

Pre-Conference Workshop 1

3 Days

25th April, 12th - 13th June 2020 (9am-5pm)

100% Online Video/Audio Zoom Participation

Eye Movement Desensitisation and Reprocessing (EMDR) Certification Level 1

Abstract:

This consists of three days workshop which covers the introduction to Eye Movement Desensitisation and Reprocessing (EMDR). It emphasises on experiential skills development. You must complete the didactic knowledge component prior to attending the workshop. This consists of a program of reading, recordings and videos which will be sent to you upon registration.

Regular Q&A sessions are held via Internet meetings to assist you in covering this material. It includes six weeks of access to Case Consultation. In addition, it is accredited by Malaysian Association of Psychotherapy (MAP) and EMDR Association of Australia (EMDRAA).

Presenter



Graham Taylor

EMDRAA Accredited
Trainer, Past President
EMDRAA Australia.
Accredited Schema
Therapy trainer.

Pre-Conference Workshop 2

1 Day

26th April 2020 (2pm-5pm)

100% Online Video/Audio Zoom Participation

Couple Therapy for Practitioner Training

Abstract:

This workshop includes an introduction to couple therapy including a systems perspective, the first interview, Assessment with genogram, Working hot with Emotion Focused Couple Therapy, Role play, Schema Therapy perspective, Inter-relationship of schemas and modes, Mode mapping and Mode Cycle Clash Cards, intervention with chair work, and a special focus on affairs. It will also include Imagery work to build couple empathy, Family of origin dynamics, Re-scripting messages, Distinguishing needs and wants, Behaviour pattern breaking, Case conceptualization, Building Healthy Adult and Hidden or implicit learning for couples. In addition, it is accredited by the Couple Therapy Board of the Malaysian Association for Psychotherapy (MAP), the Malaysian Cognitive Behavioural Therapy Association (MCBTA), and International Society for Psychotherapy, Counselling, & Psychiatry (ISPCP).

Presenter



Dr. Edward Chan

Conference

2 Days

Date: 27th April (9am - 5pm) - 28th April 2020 (9am - 1pm)

100% Online Video/Audio Zoom Participation

4th International Psychotherapy, Counselling, & Psychiatry Conference 2020

Invited Speakers:



Graham Taylor



Dr. John Louis



Dr. Edward Chan



Dr. Tan Huey Jing



**Venisha Mani
Subramaniam**



Harlene Anderson



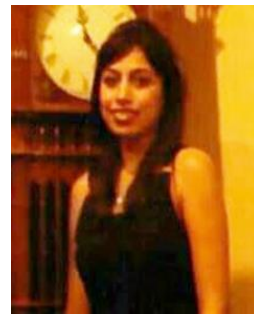
Dr. Robert Brockman



Dr. Colin Ross



Dr. Bruce Steven



Ubashini Jaganathan



Tamar Stone

Keynote title:

“The Whole may be Greater than the Sum of the Parts”: Schema Therapy and EMDR Revisited

Abstract:

The title of this address is taken from a little-known chapter by Jeffrey Young, Wendy Behary, and William Zangwill, published in 2002, one year before the foundational text on Schema Therapy. This text contained no reference to EMDR, and EMDR is seldom mentioned in Schema Therapy writings. Both therapies integrate cognitive, experiential, and behavioural therapies, so why EMDR is so ignored in schema therapy will be speculated upon. I will explore the contribution that Schema Therapy can make to EMDR, but focus more on what EMDR has to offer the schema therapist.

Shapiro’s Adaptive Information Processing model provides the conceptual foundation for EMDR. Parallels to Schema Therapy are drawn, and innovations in EMDR developed by the presenter will shown to be applicable to schema therapy. These innovations will be described conceptually, supporting data presented, and demonstrated with videoed examples. Recently, there has been research comparing imagery re-scripting and EMDR in the treatment of trauma related presentations. This research will be presented and discussed. The role of memory re-consolidation in both Schema Therapy and EMDR will be discussed.

Presenter



Graham Taylor

EMDRAA Accredited
Trainer, Past President
EMDRAA Australia.
Accredited Schema
Therapy trainer.

Professional Profile

Graham Taylor obtained his Master's degree in Clinical Psychology at University of Canterbury, New Zealand. He is an internationally accredited trainer and provides accredited training in Acceptance and Commitment Therapy (ACT), EMDR, and Schema Therapy. He also trains in DBT and mindfulness. He was previously a CEO and Principal Clinical Psychologist at Taylor, McCombe Hof, a group practice of Clinical Psychologists.

