

# Certificate of Completion

I hereby confirm, that

**PhDr. Lucia Hrešková, Ph.D.**

has attended

**ISST Approved Certification Training Program in Individual Schema Therapy  
organized by First Institute of Schema Therapy Czech Republic & Slovakia**

*ISST-approved trainer: Dr Beata Paskova*

**Dates: Module I: September 10-12 2020**

Place: Prague, Czech Republic

**Module II: June 3-6 2021**

Place: online (approved by ISST)

*Training hours: 25 didactic - 15 roleplay hours with 20:1 Participants/Trainer ratio*

Number of participants: 22

Workshops Names	Subjects covered
Module I Introduction to Schema Therapy	Schemas, Coping styles and Modes. Assessment and Psychoeducation. Treatment Formulation and Case Conceptualization. Therapy Relationship: Limited Re-Parenting, Empathic Confrontation, Limit Setting. Therapists' Schemas activated with certain types of patients. Schema Therapy techniques: Cognitive, Experiential, Behavioral
Module II Beyond the basics	Specific Interventions for Mode Work; Mode dialogues & Role plays; Imagery Restricting, Empathic Confrontation/ Limits setting for Maladaptive Coping Modes; behavior change strategies. Specific Treatment Populations. Schema Therapy with Personality disorders: BPD, Cluster C, NPD, other: PTSD, OCD, Eating disorders



Dr Beata Paskova  
**Training Program Director**  
**ISST approved trainer**

**Date June 07, 2021**