



ADULT ISST SCHEMA THERAPY TRAINING IN NEW ZEALAND

PRESENTERS: DR ARNIE REED, ISST CERTIFIED ADULT SCHEMA THERAPY TRAINER

ESTELLE MACDONALD, ISST CERTIFIED ADVANCED ADULT SCHEMA THERAPIST AND SUPERVISOR

Module 1 training for MH professionals

Schema Therapy is an integrative therapy that helps clients learn how to get their psychological needs met in a healthy way. It involves emotional experiential work and cognitive strategies that lead to positive shifts in ways of thinking, feeling, coping and relating.



Training Dates:

**In person in
Wellington**

9 – 11 October 2024

**Modules 2 and 3 to
follow in early 2025**

Cost:

**\$750 for 3-day
training**

**Come and learn from
Dr Arnie Reed who
trained with the
founder of schema
therapy, Dr Jeffrey
Young**

**SCHEMA THERAPY
TRAINING AND
CONSULTING**

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