

Inspire 2026

Thessaloniki, Greece



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY

Event Programme

INNOVATING CONNECTIONS: BRIDGING MIND, BODY
and CULTURE THROUGH SCHEMA THERAPY

DAY 1

May 28, 2026

Pre- Conference
Workshops

DAY 2

May 29, 2026

Conference Day
Keynotes, In-Conference Workshops,
Symposia, Skills Class, Case
presentation, Activities ...

DAY 3

May 30, 2026

Conference Day
Keynotes,
Round the table, Case presentation,
Science to Practice
Gala Dinner...



GET YOUR TICKET



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Thessaloniki, Greece



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY

Event Programme

01

Keynotes & Plenary

Keynotes
Research Grants Award Ceremony
Activities
Gala Dinner

02

Workshops & Training

Pre-Conference Workshops
In-Conference Workshops
Skill class

03

Science & Practice

Symposia
Science to Practice
Case Presentation
Poster Presentation

04

Discussion & Exchange

Round Table Discussion
Hot Topic Talk



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Track 1	Track 2	Track 3	Track 4	Track 5	Track 6	Track 7	
INSPIRE 2026 - THURSDAY							
Registration & coffee break							
Keynote Janis Briedis : Do we need somatic interventions in schema therapy?							
coffee 15 min							
Janis Briedis	Nicole Haubitz & Denise Ginzburg-Marku	Remco v.d. Wijngaart & Julie Krans	David Bernstein Renata Moreira Coelho João Victor Fonseca	Christoph Loose Maria Galimzyanova Diana Teodorescu	George Lockwood Maria Mueller-Gartner	The Alternative Experience Track - more details to follow shortly	
Somatic interventions for trauma in schema therapy	Making Change Tangible: Impact Techniques in Schema Therapy for Individuals, Couples, Groups, and Young Clients	Bringing ImRs and Chairwork to Life How voice, body, and presence supercharge experiential impact in Schema Therapy	Strengthening the Healthy Adult: From Awareness to Action in Strengths-Based Schema Therapy	Schema Coaching for Parents	Expanding the Power of Limited Reparenting: Deepening Work Through Positive Parenting Schemas and the 7 Core Emotional Needs		
coffee 15 min							
Janis Briedis	Nicole Haubitz & Denise Ginzburg-Marku	Remco v.d. Wijngaart & Julie Krans	David Bernstein Renata Moreira Coelho João Victor Fonseca	Christoph Loose Maria Galimzyanova Diana Teodorescu	George Lockwood Maria Mueller-Gartner		
Somatic interventions for trauma in schema therapy	Making Change Tangible: Impact Techniques in Schema Therapy for Individuals, Couples, Groups, and Young Clients	Bringing ImRs and Chairwork to Life How voice, body, and presence supercharge experiential impact in Schema Therapy	Strengthening the Healthy Adult: From Awareness to Action in Strengths-Based Schema Therapy	Schema Coaching for Parents	Expanding the Power of Limited Reparenting: Deepening Work Through Positive Parenting Schemas and the 7 Core Emotional Needs		
Lunch							
Janis Briedis	Rob Brockman & Wendy Behary	Remco v.d. Wijngaart & Julie Krans	David Bernstein Renata Moreira Coelho João Victor Fonseca	Jolijn Drost Wendelien Merens	Katerina Angeli		
Somatic interventions for trauma in schema therapy	All Roads Lead to the Critic: Uncovering and Healing the Central Dynamics of Shame, Guilt, and Self-Criticism in Schema Therapy	Bringing ImRs and Chairwork to Life How voice, body, and presence supercharge experiential impact in Schema Therapy	Strengthening the Healthy Adult: From Awareness to Action in Strengths-Based Schema Therapy	Bridging Mind and Body in Group Schema Therapy for Eating Disorders: Experiential Pathways to Reconnection and Change	Sketch it out: Creating autobiographic sketch-stories through the Schema Therapy case conceptualization		
coffee 15 min							
Janis Briedis	Rob Brockman & Wendy Behary	Remco v.d. Wijngaart & Julie Krans	David Bernstein Renata Moreira Coelho João Victor Fonseca	Jolijn Drost Wendelien Merens	Gill Heath Christina Vallianatou		
Somatic interventions for trauma in schema therapy	All Roads Lead to the Critic: Uncovering and Healing the Central Dynamics of Shame, Guilt, and Self-Criticism in Schema Therapy	Bringing ImRs and Chairwork to Life How voice, body, and presence supercharge experiential impact in Schema Therapy	Strengthening the Healthy Adult: From Awareness to Action in Strengths-Based Schema Therapy	Bridging Mind and Body in Group Schema Therapy for Eating Disorders: Experiential Pathways to Reconnection and Change	Reparenting the Healthy Adult		
coffee 15 min							
WELCOME DRINKS							

