



SCHEMA THERAPY TRAINING IN NEW ZEALAND – SCHEDULE FOR 2025

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Schema Therapy Training and Consulting (STTAC) is pleased to announce the 2025 training schedule.

Schema therapy is an integrative therapy that helps clients learn how to get their psychological needs met in a healthy way. It involves emotional experiential work (including chair work and imagery rescripting) and cognitive/behavioural strategies that lead to positive shifts in ways of thinking, feeling, coping and relating.

STTAC will again be offering the official ISST training in both adult and child/adolescent schema therapy, as well as the popular EMDR focused schema therapy and sand-tray focused schema therapy.

STTAC will also be offering a supervision group in 2025.



International Society of
Schema Therapy

Training Dates:

Adult ISST schema therapy training:

Module 1

18-20 March 2025

Module 2 and 3

6-9 May 2025

Child/Adolescent ISST schema therapy training:

Module 1

25-27 March 2025

Module 2

13-15 May 2025

VENUE:

KARORI, WELLINGTON AND ONLINE

For other training workshops please see the STTAC website

STTAC

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