John Philip Louis, PhD.

Dr. John Louis earned his PhD from the UK in Clinical Psychology where he conducted empirical research on schemas and parenting scales. These findings provided empirical findings for their “Good Enough Parenting” model. He is a registered counsellor and supervisor with the Singapore Association for Counselling (SAC) as well as an Advanced Certified Schema Therapist, Supervisor/ Trainer with the International Society of Schema Therapy (ISST). Schema Therapy links unmet core emotional needs in childhood with relationship problems in adulthood.

Dr Louis and his wife, Karen Louis, have been in full time church ministry service since 1985, and have been based in Asia since 1988. The Louis



oversee more than 50 affiliated churches in Singapore, Malaysia, Indonesia, Japan, Cambodia, Vietnam, Laos, and Thailand — known as the Southeast Asia Region (SEA Region). He also oversees the operations of charity hospitals in Cambodia as well as other projects by HOPE *worldwide* (Singapore).

Dr Louis and his wife Karen combined their family expertise with Schema Therapy and developed two programmes, “I Choose Us” (ICU) for helping marriages and “Good Enough Parenting” (GEP). They have conducted ICU and GEP workshops in Singapore, Malaysia, Indonesia, Hong Kong, China, Japan, Korea, India, Sweden, Switzerland, France, Hungary, the UK, the US, the Caribbean, and the Ukraine. Singapore’s Ministry of Social and Family Development has also listed “Good Enough Parenting” in the FamilyMatters@Community Programme Menu as a programme to be taught in schools and community centres. Dr Louis has also published several of the concepts used in GEP in peer reviewed journals.

Keynote Title:

Mental Health and its link to Schemas and Early Parenting Patterns

Speaker:

Dr. John Philip Louis

Abstract:

Schema Therapy (ST) has been effective in the treatment of a wide range of mental health conditions, such as affective disorders. One of its central constructs is Early Maladaptive Schemas (EMSs or “negative schemas”), which consists of a specific thought patterns, emotions, bodily sensations, and neurobiological reactions. EMSs are believed to be developed in childhood when one or more core emotional needs, such as Connection and Acceptance, Autonomy and Performance, Reasonable Limits, and Excessive Responsibility and Standards are not satisfactorily met. The positive counterpart of negative schemas is termed Early Adaptive Schemas (EASs or “positive schemas”); these are believed to develop during childhood when core emotional needs are adequately met by primary caregivers.

ST postulates links between early parenting experiences and EMSs and EASs. Negative parenting patterns are believed to contribute to the development of EMSs and presumably also to impede the development of EASs, and positive parenting patterns are believed to help prevent the development of the EMSs and facilitate the development of EASs. This presentation will highlight the various types of parenting interactions through a parenting programme known as “Good Enough Parenting”, and its links to EASs, EMSs, mental health, and personality disorders.



DR. EDWARD CHAN B.Sc. (Psyc), M.Sc., D.Phil. (Psy).
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Principal Consultant Couple & Sex Therapist

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Dr. Edward is the principal consultant couple and sex therapist and psychologist at Relate, Centre for Couple Therapy of the International Psychology Centre

He has been conducting couple and sex therapy and assessment for individuals and couples for the past 18 years in Malaysia, Asia, and Europe. He received training in Emotion Focused Couple Therapy, Imago Couple Therapy, Voice Dialog Facilitation Couple Therapy, and Schema Couple Therapy.

Education

Dr. Chan gained his degree in psychology with Honours from Middlesex University, U.K., his Masters degree at the University of Lancaster, U.K. and his Diploma in Human Sexuality, and Doctorate in Psychology from the Intercultural Open University, the Netherlands. He was supervised by Professor Kim Plunkett at the Dept. of Experimental Psychology, University of Oxford for his doctoral research.