INNOVATING CONNECTIONS: BRIDGING MIND, BODY and CULTURE THROUGH SCHEMA THERAPY

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Track 1	Track 2	Track 3	Track 4	Track 5	Track 6	Track 7	
INSPIRE 2026 - FRIDAY							
Registration & coffee break							
Welcome from the EB by Rob Brockman & Keynote - Arnoud Arntz : An update of schema therapy research findings							
coffee 15 min							
Wendy Behary	Robin Spiro, Megan Fry & Lynda Parry	Dorothei Garoni, Manos Kattoulas & Eirini Tsartsara-short	Christopher Hayes	Natalia Ranson, Tara Cutland Green & Susan Simpson	Sergio Morales	The Alternative Experience Track - more details to follow shortly	
Hiding in Plain Sight... Disarming the Covert Narcissist Innovations in Schema Therapy with Individuals and Couples	Treating Dissociative Identity Disorder – Schema Therapy Foundations and Specialized Techniques	Suicide bereavement and postvention through the lens of Schema Therapy	Schema Therapy for Childhood Sexual Abuse: Building Confidence in Trauma Work	What Precedes Secure Attachment? How the Sense of Being Held by the Earth may be Foundational to Brain-Mind-Body Healing at a Deeper Level	Schema Therapy and Experiential Interventions for Couples with Relational Problems: Sexual Difficulties and Addictions		
coffee 15 min							
Wendy Behary	Robin Spiro, Megan Fry & Lynda Parry	Conway Jeffrey	Navot Limor	Walker Hugh Freideriki Carmen Mamali Robert Szymanek	Rosi Reubsat, Judith Vanhommerig		
Hiding in Plain Sight... Disarming the Covert Narcissist Innovations in Schema Therapy with Individuals and Couples	Treating Dissociative Identity Disorder – Schema Therapy Foundations and Specialized Techniques	Boundaries and Autonomy: The Concept of Boundaries and the Development of the Enmeshment and Undeveloped Self	Breaking the Taboo: Rethinking and Working With Female Aggression in Schema Therapy	Autistic Burnout & Schema Therapy YSQ-4: Psychometric & Cross-Cultural Findings Music-Based Schema Interventions	Fine-tune your limited reparenting through a phase-oriented approach. Innovative connections: bridging Schema Therapy, child development, and psychodrama		
Lunch							
poster sessions							
Hasan Alp Karaosmanoglu	Yvonne Reusch	Duygu Yakin, Jenny Broersen, Anne-Marie Claassen & Arjan Videler	Christopher Lee	Yalcin Ozgur Diana Teodorescu	Arjan Videler, George Lockwood, Anne-Marie Claassen & Yakin Duygu		
The neurobiology of schema modes	Body Focus in Chair Work: Unlocking the Power of Emotional Activation	Beyond Symptom Reduction: Building the Healthy Adult Through Positive Schemas	Synergies of Schema Therapy and EMDR: insights from research and clinical practice.	Attachment & Complex Trauma in Autism and ADHD Group Schema Therapy for Children & Adolescents	The Positive Dimensions in Schema Therapy: Theoretical Aspects and New Insights		
coffee 15 min							
Hasan Alp Karaosmanoglu	Yvonne Reusch	Liu Xi	Joan Farrell, Paul Kasyanik & Eckhard Roediger	Samantha Flores, Jordi Cid, Yoselin López Guerra & Irene Yunuen Esquivel Tapia	Alexandra Yaltonskaya & Natalia Gegel		
The neurobiology of schema modes	Body Focus in Chair Work: Unlocking the Power of Emotional Activation	Meeting the Needs of Ancestors: Intergenerational Trauma in Therapy	Group Schema Therapy vs. Schema Therapy in Groups. Live demonstration of two ways of working with groups	Working with Suicidality in Schema Therapy: therapist modes activation, countertransference seen as mode clashes, and therapist's self-care	Strength-Based Limited Reparenting: Integrating Positive Psychology into Schema Therapy Practice		
coffee 15 min							
Research Grants Award Ceremony, presented by Arnoud Arntz							
Improve 30 minutes							
Activities							
In-conference Workshop		Round the table		Case presentation		Science to Practice	
Skills Class		Hot Topic Talk		Poster Presentation		Symposium	

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The INSPIRE 2026 in Thessaloniki Greece Programme Conference day - May 30th, 2026

Track 1	Track 2	Track 3	Track 4	Track 5	Track 6	Track 7	
INSPIRE 2026 - SATURDAY							
Registration & coffee break							
Keynote - Susan Simpson : Rewilding the Healthy Adult – Embodiment, Interbeing, and Nature Connectedness in Schema Therapy							
coffee 15 min							
Joan Farrell & Wendy Behary	Saskia Ohlin & Ruth McCutcheon	Tara Cutland Green, Susan Simpson & Lia Ranson	Daria Rakhubovska, Roy Kamienchik Michal Schoenberg-Taz, Offer Maurer Crystal Lee & Michael Mo	Beatrice Ng-Kessler, Arinobu Hori & Michelle Hui Ling	Eckhard Roediger, Julia Hinrichs, Leo Goetstouwers & Eva Frank-Noyon	The Alternative Experience Track - more details to follow shortly	
Implementing Deliberate Practice in Schema Therapy Training and Peer Supervision	Self-disclosure in Schema therapy: How to use it across cultures	Deep Brain Reorienting and Schema Therapy: A Neurobiological Pathway to Healing Shock and Core Pain Underpinning Schemas	Designing Safe Compassion: Ethical, Clinical, and Regulatory Questions for AI in Schema Therapy	The Two Sides of the Same Coin: Navigating the Parent-Child Relationship in Schema Therapy within Collectivistic Cultures	Schema Therapy for couples. Concept and Evidence Base		
coffee 15 min							
Elizabeth Lacy & Offer Maurer	Saskia Ohlin & Ruth McCutcheon	Bruno Luiz Avelino Cardoso, Xi Liu, João Guilherme & João Guilherme Campos	Andrew Phipps	Illobre Facundo / Rossana Pettersén Galit Gilad / Barbara Basile / Stavropoulos Lauren	Julia Schuchardt		
Sexuality in Schema Therapy: Assessment, Conceptualization, and Interventions for Sexualized Modes and Schemas	Self-disclosure in Schema therapy: How to use it across cultures	From Minority Stress to Affirmative Healing: Schema Therapy with LGBTQIA+ Populations	The Future Looks Bright: A Novel Imagery Rescripting Protocol for Pessimism	IFS Principles in ST / Healthy Adult & Expat Adjustment / Schema Therapy in Extreme Political Contexts / Schemas in Intimate Relationships /Imagery Rescripting for Worry	Preventing schemas: Where should we begin? Bridging parenting and reparenting		
Lunch							
poster sessions							
Alison Bocquee	Scott Kellogg	Graham Kell	Christopher Fuhrhans & Mera Abdelmalek	Anneke Bruinsma & Marisol Neijenhuis	Andrea Balint		
A Schema Therapy approach to working with Shame in Children and Families	Dialogical Strategies and Chairwork Encounters: Challenging Schemas and Engaging With Modes	Repairing family ruptures: Circuit-breaking unhealthy patterns between parents and young adults	Practical Introduction to the “Hero’s Journey”: Group Schema Therapy Meets Expressive Arts Therapy in a Humanistic Framework	Schema-Therapeutic Exposure (SCHerp) for Anxiety and OCD: Facing Fears with the Healthy Adult Mode	From Decoding Passive Aggression to Practical Skills for Intervention		
coffee 15 min							
Alison Bocquee	Scott Kellogg	Offer Maurer & Michal Schoenberg-Taz	Megan Fry & Simone Ray	David Bernstein, Chris Lee, Eshkol Rafaeli, Marleen Rijkeboer, Arnoud Arntz	Khrystyan Zhyvaho		
A Schema Therapy approach to working with Shame in Children and Families	Dialogical Strategies and Chairwork Encounters: Challenging Schemas and Engaging With Modes	Bridging Minds: Artificial Intelligence (AI) as a Reparenting Facilitator in Schema Therapy	Schema-Focused Supervision: Developing Your Schema Skills	The Evolving Schema Therapy Model: Controversies, Challenges, and New Insights	Strengthening Autonomy in clients with Somatic Symptoms: Empowerment Using Body Focused Schema Therapy		
coffee 15 min							
Closing Ceremony							
GALA DINNER							
In-conference Workshop		Round the table	Case presentation	Science to Practice			
Skills Class		Hot Topic Talk	Poster Presentation	Symposium			

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Keynotes & Plenary

Central sessions designed for all conference participants, including keynote addresses and award ceremonies.

