other bank method without a fee ; Paypal $50.total )

1. Deposit of $300. By October 1, 2022

2. by December 1, 2022 $600.

2. by February 1, 2023 $450.

3. by April 1, 2023 $450.

A fee reduction up to 20% is possible for financial hardship for those who reside in the “B list” countries. Please let us know if you need this accommodation. A payment plan with smaller increments is also possible.

We will use material from our workbook: “Experiencing Schema Therapy from the Inside-Out: A Self-Practice/Self-Reflection Workbook for Therapists”, Guilford Press, 2018 and our 40 years of clinical experience with groups. You will need to have regular access to the book. It is available with a discount from Amazon or from Guilford using the discount code on the attached flyer. We will also use new exercises adapted to the needs of the group. The group is limited to 10 members with Ida and Joan as therapists.

**Groundrules:**

1. It is important that you make a commitment to attend all scheduled sessions, arrive on time and stay for the scheduled time. Obviously, emergencies can occur. In that case we ask that you contact us so the group can be informed.
2. The sessions have required homework, which includes written self-reflection questions.
3. No refunds can be given for cancellation after you have reserved a place and submitted your registration as it is a closed group with no adding new members after it begins. This group has a year long wait list
4. As in any ST group mutual respect and confidentiality re: any personal information of others are required.

I understand the above requirements and agree to them.

|  |
| --- |
| Your signature. |



Our Contact Info: we look forward to working with you.

Joan Farrell & Ida Shaw

317 627-4665

drjoanfarrell@gmail.com [www.schematherapy-training.com](http://www.schematherapy-training.com)