 **Announcing: Experiencing Schema Therapy from the Inside Out:**

**Self-Practice/Self-Reflection Group for Schema Therapists**

**2026**

Led by Joan Farrell. Ph.D. and Ida Shaw, M.A.

You are invited to apply for a special opportunity to participate in the annual Self-Practice/Self-Reflection (SP/SR) intensive led by the authors of ***Experiencing Schema Therapy from The Inside-Out: A Self-Practice/Self-Reflection Workbook for Therapists***, Guilford Press 2018 and developers of the Schema Therapy approach to this format. This unique approach to self-practice includes written self-reflection, which directs you to reflect upon your personal experience of interventions as well as what you can learn from your experience to use in your practice for your professional self. The workbook format will be used in sessions adapted to the group's needs. It can be purchased on Amazon with the best discount. Participation in the group can be used to meet the continuing education requirement for ISST certification, the 6 hours of group self-practice required for certification in Group Schema Therapy, or the ISST allowed number of individual ST supervision equivalent hours.

Twice a Month Group Sessions: This closed group meets for 20 sessions, every other Thursday starting February 5 and ending October 29, 2026. Meetings are 90 minutes, 11-12:30 Eastern Standard USA time, same as New York.

2 individual sessions: You will have two individual sessions with either Ida or Joan. One will take place before the group begins, and the second will take place after the group.

Sessions take place on ZOOM and are recorded and made available only to participants. They are destroyed at the end of the group program. The group is limited to 10 schema therapists, and once it starts, it will be closed to new members.

The cost of the program is $1900. Payment plans or an adjusted fee are available to those demonstrating financial need. Please let us know when applying if you want to apply for this benefit.

We are experienced group therapists who developed the primary model of Group Schema Therapy (GST) used today, beginning this work in 1985 and the SP/SR approach to Schema Therapy. In fact, we met each other in a self-practice group for therapists in 1984. We have received very positive feedback from therapists who participated in the intensive, who said they benefited personally and professionally, felt safe in the group, made significant connections with other schema therapists internationally, and had fun. We are the authors of two books on GST, which have been translated into several languages and were used as the protocol for two randomized controlled trials (RCT), demonstrating the high effectiveness of this approach. The second RCT was a five-country 495 patient trial of GST for Borderline Personality for which Joan and Arnoud Arntz were co-principle investigators.

***Group Schema Therapy for Borderline Personality Disorder***, 2012, Wiley-Blackwell

***The Schema Therapy Clinicians Guide: A Complete Resource for Building & Delivering Individual, Group and Integrated Schema Mode Training Programs****.* Wiley, 2014

We have given keynotes, symposia, supervision, Master Clinician workshops, ISST certification training and SP/SR groups internationally for over 20 years. We receive outstanding evaluations for our enthusiastic and collaborative teaching style, including demonstrations and participant group role-play experiences and their ability to offer safe and cohesive group experiences. We are ISST Certified Advanced level Trainer Supervisors in Individual and Group ST, and Ida is also certified as a trainer-supervisor in Child Adolescent ST. We continue to enjoy leading schema therapy groups together and as we have limited our international travel, we have successfully converted their groups to ZOOM.

We are extending this invitation to participate to those who have either attended our ST training or have participated in supervision with one of us. We are excited about starting this annual group for the sixth year on ZOOM.

For questions or more information contact:

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