KEYNOTES

REWILDING THE HEALTHY ADULT – EMBODIMENT, INTERBEING, AND NATURE CONNECTEDNESS IN SCHEMA THERAPY

THURSDAY 28TH, 2026

This keynote proposes a reconceptualisation of the Healthy Adult mode through embodiment, relationality, and nature connectedness. Integrating Schema Therapy with neuroscience, phenomenology, and Indigenous perspectives, it explores how reconnection with body, nature, and interbeing may address a foundational form of deprivation and support deeper psychological, cultural, and ecological healing.

[Susan Simpson](#) | Clinical Psychologist | ISST Supervisor Accreditation: Individual, Group

AN UPDATE OF SCHEMA THERAPY RESEARCH FINDINGS

FRIDAY 29TH, 2026

This keynote presents an overview of the most recent large-scale research findings relevant to Schema Therapy, including randomized controlled trials comparing ST with other evidence-based treatments and new data on Imagery Rescripting. It also introduces first results from an international collaboration developing extended Schema Therapy assessment instruments, with implications for theory, measurement, and clinical decision-making.

[Prof. Arnoud Arntz](#) | Professor emeritus of clinical psychology | ISST Honorary Member | Faculty of Social and Behavioural Sciences | Programme group Clinical Psychology

RESEARCH GRANTS AWARD CEREMONY

RESEARCH GRANTS AWARD CEREMONY, PRESENTED BY ARNOUD ARNTZ

Workshops & Training

Interactive, skills-based sessions focusing on clinical practice, training, and professional development. Includes pre-conference and in-conference workshops of varying duration.



PRE-CONFERENCE

Pre-Conference Workshops – ¼ Day

Sketch it out: Creating autobiographic sketch-stories through the Schema Therapy case conceptualization

Presenter: [Katerina Angeli](#)

This skills class explores the use of sketching and drawing as experiential, non-verbal techniques within Schema Therapy to access emotions, schemas, and modes that may be difficult to express verbally. Through clinical examples and guided experiential exercises, participants learn how visual arts can support embodied processing, deepen contact with the Vulnerable Child, and enrich case conceptualisation and therapeutic connection.

Reparenting the Healthy Adult

Presenter: [Gill Heath](#) | [Christina Vallianatou](#)

This workshop explores a relational approach to strengthening the Healthy Adult mode in clients who struggle to engage with purely strengths-based interventions. Drawing on research on emerging adulthood and clinical experience, the session outlines how the therapy relationship can meet Healthy Adult reparenting needs through scaffolded guidance, modelling, and supported agency to enhance adult functioning and resilience.

Pre-Conference Workshops – Half Day

Making Change Tangible: Impact Techniques in Schema Therapy for Individuals, Couples, Groups, and Young Clients”

Presenter: [Nicole Haubitz](#) | [Denise Ginzburg](#)

This workshop introduces impact techniques as creative, embodied interventions that enhance emotional engagement and mode awareness when clients struggle with avoidance or high arousal. Through hands-on practice, participants learn how posture-based, symbolic, and chair-focused methods can make schema concepts tangible and support effective mode change across individual, couple, group, and developmental contexts.

All Roads Lead to the Critic: Uncovering and Healing the Central Dynamics of Shame, Guilt, and Self-Criticism in Schema Therapy

Presenter: [Rob Brockman](#) | [Wendy Behary](#)

This half-day workshop offers a **nuanced approach to working with Inner Critic modes**—including punitive, demanding, and guilt-inducing critics. Moving beyond a purely confrontational stance, the workshop explores how some critic modes may reflect **early survival functions**, such as preserving attachment or safety. Integrating Schema Therapy with compassion-based and neurobiological perspectives, the presenters demonstrate how to **tailor interventions along a continuum**: from firm limit-setting with harsh critics to empathic confrontation and dialogical work with more adaptive or “loyal” critics. Through live demonstrations, chair work, and guided reflection, participants learn to identify critic subtypes, explore underlying intentions, and strengthen the **Healthy Adult** as a caring and protective advocate. Participants leave with **practical experiential tools** to reduce toxic shame, process grief, and support lasting self-acceptance.

Schema Coaching for Parents

Presenter: [Christoph Loose](#) | [Maria Galimzyanova](#) | [Diana Teodorescu](#)

This workshop introduces **Schema Coaching for Parents** as an experiential, schema-based approach to parental guidance and therapy-accompanying work. Parents learn to recognise how their own schemas and modes influence family interactions, understand their child’s emotional needs, and respond with greater awareness, flexibility, and connection. Through a safe coaching relationship, the focus is on strengthening the **Caring and Guidance Mode**, transforming maladaptive patterns, and fostering a more secure, supportive family environment using practical schema-therapeutic interventions.

Bridging Mind and Body in Group Schema Therapy for Eating Disorders: Experiential Pathways to Reconnection and Change

Presenter: [Jolijn Drost](#) | [Wendelien Merens](#)

This interactive workshop explores how **Group Schema Therapy (GST)** can support recovery from eating disorders by restoring **mind–body connection and emotional awareness**. Eating-disorder symptoms are understood as expressions of detached and overcompensatory modes that protect against shame, vulnerability, and unmet needs. Through experiential, body-focused, and relational interventions in a group setting, participants learn how to safely activate and transform these modes, strengthen interoceptive awareness, and use the group as a powerful context for corrective emotional and embodied experiences.

Expanding the Power of Limited Reparenting: Deepening Work Through Positive Parenting Schemas and the 7 Core Emotional Needs

Presenter: [George Lockwood](#) | [Maria Mueller-Gartner](#)

This experiential workshop deepens understanding of **Limited Reparenting** as a relational process rooted in the earliest **core emotional needs** and the development of secure attachment. By exploring the **7 Core Emotional Needs** in their earliest, infantile forms, participants learn how to assess and work with the client’s *inner infant*, integrate implicit memory into case conceptualization, and tailor interventions to attachment, temperament, and cultural context. Through rich case examples, live demonstrations, somatic and imagery-based exercises, and the use of the **Limited Reparenting Inventory (LRI)**, the workshop offers practical tools to strengthen healing relationships and support attachment repair in both individual and family-based Schema Therapy.

Pre-Conference Workshops– Full Day

Somatic interventions for trauma in schema therapy

Presenter: [Janis Briedis](#)

This one-day experiential workshop introduces **advanced somatic interventions within Schema Therapy** for clients with complex trauma and attachment wounds. Grounded in neurobiology and attachment theory, it shows how trauma-related schemas and modes are often encoded and expressed through bodily sensations, symptoms, and non-verbal responses. Participants learn to safely track and work with these somatic signals using a **structured 4-step model**, titration, and co-regulation, while staying within the client's Window of Tolerance. Through guided practices, case material, video examples, and experiential exercises, the workshop equips therapists to integrate body-based methods that strengthen a **somatically grounded Healthy Adult mode**, foster compassion toward the Vulnerable Child, and expand Schema Therapy with embodied pathways to healing.

