



## **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 (including chair work and imagery rescripting) and cognitive/behavioural 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**

Tel: 027 935 4418

Website: [www.sttac.co.nz](http://www.sttac.co.nz)

Email: [info@sttac.co.nz](mailto:info@sttac.co.nz)