



Introduction to Group Schema Therapy 2026

Joan Farrell, Ph.D. & Ida Shaw, MA

18-hour course for Standard level ISST Certification in group

February 13, 14, 27 & 28, 2026

8:00-3:30 pm Eastern Standard Time (New York)



Learn Group Schema Therapy from its developers!

This training consists of three six-hour days of learning and practicing Group Schema Therapy (GST) and one day of Self-practice/Self-reflection from **Experiencing Schema Therapy from the inside out**. The training program is approved for ISST certification in GST. This course meets the Standard level 18-hour course requirement for those pursuing **ISST certification in GST** and is also open to those who just want to develop their group or ST skills. The 6-hour SP-SR day is required for ISST certification and is highly recommended for all, but it is not obligatory for those not seeking certification. The training is conducted on Zoom, and the adaptations for delivering groups to patients on Zoom are discussed and will be experienced by attendees during practice.

You will learn to adapt what you already know about ST to the group setting, and how to harness the therapeutic factors of the group to catalyze schema healing. Using **The Schema Therapy Clinician's Guide** and **Group Schema Therapy for Borderline Personality Disorder**, you will learn to develop your own protocols for the populations you want to treat and the setting you are in. These two volumes were the protocols for the trials of GST for BPD. They contain a foundation program of ST, with session plans, sample therapist scripts, exercises, and homework, for 42 GST and 36 individual sessions, which can be flexibly adapted to your group. GST can be delivered in 20 to 30 sessions, or a tapering schedule over two years for severe PD, with varying amounts of individual sessions.. These protocols are designed for mixed diagnosis groups or homogeneous ones.

GST has been empirically validated in two RCTs. Our first RCT tested a 30-session outpatient group, demonstrating large symptom reduction and improved overall functioning for patients with BPD. Our recent 495-patient international RCT evaluated combinations of group and individual ST for BPD compared to specialized TAU. This trial also demonstrated the superior effectiveness of combined individual and group ST. Exercises from **The Deliberate Practice of Schema Therapy** will be employed to assist participants in achieving mastery of the interventions. The training is 50% didactic and 50% practice with observation in break-out rooms with coaching by Joan and Ida.

Prerequisites to attending the training: at least 12 hours of basic ST theory; a Master's degree or higher in Psychology or Counseling or qualification in art therapy, music therapy, occupational therapy, drama therapy, coaching or related practices. The latter group can pursue Standard level ISST certification in GST. A master's degree, Ph.D. or MD (Psychiatry), and a license to practice psychotherapy (or its equivalent in countries without licensing) are required to pursue Advanced level ISST certification in GST. We offer the Advanced GST ISST Certification Training Program annually. People who complete Standard level training with us are given preference for a space in the Advanced training program. Those who complete one of the certification programs with us have the advantage of joining our supervision groups. Cost info is on our website www.schematherapy-training.com

Questions about the training or your participation can be addressed to Dr. Farrell at drjoanfarrell@gmail.com
More info is on our website www.schematherapy-training.com

Tuition for 4 days \$1050.tuition

Fee reduction possible for financial hardship. Inquire before applying.

A quote from the founder of Schema Therapy, Jeffrey Young PhD, who attended a Farrell-Shaw GST Workshop:

“Group Schema Therapy has the potential to deliver the powerful treatment strategies of the schema approach in a more cost effective manner than has been possible with individual schema therapy -- with equivalent or perhaps superior results. The experience that the authors have gained over 30 years is evident throughout. The approach Joan and Ida have developed is truly unique, exciting and promising. Joan Farrell is an outstanding schema therapist who serves as the “stable base”, emotional center, and “educator” for the group as a whole – a role I can imagine myself learning to fill, given enough time and experience. What truly amazed me – perhaps because her style is so different from mine and Joan’s -- was the remarkable group work of Ida Shaw. It is hard to convey the level of originality, creativity, and spontaneity she brings to the group experience. She is able to blend elements of gestalt, psychodrama, role-playing, and her own infectious style of play into an approach that perfectly fits the intensive demands of schema mode work, cajoling patients to change in profound ways.”

Jeffrey Young Ph.D., Schema Therapy Institute of New York Columbia R

References used:

1. Farrell, JM & Shaw, IA (2012) Group Schema Therapy for Borderline Personality Disorder: A Step-by-Step Treatment Manual with Patient Workbook. Wiley-Blackwell
2. Farrell, JM, Reiss, N, and Shaw, I (2014) The Schema therapy Clinicians Guide: A complete manual for implementing integrated individual and group Schema Therapy Programs, Wiley-
3. Farrell, JM and Shaw, IA (2018) Experiencing Schema Therapy from the Inside Out: A self-practice/self-reflection workbook for Therapists, Guilford.
4. Behary, WT, Farrell, JM, Rousmaniere, T, Vaz, A. (2023) The Deliberate Practice of Schema Therapy, American Psychological Association Press

About the Trainers

Joan Farrell, Ph.D. and Ida Shaw, M.A. are advanced level Schema Therapists and Trainer/Supervisors who co-direct the Cleveland Center of the Schema Therapy Institute Midwest, approved by the International Society Schema Therapy (ISST). The Cleveland Center specializes in Group Schema therapy. Joan is an Adjunct Professor of Clinical Psychology at Purdue University (IUPUI) and was a clinical professor at Indiana University School of Medicine (IUSM), in Psychiatry for 25 years.. Joan and Ida founded and directed the Indiana University School of Medicine Center for Borderline Personality Disorder Treatment & Research. The center provided inpatient intensive group ST and outpatient GST. Joan was the elected Executive Board Member Coordinator for Training & Certification of the ISST 2012-2018. Ida is an ISST Certified Child & Adolescent Schema Therapy supervisor/trainer and chaired the ISST Work Group on Child and Adolescent Schema Therapy that defined certification standards for that specialty area.

In their work, they have integrated their complementary cognitive and experiential treatment approaches with social learning and developmental psychology theory to develop a group treatment model for Schema Therapy (ST). Influenced by their 30+ years of clinical experience and by the work of Jeff Young, they adapted ST interventions and limited reparenting to a group model and developed uniquely group interventions to accomplish ST goals (Farrell & Shaw, 1994, 2012). Joan & Ida have given keynotes, symposia and Master Clinician workshops on GST internationally for over 30 years. They receive



outstanding evaluations for their enthusiastic and collaborative teaching style that includes demonstrations and group role play experiences for participants.

Their book *Group Schema Therapy for Borderline Personality Disorder: A Step-by-step Treatment Manual with Patient Workbook*, was published by Wiley-Blackwell, 2012. It has been translated into German, Italian, Russian, Japanese, Turkish and Polish among other languages. A three DVD Set: *Group Schema Therapy: Innovative Treatment for Personality Disorders* developed by Joan Farrell & Ida Shaw is also available- email for info on purchasing a copy. They went on to apply Group and individual ST to other challenging disorders in *The Schema Therapy Clinician's Guide: A Complete Resource for Building and Delivering Individual and Group Integrated Mode Treatment Programs*, Wiley, 2014. This book has also been translated into many languages. Their latest book *Experiencing Schema Therapy from the Inside-Out: A Self-Practice/Self-Reflection Workbook for Therapists*, was published by Guilford Press, 2018.

Recently, they incorporated the principles of Deliberate Practice from Joan's book with Wendy Behary, Tony Rousmanier and Alex Vaz *The Deliberate Practice of Schema Therapy*, APA Press, 2023 into their training, which has been well received by participants