Finetuning Imagery Rescripting: how to address different types of core emotional needs and antagonists?

Presenter: [Remco v.d. Wijngaart](#) | [Julie Krans](#) | [Marjolein van Wijk-Herbrink](#)

This experiential workshop focuses on **Imagery Rescripting (ImRs)** as a process of meeting **unmet core emotional needs** through corrective emotional experiences. Participants learn how to work with different types of antagonists—or their absence—within imagery, and how each configuration calls for addressing specific emotional needs beyond safety, such as attachment, autonomy, self-expression, spontaneity, realistic limits, and fairness. The workshop integrates a **cross-cultural perspective**, helping therapists adapt ImRs sensitively to cultural variations in how emotional needs are expressed and fulfilled, thereby bridging mind, body, and culture in rescripting work.

Strengthening the Healthy Adult: From Awareness to Action in Strengths-Based Schema Therapy

Presenter: [David Bernstein](#) | [Renata Moreira Coelho](#) | [João Victor](#)

This experiential workshop introduces **Strengths-Based Schema Therapy (SBST)**, an integrative approach that combines Schema Therapy, Positive Psychology, Mindfulness, and Existential Psychology to rapidly strengthen the **Healthy Adult mode** and cultivate inner freedom. Participants learn how to identify stuck patterns, activate personal strengths to meet core emotional needs, and use evocative **iModes imagery** to make modes, needs, and strengths vivid and actionable. The workshop focuses on core SBST skills that can be integrated into any Schema Therapy practice, offering practical, evidence-informed tools for facilitating mindful choice, emotional flexibility, and strengths-based behavior change.



CONFERENCE

In-Conference Workshops

Hiding in Plain Sight... Disarming the Covert Narcissist Innovations in Schema Therapy with Individuals and Couples

Presenter: [Wendy Behary](#)

This workshop focuses on **covert narcissism**, a subtle and often overlooked presentation of narcissistic personality pathology marked by pseudo-vulnerability, passive aggression, victimhood, and emotional manipulation. Unlike overt narcissism, these patterns are easily misread as insecurity or genuine sensitivity, yet they often have **deeply diminishing effects on partners and relationships**. Using a **Schema Therapy framework**, the workshop helps clinicians accurately conceptualize covert narcissism, identify maladaptive coping modes, and address underlying unmet emotional needs rooted in early trauma, enmeshment, and attachment ruptures. Equal attention is given to **treating partners**, including schemas of self-sacrifice and subjugation. Participants learn practical strategies—such as mode work, imagery rescripting, inner-critic interventions, and behavioral pattern breaking—while strengthening their own **Healthy Adult stance** to work effectively with this complex and challenging population.

Sexuality in Schema Therapy: Assessment, Conceptualization, and Interventions for Sexualized Modes and Schemas

Presenter: [Elizabeth Lacy I Offer Maurer](#)

This workshop explores **sexuality as a central expression of schemas, modes, and unmet emotional needs**, addressing a topic that is common in clinical practice yet often avoided in schema therapy. It offers a clear framework for understanding and treating **sexualized schemas, coping patterns, and modes** with clinical sensitivity and depth. Participants learn to take **attuned sexual histories**, conceptualize how schemas (e.g. shame, deprivation, enmeshment) shape sexual experience, and apply **adapted schema therapy interventions**—including mode work, imagery, and chair techniques—to sexual themes. Special attention is given to **LGBTQ+ clients, hypersexuality, infidelity, and cultural competence**. The workshop combines theory, case examples, and experiential practice, supporting therapists in working confidently and compassionately with sexual material while managing their own schema activation.

Body Focus in Chair Work: Unlocking the Power of Emotional Activation

Presenter: [Yvonne Reusch](#)

This experiential workshop introduces a body-focused approach to chair work that enhances emotional activation by integrating posture, movement, and embodied expression into traditional dialogical techniques. Through live demonstration and guided practice, participants learn how attending to bodily processes can deepen emotional access and strengthen the therapeutic impact of chair work.

Self-disclosure in Schema therapy: How to use it across cultures

Presenter: [Saskia Ohlin](#)

This workshop explores how therapist self-disclosure can be used intentionally within Schema Therapy while remaining sensitive to cultural differences. Combining research, clinical examples, and experiential exercises, the session offers a culturally informed framework for using self-disclosure to strengthen therapeutic alliance, support limited reparenting, and model Healthy Adult functioning across diverse contexts.

The neurobiology of schema modes

Presenter: [Hasan Alp Karaosmanoglu](#)

This workshop introduces a neurobiologically informed, layered model of schema modes, integrating evolutionary, affective, and attachment-based systems. By conceptualising modes as sequential responses grounded in primary emotional and motivational systems, the session offers a coherent framework to enhance case formulation and refine interventions with core vulnerabilities and entrenched coping modes.

Implementing Deliberate Practice in Schema Therapy Training and Peer Supervision

Presenter: [Joan Farrell](#) | [Wendy Behary](#)

This workshop introduces the **deliberate practice model** as an effective approach for developing clinical competence in Schema Therapy. Participants learn how clearly defined micro-skills can be practiced in a structured way, supported by immediate, criteria-based feedback. Working mainly in **triads** (client, therapist, supervisor), the training focuses on challenging Schema Therapy micro-skills, including limited reparenting with overcompensating coping modes, the Angry Child mode, and working with the dysfunctional inner critic. The workshop demonstrates how deliberate practice strengthens traditional training and peer supervision formats, offering participants a practical, experience-based understanding of this innovative method and its benefits for skill development.

A Schema Therapy approach to working with Shame in Children and Families

Presenter: [Alison Bocquee](#)

This half-day workshop explores shame as an embodied, relational emotion rooted in early maladaptive schemas and transmitted through family and cultural patterns. Using a Schema Therapy framework, the session equips therapists with experiential, somatic, and relational interventions to transform shame-driven modes in children and caregivers into self-compassion, emotional safety, and connection.

Treating Dissociative Identity Disorder – Schema Therapy Foundations and Specialized Techniques

Presenter: [Robin Spiro](#) | [Megan Fry](#) | [Lynda Parry](#)

This workshop demonstrates how Schema Therapy provides a robust and compassionate framework for working with Dissociative Identity Disorder by engaging dissociative parts through attuned mode work and limited reparenting. Combining didactic input and live demonstrations, the session offers practical strategies to strengthen the Healthy Adult, promote cooperation among parts, and safely process traumatic memories through titrated interventions.

