

Pre-Conference Workshop

3 Days

24th - 26th April 2020

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.

Conference

2 Days

Date: 27th April (9am - 5pm) - 29th April 2020 (9am - 1pm)

100% Online Video/Audio Zoom Participation

1st Asia Schema Therapy Conference 2020

Invited Speakers:



Graham Taylor



Dr. John Louis



Dr. Edward Chan



Dr. Tan Huey Jing



**Venisha Mani
Subramaniam**



Dr. Robert Brockman



Josephine Cannon



Dr. Bruce Steven



Ubashini Jaganathan

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.
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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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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:

From Positive Schemas and Building the Healthy Adult to Psychosis: New Direction in Schema Therapy

Speaker:

Dr. Robert Brockman

Abstract:

Schema Therapy has developed with key focus on the treatment of personality disorders and chronic problems. Recent applications of the model are focusing on explicit approaches to building a healthy adult mode (self). On the other end of the spectrum, Schema Therapy continues to be applied to an ever-increasing spectrum of psychological disorders and clinical problems (e.g. Dissociative Identity Disorder, Psychotic Symptoms). This talk will discuss the latest theory and evidence being developed in the schema therapy community covering a range of issues from the use of positive approaches, through to the application of the model to serious mental health illness.

Josephine Cannon



Josephine Cannon is a counselling psychologist who has been practicing for over 25 years since graduating from University of New England Australia with a Master's degree. Prior to her private practice, Josephine was the manager of psychology section in a Federal Government Department leading a team of psychologists with its main role in psychometric assessment, functional assessment and the assessment of individual employability.

Josephine understands that traumatic experiences will compromise a person's psychological well-being and adversely impact on every facet of a person's life. Josephine's interest in working with trauma sufferers began in the early stages of her career in the mid 1990's. This interest led her to undertake in depth training in EMDR therapy. She frequently uses EMDR therapy in her clinical practice especially with first responders and people presenting with symptoms of complex PTSD. Josephine is also an EMDRACC Accredited Consultant and a facilitator of EMDR therapy training.

Keynote Title:

A work place incident triggered unprocessed touchstone memories

Speaker:

Josephine Cannon

Abstract:

This case study demonstrates how touchstone events need to be reprocessed before substantial and pervasive changes can be expected. The case followed Francine Shapiro's eight phase model and showed the efficacy of the model in the treatment of PTSD for a victim of childhood sexual assault. It demonstrated how the application of EMDR therapy structure and the processing leads to cognitive shift and emotional release of the client.

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.

Post-Conference Workshop

2 Days

Date: 28th - 29th April 2020

100% Online Video/Audio Zoom Participation

“The Model, Method, and Techniques”

By



Dr. Edward Chan

B.Sc. (Psyc), M.Sc., D.Phil. (Psy).

FMAPsy, FMCBTA, FISCPSyC, FECARE.

Principal Consultant Psychologist,

**Malaysian Association for Psychotherapy (MAP) Schema Therapy Board
Accredited Trainer**

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).