Professional organizations, memberships and functions

Dr. Chan is the Chief Editor of the International Journal of Psychotherapy, Counseling & Psychiatry: *Theory, Research & Clinical Practice* (www.IJPCP.com). Dr. Chan is a practitioner

member (level 5, supervisor), a Fellow of the Malaysian Association of Psychotherapy (MAP), and the Malaysian Cognitive Behavioural Therapy Association (MCBTA), and a fellow of the World Council of Psychotherapy. He is a board certified Couple and Sex Therapist with the MAP Board of Sex Therapy (<http://www.malaysianpsychotherapy.net>). He is a full practitioner member of the Psychotherapy Chapter of the Malaysian Society for Complementary Medicine (MSCM). Dr. Chan was the invited keynote speaker for Asia Pacific Rim International Counselling & Psychotherapy Conference 2013 and the World Psychotherapy Conference 2015 (counselingmalaysia.com) and in 2017 in Paris where he presented research on “Why Couples fall in love and then fight”. Dr. Chan was also an invited speaker at the 37th European Psychiatry Conference 2019 in Warsaw where he presented his research on the topic of Couple Schema Chemistry.

At the national level, Dr. Chan was invited by Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN) to speak at the National Family Harmony Workshop. These were a small selection of international and national couple and sex therapy conferences Dr. Chan was invited to speak on.

Professional and other activities, selected publications:

Dr. Chan received postgraduate certification in Couple, Family, and Sex Therapy Aldo Gurgone, licensed clinical psychologist at William Street Relationship Centre, Perth; and Collaborative Therapy by Professor Harlene Anderson, family therapist from the Houston Gavelston Institute, USA. Dr. Chan has also completed his didactic training in Emotion Focused Couple Therapy accredited by the International Institute of Emotion Focused Couple Therapy.

Dr. Chan has taught in the Malaysian Association of Psychotherapy accredited professional certification courses in Couple Therapy, Sex Therapy, Family Therapy, and Psychotherapy.

Dr. Chan has also authored numerous books and papers, including those published in the academic proceedings and peer reviewed journals of the various international and national conferences he has been invited to speak, including, *Current Research & Practices on Cognitive Behaviour Therapy in Asia*, ed., Professor Tian P.S. Oei from the School of Psychology, University of Queensland, Australia; and *Love Is Never Enough*, Pleasurable Commitment Rules, the critically acclaimed book on couple psychology.

Keynote Title:

Positive Psychology Couple Schema Therapy: A new model of couple therapy focusing on reigniting couple attraction via schema therapy and positive psychology.

Speaker:

Dr. Edward Chan

Keywords

Couple Schema Therapy, Schema Chemistry, Couple Therapy

Abstract:

There are growing evidence indicating schema modes influences emotional and behavioral response in couple interaction which affects relationship satisfaction (Chan & Chan, 2019). Thus, identifying dominant schema modes is important for effective couple therapy. A two-stage positive psychology couple schema therapy, which takes into account the influences of schema and schema modes on couple attraction and dysfunctional conflict resolution style in couples is proposed. The first stage of this couple therapy involves identifying schema mode of each partner and helping each partner to strengthen healthy adult mode. The second stage of the therapy incorporates positive psychology to strengthen couple attraction.

Dr. Tan Huey Jing

Dr. Tan Huey Jing (Renee) completed her medical degree from the Royal College of Surgeon in Ireland and graduated with a Master's degree in Psychological Medicine from University Malaya. Dr. Tan is an early career Psychiatrist with experience of working in various hospitals in Malaysia and has special interest in psychotherapy focusing on schema therapy and interpersonal psychotherapy. Dr. Tan has published various case reports in local and international journals.



Coalface Case Presentation

Keynote Title:

A Battle between The Protector, The Judge and The Vulnerable child: Understanding Dissociative Identity Disorder via Schema Mode Model

Speaker:

Dr. Tan Huey Jing (Renee)

Abstract:

Dissociative Identity Disorder (DID) is the existence of two or more identities in an individual accompanied by a change in memory, personal preferences, attitude and behavior. DID is a rare disorder and is often associated with traumatic or overwhelming experiences. This is a case study of a lady who presented with fragmentations of identity. There were presence of 5 identities of varying age, gender and personality. There was also presence of symptoms of Major Depressive Disorder. In this case, the symptoms of DID were culturally misinterpreted by her family as being possessed. The challenge of DID remains to uncover the underlying trauma as it involves conscious remembering of the traumatic experience. The different identities experienced in this patient were explored and their manifestations were explained via the schema mode model.



Venisha Mani Subramaniam

BSc Psychology (Madras University, India)

Master of Managerial Psychology

(HELP University, Malaysia).

Consultant Psychologist,

PsyCorp,

Centre for Corporate Psychology,

International Psychology Centre.