Dialogical Strategies and Chairwork Encounters: Challenging Schemas and Engaging With Modes

Presenter: [Scott Kellogg](#)

This experiential workshop presents a dialogical, chairwork-based approach to working with schemas and modes, reframing them as interpersonal voices such as Accusers and Advocates. Through demonstrations and practice, participants learn how evidentiary and cost-benefit dialogues can strengthen the Healthy Adult mode and support more self-directed, value-based living

SKILLS CLASS

Preventing schemas: Where should we begin? Bridging parenting and reparenting

Presenter: [Julia Schuchardt](#)

This skills class explores how schemas and maladaptive modes are transmitted across generations and how Schema Therapy can be used preventively to interrupt this process. Focusing on the Healthy Adult mode in both parenting and reparenting, the session introduces reflective and chair-based exercises to help caregivers and therapists foster healthier parent–child dynamics and support resilient emotional development.

Strength-Based Limited Reparenting: Integrating Positive Psychology into Schema Therapy Practice

Presenter: [Alexandra Yaltonskaya](#) | [Natalia Gegel](#)

This experiential workshop explores how integrating positive psychology and strengths-based principles can enhance limited reparenting within Schema Therapy. By focusing on resource activation and wellbeing alongside healing unmet needs, the session demonstrates how therapists can strengthen the Healthy Adult mode and foster growth through strength-based reparenting practices.

Schema Therapy and Experiential Interventions for Couples with Relational Problems: Sexual Difficulties and Addictions

Presenter: [Sergio Morales](#) | [Aleksandra Defranc](#)

This workshop explores how Schema Therapy can be applied to couples facing sexual difficulties and addiction-related challenges rooted in shame, disconnection, and unmet emotional needs. Using experiential techniques such as imagery rescripting, mode dialogues, and chair work, the session demonstrates how therapists can help partners transform dysfunctional modes, repair attachment ruptures, and restore emotional and sexual intimacy.

Repairing family ruptures: Circuit-breaking unhealthy patterns between parents and young adults

Presenter: [Graham Kell](#)

This skills class introduces the Prediction–Protection Circuit, a schema therapy tool for understanding and interrupting escalating parent–adolescent conflict. By mapping how parental and adolescent schemas and coping modes interact, the session equips clinicians with practical strategies to coach parents in applying schema-based “circuit breakers” that restore connection and reduce intergenerational patterns of conflict.

The many faces of shame in children – combining schema therapy with a cultural lens

Presenter: [Alison Bocquee](#)

This skills-based workshop examines shame in children as a schema-driven, embodied, and culturally mediated process that often presents through anger, withdrawal, compliance, or perfectionism. Using a Schema Therapy framework, the session equips therapists with culturally sensitive, mode-focused interventions to recognise shame,

address intergenerational transmission, and foster emotional safety, resilience, and connection within families.

Schema Therapy for Childhood Sexual Abuse: Building Confidence in Trauma Work

Presenter: [Christopher Hayes](#)

This skills-based workshop examines shame in children as an embodied, schema-driven, and culturally mediated emotion that often appears through anger, withdrawal, compliance, or perfectionism. Using a Schema Therapy framework, the session equips therapists with culturally sensitive, mode-focused interventions to recognise shame, address intergenerational transmission, and foster emotional safety, resilience, and connection within families.

Group Schema Therapy vs. Schema Therapy in Groups. Live demonstration of two ways of working with groups

Presenter: [Eckhard Roediger](#) | [Joan Farrell](#) | [Paul Kasyanik](#)

This presentation compares **two different ways of applying Schema Therapy in group settings**. While **Group Schema Therapy (GST)** is an evidence-based protocol for borderline personality disorder, it is often difficult to implement in routine clinical settings and does not consistently outperform treatment as usual unless combined with individual therapy. In response, more **flexible group-based approaches** have been developed, particularly in German inpatient and day-treatment settings. These models focus on working intensively with one patient's theme within the group, while other members contribute emotional resonance and **Healthy Adult perspectives**, drawing on core therapeutic factors of group therapy. Through a **live demonstration**, the workshop illustrates how Schema Therapy can be adapted to groups in multiple ways, highlighting practical alternatives that are easier to implement and allow more patients to benefit from schema-based interventions.

Schema-Focused Supervision: Developing Your Schema Skills

Presenter: [Megan Fry](#) | [Simone Ray](#)

This skills workshop supports developing schema supervisors in navigating supervisory relationships through a schema-informed lens. Focusing on supervisee core emotional needs and the supervisor's roles as teacher, mentor, and limited reparenting agent, the session offers practical strategies to foster competence, autonomy, and reflective growth within a balanced supervisory alliance.

Synergies of Schema Therapy and EMDR: insights from research and clinical practice.

Presenter: [Christopher Lee](#)

This presentation explores the conceptual and clinical synergies between Schema Therapy and EMDR in assessing and reprocessing core developmental experiences underlying schemas and modes. Drawing on findings from the IREM trials, the session demonstrates how Imagery Rescripting and EMDR can be combined within and across sessions to enhance emotional processing and overcome treatment impasses in complex trauma.

Strengthening Autonomy in clients with Somatic Symptoms: Empowerment Using Body Focused Schema Therapy

Presenter: [Khrystyna Zhyvaho](#)

This presentation introduces a step-by-step Schema Therapy approach for working with complex somatic disorders by conceptualising physical symptoms as embodied expressions of unmet core emotional needs. Using clinical examples, the session demonstrates how body-focused, phase-specific interventions can strengthen autonomy and competence within the Healthy Adult mode and reduce persistent somatic distress.

From Decoding Passive Aggression to Practical Skills for Intervention

Presenter: [Andrea Balint](#)

This skills class examines passive-aggressive behaviour as a cross-cultural phenomenon rooted in unmet emotional needs, particularly the need for safe emotional expression. Using a Schema Therapy framework, the session explores relevant schemas, modes, and coping styles and equips participants with experiential and practical tools to recognise, conceptualise, and effectively address passive aggression in clinical practice.

Fine-tune your limited reparenting through a phase-oriented approach. Innovative connections: bridging Schema Therapy, child development, and psychodrama techniques

Presenter: [Rosi Reubsaet](#) | [Judith Vanhommerig](#)

This interactive workshop introduces a phase-oriented approach to Schema Therapy that structures treatment according to child developmental stages to guide therapist roles, interventions, and boundaries. By integrating developmental principles and experiential techniques, participants learn how to refine limited reparenting, meet core emotional needs more effectively, and support clients through clear, collaborative phases of therapeutic change.

