



CHILD AND ADOLESCENT ISST SCHEMA THERAPY TRAINING IN NEW ZEALAND – WELLINGTON AND ONLINE

PRESENTER: ESTELLE MACDONALD, ISST CERTIFIED CA-ST TRAINER AND SUPERVISOR

The official ISST CA-ST training for mental health professionals

Come and learn about how schema therapy can be applied to children and adolescent clients. Schema therapy is helpful for those young clients who are struggling with a variety of issues, including trauma, anxiety, attachment difficulties and so forth. It involves not just cognitive strategies but also experiential work, involving chair dialogue work, play therapy/sand tray therapy, imagery work and parent coaching.



Training Dates:

Module 1

Introduction to schema therapy and mode work

3-5 March 2026

Module 2

**Schema coaching
for parents**

27 August 2026

Module 3

Imagery re-scripting work

8 September 2026

Module 4

Schema therapy and sand-tray work

14-15 October 2026

FURTHER INFORMATION

Tel: +64 27 935 4418

Website: www.sttac.co.nz

Email: info@sttac.co.nz