



## **ADULT ISST SCHEMA THERAPY**

### **TRAINING IN NEW ZEALAND**

**PRESENTER: ESTELLE MACDONALD, ISST CERTIFIED ADVANCED ADULT SCHEMA THERAPIST, SUPERVISOR AND TRAINER**

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.

Module 1 focuses on an introduction to schema therapy and working with borderline and narcissistic personality disorders.

Module 2 and 3 training focuses on depressive, avoidant and obsessive personality presentations, as well as the use of schema therapy for trauma. Time is also spent on looking at cultural adaptations for the New Zealand context.



**Training Dates:**

**Module 1**

**10 - 12 March 2026**

**Modules 2 and 3**

**10 - 13 November 2026**

**Cost:**

**Module 1**

**\$750 for 3-days**

**Module 2 and 3**

**\$850 for 4-days**

**Venue:**

**In-person  
(Wellington) or  
online**

**SCHEMA THERAPY  
TRAINING AND  
CONSULTING**

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