Breaking the Taboo: Rethinking and Working With Female Aggression in Schema Therapy

Presenter: [Limor Navot](#)

This workshop explores how anger and aggression can manifest in subtle, culturally shaped ways in women and how these expressions may be overlooked or misidentified in Schema Therapy. By examining female presentations of aggressive modes through verbal, nonverbal, bodily, and neurobiological cues, the session helps therapists refine mode recognition, use their own reactions as diagnostic information, and apply attuned, mode-specific interventions to enhance safety and therapeutic movement.

Beyond Symptom Reduction: Building the Healthy Adult Through Positive Schemas

Presenter: [Duygu Yakın](#) | [Jenny Broersen](#) | [Anne-Marie Claassen](#) | [Arjan Videler](#)

This skills class focuses on **moving beyond symptom reduction** toward strengthening a resilient and well-functioning **Healthy Adult mode**. Research and clinical experience show that symptom improvement alone does not necessarily lead to lasting well-being, especially in more complex clinical populations. Participants will learn how to **integrate positive schemas** into **chair work and imagery rescripting**, using experiential techniques specifically designed to activate strengths, self-regulation, and healthy connection. The class demonstrates how these methods can be adapted for **diverse populations**, with attention to cultural sensitivity, neuro-affirmative practice, and developmental context. Through demonstrations, role plays, and guided practice, participants gain **practical tools** to help clients move from coping with difficulties toward cultivating a stronger, more resilient Healthy Adult.

Meeting the Needs of Ancestors: Intergenerational Trauma in Therapy

Presenter: [Xi Liu](#)

This workshop expands traditional Schema Therapy by exploring **intergenerational trauma**, moving beyond the child–caregiver dyad to include historical, cultural, and systemic legacies such as migration, war, persecution, colonisation, and poverty. These inherited experiences shape attachment, schemas, and core beliefs across generations. Through teaching, live demonstration, and guided role play, participants learn to **identify inherited schemas and modes** and apply an **Intergenerational Trauma Script** that extends imagery rescripting beyond two generations. The workshop integrates Schema Therapy with relational and trauma-informed approaches, emphasising cultural sensitivity, resilience, and healing across time. Participants gain practical tools to work with inherited trauma while supporting reconnection, meaning-making, and hope beyond survival.

The Future Looks Bright: A Novel Imagery Rescripting Protocol for Pessimism

Presenter: [Andrew Phipps](#)

This workshop introduces a **novel imagery rescripting protocol** designed to address **dispositional pessimism**, a pattern of persistent negative expectations about the future linked to poorer mental and physical health. Research suggests that pessimism is maintained by difficulties imagining vivid, positive future outcomes and by intrusive negative future imagery. Using the **Schema Therapy imagery and mode framework**, the workshop demonstrates how blocks, fear, and inhibition around positive future imagery can be understood and therapeutically addressed. Participants learn how vivid, detailed rescripting of positive future scenarios can strengthen motivation, optimism, and goal-directed behaviour. Through teaching, demonstrations, case examples, and role-play practice, participants gain practical skills to **identify suitable clients** and **apply this imagery rescripting protocol** effectively in clinical work.

Practical Introduction to the “Hero’s Journey”: Group Schema Therapy Meets Expressive Arts Therapy in a Humanistic Framework

Presenter: [Christopher Fuhrhans](#) | [Mera Abdelmalek](#)

This workshop offers a **hands-on introduction to integrating the Hero’s Journey framework** into **Group Schema Therapy**, enriched by methods from **Expressive Arts Therapy** within a humanistic perspective. Participants explore how symbolic storytelling, creative expression, and experiential group processes can support schema change, emotional processing, and meaning-making. Through guided exercises and practical demonstrations, the workshop shows how the Hero’s Journey can help clients externalise

struggles, activate resources, and move toward growth and integration within a group setting. The approach is experiential, accessible, and easily adaptable to clinical and training contexts.

Schema-Therapeutic Exposure (SCHerp) for Anxiety and OCD: Facing Fears with the Healthy Adult Mode

Presenter: [Anneke Bruinsma](#)

This skills training introduces **SCHerp**, an integrative approach combining **Schema Therapy with Exposure and Response Prevention (ERP)** for anxiety disorders and OCD, particularly when standard ERP shows limited effect. The model addresses difficulties in inhibitory learning and personality-related blocks by actively engaging the **Healthy Adult mode** during exposure. Participants learn how to manage schema modes that arise during exposure, strengthen motivation, and support emotional learning. Through brief theory input, **live demonstrations**, and practical exercises, the training shows how schema-therapeutic techniques can help set meaningful exposure goals and improve adherence. SCHerp offers a **practical, evidence-informed framework** to enhance exposure-based treatments and support more sustainable change in complex anxiety and OCD cases.

Bridging Minds: Artificial Intelligence (AI) as a Reparenting Facilitator in Schema Therapy

Presenter: [Offer Maurer](#) | [Michal Schoenberg-Taz](#)

This workshop explores how **AI can support limited reparenting in Schema Therapy** by extending therapeutic support beyond sessions, without replacing the therapist or the therapeutic relationship. Participants learn how **mode-specific AI tools** can provide timely validation, soothing, and Healthy Adult support during everyday triggering situations. The workshop includes practical demonstrations and focuses strongly on **ethical use, boundaries, and protecting the therapeutic alliance**. The aim is to show how AI can act as a **supportive bridge between sessions**, helping clients internalise reparenting experiences and strengthen their own Healthy Adult mode.

Science & Practice

Sessions presenting scientific research, clinical applications, and the integration of theory and practice.

SYMPOSIA

The Positive Dimensions in Schema Therapy: Theoretical Aspects and New Insights

Presenter: [Varjan Videler](#) | [George Lockwood](#) | [Anne-Marie Claassen](#) | [Yakin Duygu](#)

This symposium presents recent theoretical developments and research findings on positive constructs in Schema Therapy, with a focus on positive schemas and the Healthy Adult mode. Contributions examine the relationships between core emotional needs, positive parenting and self schemas, and the Healthy Adult, highlighting areas of overlap, integration, and clinical relevance for strengthening adaptive functioning.

Deep Brain Reorienting and Schema Therapy: A Neurobiological Pathway to Healing Shock and Core Pain Underpinning Schemas

Presenter: [Tara Cutland Green](#) | [Susan Simpson](#) | [Lia \(Natalia\) Ranson](#)

This session introduces Deep Brain Reorienting (DBR) as a brain- and body-focused approach to healing core attachment trauma and the origins of schemas. Drawing on emerging neuroscientific evidence, the presenters demonstrate how DBR can complement Schema Therapy by addressing pre-affective shock and integrating somatic, relational, and neurobiological processes to support schema healing.