INDUSTRIAL EXPERIENCE

- Psychotherapy and counseling for individuals and corporate personnel.
- Sport Psychology Officer – counselling services for athletes.
- Teacher – Taught Drama, Speech and Psychology (A-Levels).
- Conduct stress management classes and sessions for individuals, employees, coaches and athletes.
- Resiliency Development Psychotherapy & Counselling – Handled clients with depression and burnt out syndrome. Process utilised included visualization techniques, cognitive desensitization and relaxation techniques.

PROFESSIONAL MEMBERSHIPS

Ms. Venisha is a member of the Malaysian Association of Employees Assistance Professionals, the Malaysian Association of Psychotherapy, and the Malaysian Cognitive Behavioural Therapy Association.

Keynote Title:

Resiliency Development in Your Employees

Speaker:

Venisha Mani Subramaniam

Abstract:

Mental wellness plays a critical role in the overall well-being of employees – affecting productivity and performance.

What different strategies can employers adopt to help employees cope with workplace pressures?

What methods can be adopted to reduce stigma on mental health issues and encourage employees to come forward to seek help when necessary?

Dr. Robert Brockman

Dr. Robert Brockman (Schema Therapy Training Australia; Australian Catholic University) is an experienced teacher and supervisor on clinical psychology masters programs in Sydney since 2010. He practices clinically in both public (e.g. Hospitals, community mental health) and private health sector positions (private practice) in Sydney.



Dr. Robert co-wrote a book on Contextual Schema Therapy with Dr. Bruce Steven. He currently holds a fellowship with Australian Catholic University (ACU) for research in psychological approaches to well-being. He has a major clinical and research interest in formulation and intervention with complex presentations that prove difficult to treat via standard evidence-based protocols. He is currently engaged in research focuses on extending the schema model into novel populations (e.g. GAD, Eating Disorders, HIV Sufferers, Therapists, Psychosis, Asian Populations).

Dr. Robert is accredited by the International Society for Schema Therapy (ISST) as a schema therapist, supervisor, and trainer. He regularly conducts ISST accredited training workshops across Australia, New Zealand, and Singapore, and is currently a consultant clinical supervisor for Institute for Mental Health (IMH) Singapore.

Keynote Title:

When CBT Fails: Schema Therapy for Chronic Axis I Disorders

Speaker:

Dr. Robert Brockman

Abstract:

Whilst CBT enjoys strong empirical support across a large range of psychopathology, a significant proportion of patients show poor treatment response. In many cases, this poor response can be argued to occur due to patient characteristics/ traits which make them poor candidates for standard CBT protocols. Recent research has confirmed the status of Schema Therapy as an evidence-based treatment for a personality disorders using 'extended schema mode conceptualizations'. This workshop will provide an in-depth training of Schema Therapy including recent advances in formulation in Schema Therapy of chronic axis-1 problems (e.g. Eating Disorders, Obsessive-Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), and Depression), with demonstration of within-session mode management strategies that can be used to overcome common treatment roadblocks to evidence-based therapy, including detaching, over-analyzing, and extreme avoidance.

Dr. Colin Ross



Dr. Colin Ross is an internationally renowned clinician, researcher, author and lecturer in the field of dissociation and trauma-related disorders. He is the founder and President of The Colin A. Ross Institute for Psychological Trauma and also the president of the International Society for the Study of Trauma and Dissociation from 1993 to 1994

Dr. Ross obtained his M.D. from the University of Alberta in 1981 and completed his training in psychiatry at the University of Manitoba in 1985. He has been running a hospital-based Trauma Program in Dallas, Texas since 1991.

Dr. Ross has authored 34 books and over 230 professional papers, has reviewed for numerous professional journals and grant agencies and is a past President of the International Society for the Study of Trauma and Dissociation. He has appeared in a number of television documentaries and has published essays, aphorisms, poetry, short stories, and screenplays.

Dr. Ross is adept at imparting complex information to diverse professional audiences on a variety of subjects. He has spoken widely throughout North America and Europe and in China, Malaysia, Australia and New Zealand.

Keynote Title:

PTSD As A Future-Oriented Survival Strategy

Speaker:

Colin A. Ross, M.D.

Abstract:

In this talk, Dr. Ross will review the history of PTSD from the 19th century through DSM-III (1980), DSM-IV (1994) and DSM-5 (2013). He will discuss the survival functions of PTSD symptoms including flashbacks and hyper-arousal and will explain how PTSD can be conceptualized as a disorder of the future. He will illustrate treatment strategies that follow from this perspective with brief case examples. Dr. Ross will relate the discussion to the mammalian defense systems of fight, flight and freeze throughout.

