

FREQUENTLY ASKED QUESTIONS

Here are some commonly asked questions with responses below. Otherwise, you can contact us via our website at academyofchematherapy.co.uk



Question 1

If I want to apply for accreditation or certification in Schema Therapy, what pre-existing qualifications and experience would I need?

The ISST specify that applicants seeking accreditation require a post graduate level degree in mental health. To undergo basic accreditation training, and advanced accreditation you will also need access to clients who either meet the criteria for PD or have PD features and clients who meet criteria of complication i.e. due to chronicity, a history of failure to respond to treatment or relapse. Treatment will be provided for a minimum of 25 sessions.

Question 2

I have undertaken schema therapy with another training institute, can this be put towards completing certification with your programme?

You can use the modules that we offer to build upon your existing training but unfortunately this could not be integrated into our certification programme. In supporting practitioners to achieve accreditation, we structure our modules and provide accompanying supervision and session ratings to fulfill the criteria of competencies outlined by the International Society of Schema Therapy (ISST). Our programmes must be submitted to the ISST for scrutiny before being validated.

In signing up to our certification programme, we would be offering guidance in reaching the ISST standard required to achieving accreditation via training, supervision, and ratings of recordings of your sessions. All minimum requirements for certification would be provided.

Another route available to you, is pursuing the independent training certification, specified by the ISST. This alternative route would entail undertaking your own training and supervision experience to the ISST for approval. Please see the International Society of Schema Therapy Website for further details: <http://www.isst-online.com/training>

Question 3

If I undertake schema therapy in a group, what percentage of the time would contribute towards my supervision requirements in the accreditation process?

There are guidelines on the ISST website which gives a formula to calculate the ratio of hours that can be contributed towards supervision requirements for accreditation

Question 4:

Will I have to pay extra for supervision, session ratings, etc. if I have enrolled on one of your certification programs?

The ISST specify that 2 rated session which achieve the threshold for a pass are required for basic accreditation and 4 rated sessions for advanced accreditation. We would also encourage submitting sessions for rating during supervision to ascertain progress. External raters and supervisors will use The Schema Therapy Competency Scale to provide a structured appraisal of sessions in addition to providing written feedback.

Question 5:

If I undertake the accreditation programme with the Academy of Schema Therapy, can I spread out my payments over the training period?

Yes, we do offer this option, after an initial deposit, negotiated payments may be spread over the training period.

Question 6:

What is your cancellation and refund policy for training modules?

For cancellations: Up to 10 days in advance, payment will be refunded, minus a £30 administration fee. If less than 10 days' notice is given, there will be a refund of 50% of the fee. No refunds will be made under 5 working days prior to the commencement of the event.