From Minority Stress to Affirmative Healing: Schema Therapy with LGBTQIA+ Populations

Presenter: [Bruno Luiz Avelino Cardoso](#) | [Liu Xi](#) | [João Guilherme Campos](#) | [Jeff Conway](#)

This symposium examines how Schema Therapy can be adapted to better address minority stress and sociocultural trauma in LGBTQIA+ clients. Introducing the Oppressive Sociocultural Mode and an Affirmative Healthy Adult mode, the session presents affirmative, strengths-based adaptations of core schema techniques aimed at reducing internalised stigma and fostering resilience, inclusion, and culturally responsive clinical practice.

Schema Therapy for couples. Concept and Evidence Base

Presenter: [Eckhard Roediger](#) | [Julia Hinrichs](#) | [Leon Goetstouwers](#) | [Eva Frank-noyon](#)

This symposium presents the conceptual framework and emerging evidence base for Schema Therapy for Couples, highlighting findings from pilot and multiple baseline studies demonstrating its effectiveness. The presenters outline a module-based approach and discuss how combining individual and conjoint sessions can enhance relational connection and clinical outcomes, particularly for couples affected by personality disorders.

Suicide bereavement and postvention through the lens of Schema Therapy

Presenter: [Dorothy Garoni](#) | [Manos Kattoulas](#) | [Elena Rapti](#) | [Eirini Tsartsara](#)

This symposium explores suicide bereavement and postvention through the lens of Schema Therapy, addressing the impact of suicide on relatives, communities, and therapists themselves. Through literature review, group interventions, and clinical case examples, the presenters illustrate how schema-informed approaches can support meaning-making, resilience, and healing while reducing stigma and fostering healthy professional and personal adaptation after loss.

Boundaries and Autonomy: The Concept of Boundaries and the Development of the Enmeshment and Undeveloped Self

Presenter: [Jeffrey Conway](#)

This presentation examines how healthy and unhealthy relational boundaries influence the development of autonomy and the emergence of the enmeshment and undeveloped self schema. Focusing on early development and the therapeutic relationship, it highlights how clear, respectful boundaries within limited reparenting can reduce schema perpetuating modes and strengthen autonomy-supportive functioning.

SCIENCE TO PRACTICE

Group Schema therapy for children and adolescents: A protocol that takes an innovative approach to Wise and Competent Mode development

Presenter: [Diana Teodorescu](#) | [Anca Padurariu](#)

This presentation introduces and evaluates a novel group Schema Therapy protocol for children aged 10–12, designed to strengthen the Wise and Competent Mode through structured skill development. Results from a controlled pilot study indicate significant reductions in anxiety, improvements in emotional intelligence, and shifts toward more adaptive coping strategies, supporting the protocol's value for both prevention and early intervention.

Attachment, and Complex Trauma in Autistic and ADHD Individuals: Implications for Schema Development and Treatment

Presenter: [Yalcin Ozgur \(Oz\)](#)

This presentation examines how attachment disruptions, complex trauma, and systemic ableism shape schema development in Autistic and ADHD individuals. Using a neurodiversity-affirming lens, the session outlines adapted schema therapy approaches that address distinctive schema and mode patterns while promoting identity affirmation, sensory sensitivity, and inclusive clinical practice.

CASE PRESENTATION

The Two Sides of the Same Coin: Navigating the Parent–Child Relationship in Schema Therapy within Collectivistic Cultures

Presenter: [Beatrice Ng-Kessler](#) | [Arinobu Hori](#) | [Hui Ling Michelle Neo](#)

This case-based session examines how Schema Therapy interventions can lead to relational ruptures when applied without sufficient cultural adaptation in collectivistic contexts. Drawing on examples from Hong Kong, Singapore, and Japan, the presenters explore tensions between filial piety and autonomy and illustrate culturally sensitive strategies to adapt schema-focused work while preserving relational harmony.

What Precedes Secure Attachment? How the Sense of Being Held by the Earth may be Foundational to Brain-Mind-Body Healing at a Deeper Level

Presenter: [Natalia Ranson](#) | [Tara Cutland Green](#) | [Susan Simpson](#)

This presentation explores a pre-verbal dimension of core wounding that may precede attachment-based schemas, focusing on disruptions in gravitational security and the embodied sense of being “held.” Integrating insights from neuroscience, trauma therapy, and Deep Brain Reorienting, the session illustrates how brainstem-focused interventions can address shock and foundational trauma that lie beyond the reach of narrative and imagery-based techniques.

POSTER PRESENTATION

Amenorrhea as an Expression of Control and Resistance in Anorexia Nervosa: A Mode-Based Therapeutic Analysis in an Adolescent Case. [Victoria Chamalaki](#)

The Therapeutic Relationship in Schema Therapy: Perceptions of Therapists and Patients from the Real Relationship Inventory and the Working Alliance Inventory. [Daniela Schneider](#)

The “Comic Protector” Mode: A Tug of War Between Humor and Concealed Pain [Dionysis Pyrovolisianos](#)

Early maladaptive schemas and academic stress [Ana Babić Čikeš](#)

Early Maladaptive Schemas as Transdiagnostic Correlates of Perinatal Mental Health: Preliminary Findings. [Meadbh McGinley](#)

Effectiveness of schema therapy interventions in chronic psychological disorders: a systematic review with meta-analysis [Karishma Rajan Menon](#)

Mini Chairs Technique - A Resource for Experiential Psychoeducation [Gisele Porto Vieira](#)

Schema Therapy in the Digital Age: Expanding Experiential Work Through Immersive Technologies / Digital Innovations in Schema Therapy: Virtual Reality Based Training for Healthy Adult Skills [Flavia Salomoni Mansano](#)

The Greek version of the Young Parenting inventory – [YPI Katerina Angeli](#)

Opening the Learning Window: How Psychedelics and Schema Therapy Interact to Shift Attractors [Susanne Prinz](#)

The relationship between early maladaptive schemas, schematic modes, and suicidal ideation: in a Brazilian sample with major depressive disorder. [Silvia Pereira](#)

Overcompensatory Daydreamer Mode: The case of Georgia. [Zoi Siouti](#)

Schemat therapy and brainspotting. [Barbara Pastuszek-Lipińska](#)

Discussion & Exchange

Interactive and dialogue-oriented formats that encourage exchange, reflection, and discussion of current and emerging topics.

ROUND TABLE DISCUSSION

Working with Suicidality in Schema Therapy: therapist modes activation, countertransference seen as mode clashes, and therapist's self-care

Presenter: [Samantha Flores](#) | [jordi Cid](#) | [Yoselin Lopez](#) | [Irene Yunen Esquivel Tapia](#)

This roundtable explores how therapists' own schemas and modes may be activated when working with suicidal patients and how these interactions shape countertransference, empathy, and clinical decision-making. Emphasising supervision, self-reflection, and self-care, the session focuses on fostering the Healthy Adult mode in both therapist and patient to support ethical, sustainable, and resilient Schema Therapy practice.