Dr. Bruce Steven



Dr Bruce A. Stevens (PhD Boston University, 1987) is the Wicking Professor of Ageing and Practical Theology at Charles Sturt University, Canberra, Australia. He founded Canberra Clinical and Forensic Psychology in Canberra with over twenty clinical psychologists. He is an endorsed clinical and forensic psychologist, who has written ten books for publishers such as Random House, Harper Collins, PsychOz Publications, Australian Academic

Press, Wiley-Blackwell, and New Harbinger. He has written four books on schema therapy, including an influential one on couple therapy *Schema Therapy with Couples* (Wiley, 2015) and most recently *Contextual Schema Therapy*, with Eckhard Roediger and Rob Brockman (New Harbinger, 2018). His latest book is *The Storied Self* (Fortress Academic, 2018) on narrative gerontology. He is ISST accredited for training in individual and couple therapy.

Keynote Title:

Reclaiming the Unconscious in Schema Therapy

Speaker:

Dr. Bruce Steven

Abstract:

Jeffrey Young developed the evidence-based Schema Therapy which has always been eclectic. He drew on psychoanalytic object relations theory along with other perspectives. This paper argues that the unconscious factors are important in the formation of maladaptive schemas. The unconscious of both Freud and Jung tend to be a grab bag of different processes, but an early or implicit learning perspective highlights a more useful mechanism. This presentation proposes the intervention of sentence completion as a way of giving voice to such learning and leading to far more effective targeting of dysfunctional learning at the base of maladaptive schemas and modes.



Ubashini Jaganathan

BA (Psych)(Hons), MMAPsy, MCBTA,

MEAPA

Wellness Coach & Supervised Psychologist

PERSONAL SUMMARY

Ms. Ubashini has a comprehensive background in resource management, capacity development and facilitation, conflict resolution, negotiation skills with a win-win concessions, and competency in team building.

CORPORATE EXPERIENCE

Ms. Ubashini is a supervised psychologist and wellness coach at the International Psychology Centre and has in depth experience of conducting employees wellness coaching sessions and wellness assessment, facilitating group sessions on mental health and awareness topics, conducting resiliency trainings during on-boarding and refresher trainings for International Psychology Centre's many clients including employees in multinational companies. She is also involved in corporate meetings with management and various stakeholders.

PROFESSIONAL MEMBERSHIPS

Ms. Ubashini is a founder member of the Malaysian Employees Professional Association, a member of the Malaysian Association for Psychotherapy and the Malaysian Cognitive Behavioural Therapy Association.

Keynote Title:

Best Practices of Wellness Coaching in Malaysia

Speaker:

Ubashini Jaganathan

Abstract:

Wellness coaching has become increasingly popular worldwide especially within the corporate sector. Employees Assistance Professionals worldwide have taken on board researches that showed more positive engagement amongst employees with well-planned wellness programmes. This presentation showcases some examples of best practices of wellness coaching with employees that has significantly increased engagement in one to one and group sessions with multinational companies in Malaysia.

Tamar Stone



J. Tamar Stone, M.A., C.H.T., is internationally recognized as a psychotherapist, consultant, consciousness teacher, senior Voice Dialogue facilitator, and the originator of The Body Dialogue Process. She is also the creator of *Selves in a Box*, an interactive card deck and manual for Selves exploration. Tamar is the daughter and stepdaughter of Drs. Hal and Sidra Stone, originators of Voice Dialogue.

Tamar has taught at Pepperdine University, the Esalen Institute, the Omega Institute, Antioch University, Mile Hi Church of Denver, and Kanzeon Zen Center. She maintains an international client base comprising individuals, couples, and professionals seeking a deeper, more fulfilling sense of self.

Tamar is also the author of the *Body Walk Meditations* CD and a forthcoming book titled *The Body: A Path to Presence*. She resides in beautiful Boulder, Colorado, where the majority of her work and trainings takes place.

