

WSTD 2024

World Schema Therapy Day

'A day to share knowledge , exchange ideas, build bridges and foster collaboration '

An Online Programme on the 12th October 2024

New Zealand Programme



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY



WSTD 2024

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New Zealand Programme

**Facilitated by Estelle Macdonald –
Clinical Psychologist and Advanced
Schema Therapist for Adults and
Children/Adolescents
Director of Schema Therapy Training
and Consulting (STTAC)**



9.30AM - NZ TIME

Introduction to schema therapy and a brief look at what issues it helps with, as well as what therapy entails for both adults and children/adolescents.

10.45AM

Discussion about the certification process for schema therapy and supervisees will provide some insight into why they are undertaking this process.

12.00PM

A brief look at working creatively with schema therapy using EMDR, sand tray work, puppets etc.

FINISH 1:00PM

**IF YOU WISH TO ATTEND THE WORLD SCHEMA
THERAPY DAY IN NZ PLEASE EMAIL ESTELLE AT:
info@sttac.co.nz or info@estelleclinpsych.co.nz**