The Evolving Schema Therapy Model: Controversies, Challenges, and New Insights

Presenter: [David Bernstein](#) | [Chris Lee](#) | [Eshkol Rafaeli](#) | [Marleen Rijkeboer](#) | [Arnoud Arntz](#)

This invited symposium brings together leading Schema Therapy theorists and researchers— **Arnoud Arntz**, **Marleen Rijkeboer**, **Chris Lee**, **Eshkol Rafaeli** and **David Bernstein**—for a roundtable discussion on key debates within the Schema Therapy model. The panel examines foundational questions about **schemas, modes, basic emotional needs, and healthy functioning**, including the roles of the Healthy Adult and Happy/Playful Child. Drawing on theory, research, and clinical experience, the discussion explores how the ST model can evolve while preserving its conceptual clarity, clinical usefulness, and teachability. Audience participation is encouraged, continuing Schema Therapy's tradition of **open, evidence-informed dialogue** and critical reflection on its core concepts.

Designing Safe Compassion: Ethical, Clinical, and Regulatory Questions for AI in Schema Therapy

Presenter: [Daria Rahubovska](#) | [Roy Kamienchik](#) | [Michał Schoenberg-Taz](#) | [Offer Maurer](#) | [Crystal Lee](#) | [Michael Mo](#)

This round table initiates an ISST-wide discussion on the ethical, clinical, and regulatory implications of integrating AI into Schema Therapy. Drawing on emerging evidence and WHO guidance, the session explores risks, boundaries, and potential supportive uses of AI while safeguarding emotional safety, therapeutic integrity, and core schema therapy values.

HOT TOPIC TALK

A Schema Therapy approach to the treatment of recurrent cycles of Autistic Burnout: Recovery and rebuilding.

Presenter: [Hugh Walker](#)

This presentation conceptualises recurrent autistic burnout through a schema mode lens, highlighting how critic-driven coping patterns and internalised neurotypical norms perpetuate cycles of exhaustion and collapse. Drawing on clinical case material and a pilot group program, the session introduces a neurodiversity-affirming Schema Therapy approach aimed at strengthening a Healthy Neurodivergent Adult mode through compassion, sensory regulation, and group-based corrective experiences.

Advancing the Schema Therapy Model: Preliminary findings on the psychometric and cross-cultural validity of the Young Schema Questionnaire-4

Presenter: [Freideriki Carmen Mamali](#)

This presentation introduces the revised Young Schema Questionnaire (YSQ-4), developed by an international consortium to align schema assessment with an updated theoretical model of Schema Therapy. Preliminary cross-cultural findings on reliability and validity are presented, highlighting new schema constructs and refinements that strengthen the scientific and global foundations of Schema Therapy.

Harnessing the Power of Music: Interventions for Schema Awareness and Transformation

Presenter: [Robert Szymanek](#)

This presentation demonstrates how music can be used as an experiential medium to enhance schema awareness, meet core emotional needs, and strengthen healthy modes. Through live musical examples and reflective exercises, it introduces practical, adaptable interventions and outlines a conceptual framework for applying Schema principles within coaching and non-clinical contexts.

Slow Is Fast? Integrating IFS Principles into Schema Mode Work

Presenter: [Facundo Illobre](#)

This presentation explores points of convergence between Schema Therapy and Internal Family Systems, with a focus on refining work with maladaptive coping modes. Drawing on IFS principles of pacing and sustained engagement with protector modes, the session proposes complementary strategies to enhance therapeutic attunement and effectiveness in complex and resistant clinical presentations.

“Home Is What You Carry: Strengthening the Healthy Adult to Cultivate Portable Belonging in Expatriates”

Presenter: [Rossana Pettersén](#)

This presentation introduces a Schema Therapy–informed intervention designed to address expatriate-specific schema and mode activation related to disconnection and belonging. Drawing on qualitative clinical data, the session presents a targeted module aimed at strengthening the Healthy Adult mode to cultivate a stable sense of “portable belonging” and emotional continuity across changing cultural contexts.

Social activism in extreme political situations – What is the healthy adult’s role in adverse reality?

Presenter: [Galit Gilad](#)

This presentation explores a core question in Schema Therapy: **can the Healthy Adult mode function when the external world itself is unsafe, unjust, or traumatizing?** Drawing on Schema Therapy, trauma theory,

moral injury, and collective trauma, it examines how resilience and healthy functioning may look under conditions of ongoing social and political threat. Using examples from sustained nonviolent protest in Israel, the talk reframes **ethical action, protest, and solidarity** as potential expressions of the Healthy Adult—efforts to preserve meaning, agency, and moral integrity when reality mirrors early traumatic conditions. Participants are invited to broaden their understanding of the Healthy Adult beyond intrapsychic regulation to include **values-driven, collective, and civic engagement**, highlighting the inseparability of psychological health, ethics, and social responsibility.

Imagery Rescripting for Worry

Presenter: [Lauren Stavropoulos](#)

This pilot study explored the **feasibility, acceptability, and preliminary effectiveness** of imagery rescripting for individuals with GAD. Eighteen participants received **10 sessions** based on **Arnoud Arntz's** phased protocol, adapted to address future-oriented worry. Results showed **significant reductions in worry, anxiety, and depression**, maintained at 3-month follow-up. The intervention was rated as **highly credible and satisfactory**, with no adverse effects reported. Findings suggest imagery rescripting is a **promising treatment for GAD**, supporting further evaluation in controlled trials.

Understanding Schema Chemistry: An Investigation of Schemas Within Intimate Relationships

Presenter: [Barbara Basile](#)

This study examines “**schema chemistry**”, the intense and immediate attraction that can occur when partners unconsciously activate each other’s **early maladaptive schemas**. Drawing on Schema Therapy theory, the research investigates how individual, parental, and partner schemas interact within romantic couples—and how the **speed of falling in love** influences these dynamics. In a sample of **52 heterosexual couples**, results showed strong associations between partners’ schemas, particularly in the **Disconnection and Lack of Autonomy** domains. These associations were significantly **stronger in couples who fell in love quickly**, and were linked to maladaptive coping strategies and lower relationship well-being. Maternal schemas also predicted partners’ schemas, especially in rapidly formed relationships. Findings support the schema chemistry hypothesis, suggesting that **rapid, intense romantic attraction may amplify schema-driven patterns and relational distress**, while slower relationship development may allow greater emotional regulation and protection against maladaptive schema activation.

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