Keynote Title:

The Psychology of Selves, Voice Dialogue & Schema Modes

Speaker:

Tamar Stone and Dr. Edward Chan

Abstract:

Voice Dialogue, an established modality in which therapists address specific parts of a person's psyche by engaging those parts in dialogue, can foster healing by allowing people in treatment to delve into their psyche in a safe environment. This non-pathological approach aims to uncover what is present, not what is "wrong" or missing and yet has led to much success in treatment outcome and has been incorporated in innovative non pharmacological therapy of severe pathological diseases including schizophrenia for example in **Avatar Therapy** (Craig, T., et. al. 2015, 2018) conducted by clinicians at the Institute of Psychiatry, London.

Schema Modes also invites the patient to view himself in terms of different psychological parts called schema modes that are believed to be in operation in his life, some are more functional than others and seek to treat much psycho-pathology which has shown much successes in published outcome studies (Lobbestael, J. and Arntz, A, 2007).

This keynote seeks to enter into dialogue between practitioners of these two exciting modality of therapy and uncover valuable processes that extends the current models and practices of Schema Modes, Schema Therapy, Voice Dialogue and the Psychology of Selves.

HARLENE ANDERSON, PhD.

Harlene Anderson is a popular speaker, consultant, and trainer. She uses her tools—her insights, her keen interest, her engaging conversational style, her leadership skills—to help and inspire individuals, families, and organizations to achieve clarity, focus, renewed energy, and often surprising results.

Harlene is recognized internationally as a leader in the development of postmodern-oriented collaborative-dialogic practice, which she applies to her work in education, communities, research, and consultation. Her books, translated into several languages, include *Conversations, Language and Possibilities* and coedited *Appreciative Organizations, Collaborative Therapy: Relationships and Conversations that Make a Difference* and *Innovations in the Reflecting Process*.

Dr. Anderson is a cofounder and a board member of the Taos Institute, Houston Galveston Institute, and Access Success International; she is the founding editor of the *International Journal of Collaborative Practices* and co-founder of the International Certificate in Collaborative Practices program.



She received the 2008 *American Academy of Family Therapy Award for Distinguished Contribution to Family Therapy Theory and Practice*, the 2000 American Association for Marriage and Family Therapy award for *Outstanding Contributions to Marriage and Family Therapy*, and the 1997 Texas Association for Marriage and Family Therapy award for *Lifetime Achievement*.

Keynote Title:

Collaborative Relationship and Generative Conversations: Facilitating Transformation

Speaker:

Harlene Anderson, Ph.D

Abstract:

Collaborative-Dialogic Practice is an orientation that encourages relationships and conversations that create a generative space that holds the potential for transformation. It is influenced by an epistemological shift in how we think about ourselves, the people we meet, what we do together, and how we do it. This shift is aligned with the conceptual framework of the social construction, relational, and dialogical assumptions on which this book is grounded. The main feature of the practice, *the philosophical stance*, guides the professional in particular ways of being, talking, thinking, and acting *with* the client. Not-knowing, curiosity, and uncertainty characterize this stance. The professional values and maintains coherence with the client's expertise on their life, reality, and self-defined future. The practice is not based in theory-driven knowledge, methods, or objectivity and does not include pre-structured steps that are generalizable across people and problems. In Collaborative-Dialogic Practice, client and professional establish the sequence and approach together. The chapter offers an overview of an orientation for therapy that challenges traditions of psychotherapy training and practice.

Post-Conference Workshop

1 Day

Date: 29th April 2020 (9am-5pm)

100% Online Video/Audio Zoom Participation

“The Model, Method, and Techniques”

By



Dr. Edward Chan & Dr. Robert Brockman

Accredited by the International Society for Psychotherapy, Counselling, & Psychiatry (ISPCP), the Schema Therapy Board of MAP (Malaysian Association for Psychotherapy), and the Malaysian Cognitive Behavioural Therapy Association (MCBTA).

Abstract:

This introductory workshop will help attendees gain an understanding of the Schema Therapy model and provide an extensive platform for learning new skills and techniques used in Schema Therapy. The workshop will address both the schema and 'mode' models. The training is skills based, with multiple opportunities to learn complex techniques for working with difficult-to-treat clinical populations, with a particular focus on Borderline Personality Disorder and its treatment. It will provide you with a good platform for learning and practicing skills, as well as direct coaching of skills therapists often feel less confident in applying. This workshop is accredited by the International Society for Psychotherapy, Counselling, & Psychiatry (ISPCP), the Schema Therapy Board of MAP (Malaysian Association for Psychotherapy), and the Malaysian Cognitive Behavioural Therapy Association (MCBTA).