





SCHEMA THERAPY TRAINING AUSTRALIA


LEVEL 1 SCHEMA THERAPY TRAINING – AUCKLAND (2026)

Schema Therapy – The Model, Methods & Techniques

*3-Day ISST-Accredited Level 1 Workshop

 Auckland, New Zealand

 **25th – 27th March, 2026** (Wed-Fri)

 9:00am – 5:00pm | 21 hours

 **Accredited** by the *International Society for Schema Therapy*
(ISST)

ABOUT THIS WORKSHOP

This foundational, highly practical Level 1 training offers clinicians a **solid** grounding in Schema Therapy theory and skills. You'll learn how to:

- Understand the Schema Therapy model and key concepts
- Assess Early Maladaptive Schemas and coping styles
- Work confidently with schema modes
- Apply core techniques including imagery rescripting, mode dialogues, limited reparenting
- Integrate schema case conceptualisation and formulation into clinical practice.


PRESENTER

Dr Rob Brockman


Clinical Psychologist, *Accredited Advanced* Schema Therapist, Supervisor & Trainer – internationally experienced in Schema Therapy training and implementation.

Rob is the current president of the International Society of Schema Therapy (ISST).

FINAL DETAILS

 Morning/afternoon tea included (lunch available at venue bistro).

 **Early Bird Ends 27th February**

 **Register or check full details:**
schematherapytraining.com

(Level 2/Advanced Course also Available)