

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

Estonia Programme



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY



Estonia Programme

"Skeemiteraapia - mis, kellele, kuidas?" (Schema therapy - what, for whom, how?)

The webinar in Estonian will be broadcast to everyone on the YouTube account of the Estonian Schema Therapy Association on the **12th October from 3 p.m. to 4 p.m. local time** (from 2 p.m. to 3 p.m. CET time).

Presenters are

- **Kristi Esperk**, clinical psychologist, schema therapist
- **Marika Paaver**, PhD, clinical psychologist, schema therapist
- **Inga Ignatieva**, clinical psychologist, schema therapist under supervision
- **Julia Laanemets**, counselling psychologist, schema therapist
- **Katrin Kaljula**, clinical psychologist, schema therapist

The broadcast will be on:

<https://www.youtube.com/@skeemiteraapia>

On the same day, the **cooperation day of Estonian schema therapists** will take place, during which schema therapists will meet in different places all over Estonia to translate, develop and create schema therapy-related materials.