



introduce

PRACTITIONER TRAINING WORKSHOPS AUTUMN 2018

87, Club Street, #03-01, Singapore, 069455

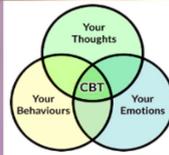
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CBT Series

Presenter: Dr Lisa Saulsman

Date: 13th, 14th, 15th September 2018

Price: S\$349 per 1-day workshop



Summary:

1. Imagery-based strategies to enhance the emotional impact of therapy;
2. Acceptance and mindfulness strategies integrated within CBT; and
3. Metacognitive therapy approaches to help clients overcome repetitive unhelpful thinking styles.

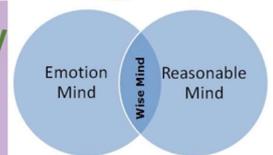
Click [here](#) for more details

Dialectical Behaviour Therapy

Presenter: Chris Hepworth

Date: 19th-21st September 2018

Price: S\$999 for 3-day workshop



Summary:

DBT is a behaviour skills program which has been adapted from treating highly suicidal individuals to be used with a number of other populations (e.g. adolescents, bulimia nervosa) and has established a large evidence-base. It is generally regarded as a first-line treatment and golden standard for treating Borderline Personality Disorder (e.g. National Institute of Clinical Excellence, UK).

Click [here](#) for more details

Introduction to Schema Therapy

Presenter: Prof Bruce Stevens

Date: 4th October 2018

Price: S\$349 for 1-day workshop



Summary:

Schema Therapy has been designed to treat disturbed people, including those with chronic mood disorders and personality disorder. There is now considerable evidence of effectiveness with RCTs. The purpose of this workshop is to introduce this therapy with a practical emphasis on learning and using experiential techniques such as cognitively challenging schemas (counterpoint), chair-work with modes, limited re-parenting for childhood experiences and sentence completion for emotional learning.

Click [here](#) for more details

Schema Therapy for Couples

Presenter: Prof Bruce Stevens

Date: 5th-6th October 2018

Price: S\$649 for 2-day accredited workshop



Summary:

Schema Therapy has recently been adapted to treat very difficult couples where one or both have traits of personality disorder. ST has easy-to-grasp concepts, such as schemas and modes, which make sense of the couple's past experiences, educate them, and open the door to allow them to speak freely about ways in which both can feel more connected. This workshop will include an introduction to ST, assessment with genogram, working hot with emotional focus, inter-relationship of schemas and modes, mode mapping and Mode Cycle Clash Cards.

Click [here](#) for more details

To register, email: Admin@Elephant.com.sg
or visit www.elephant.com.sg for more information on these and other courses

About Elephant: Elephant Therapy and Training, founded by Adriana Giotta, is the very first psychotherapy practice in Singapore focused on empowering the community directly through client therapeutic consultations and indirectly through upskilling Asia's community of clinicians and the larger population via a pioneering training centre which delivers relevant workshops and seminars.

