



**Psychology Private Australia 9th National Congress hosted by
the
Association of Private Practising Psychologists Queensland 7th to 11th October
2010**

at Rydges Southbank Hotel, 9 Glenelg Street, South Bank, Brisbane 4101
Ph (07) 3364 0800 Fax (07) 3364 080 Free Call 1800 063 983

FULL DAY WORKSHOP ON SCHEMA THERAPY
at Rydges Southbank Hotel on Thursday 7th October 2010
Registration at 8.30 am. The workshop commencing at 9.00am sharp until
5.00pm.

Morning tea, lunch and afternoon tea will be provided

Level 2 Workshop 2 PD points per hour

Schema Therapy:

- **A powerful diagnostic tool**
- **A tried and productive therapy**
- **Some ideas on how to use it in a first session with a client**

Presenters Ted Milliken and Marshall O'Brien

Ted Milliken from Darwin, NT, and Marshall O'Brien from the ACT have over 40 years experience in private practice and some 20 years experience using Jeffrey Young's "Schemas" approaches to CBT.

In his text *Reinventing Your Life* (1993) **Jeffrey Young** identified 11 schemas. He identified 16 schemas in *Cognitive Therapy for Personality Disorders* (3rd Edition 1999) and 18 schemas in *Schema Therapy: A Practitioner's Guide* (2005). He also developed a number of questionnaires including *The Lifetraps Questionnaire* (22 to 36 items), *The Young Schema Questionnaire - L3* (232 items) and *The Young Schema Questionnaire - S3* (90 items).

Milliken and O'Brien have worked out statistically which questionnaire you should use and when and how you should use them. They have been using them differentially in their respective practices for many years.

THE AIM OF THE WORKSHOP - Following the workshop, a practitioner can productively begin using Schema Therapy techniques. Milliken has developed a

technique for using the *Lifetraps Questionnaire* in a first session, showing his client the diagnostic profile, then setting some homework exercises for the next session. This will form part of his presentation.

PROFILE FORMS AND OTHER AIDS – Ted Milliken and Marshall O'Brien have developed these forms over the years they have been using Schema Therapy. Proformas of these for immediate copying and use will be made available to every registrant at the workshop.

WORKSHOP PRE-READING – It is a requirement for a Level 2 Workshop (2 PD points per hour) that registrants engage in pre-reading preparation for the workshop. A registrant needs to be familiar with at least the first 6 chapters of *Reinventing Your Life*.

The book may be purchased at good bookstores or on Amazon.com. It is also available at Self Help Books in Brisbane (Phone 07 3839 9727 or fax 07 3839 9716 for a special discount price for workshop registrants of 25.00. Self Help Books will post you a copy for \$5.00 postage. To ensure availability of the book, please notify Self Help Books as early as possible.

REMEMBER!!!

Bring your copy of Reinventing Your Life

This workshop was run by the A.P.S. Perth branch earlier this year and registration had to be cut off and limited to the first 60 registrants. Don't miss out! Register early!

Cost of the one day workshop is "Early Bird" by 20th September 2010 - \$200.00

After 20th September the standard rate is \$250.00

Full time psychology students \$150.00

See payment details on Congress Registration attachment.