

SCHEMA THERAPY

INTRODUCTORY WORKSHOP

10 - 11 JULY 2025

 Hospital Canselor Tuanku Muhriz, Cheras KL

Struggling with complex cases?

Schema Therapy is an integrative, evidence-based approach designed to help clients identify and transform early maladaptive schemas. Drawing from CBT, attachment theory, psychodynamic, and Gestalt traditions, it is particularly effective for individuals with personality disorders and chronic emotional difficulties. It utilizes powerful experiential techniques such as imagery rescripting and chair work to promote meaningful, lasting change.



DR. JOHN P. LOUIS

Advanced Certified Schema
Therapist (ISST)
International Speaker (USA)

TARGET AUDIENCE :

- Psychiatrists
- Clinical Psychologists
- Medical officers
- Counsellors
- Nurses
- Mental health professionals
- Allied Healthcare Workers

EARLY BIRD
SPECIAL

BEFORE 15 MAY 2025

- Group of 3 : RM 350/pax
- Individual : RM 400/pax

Normal Price RM 450/pax

REGISTER NOW



<https://forms.gle/1dPGrj892AotoChf6>



CONTACT US

schematherapy2025@gmail.com

SCHEMA THERAPY

INTRODUCTORY WORKSHOP

PROGRAMME

THURSDAY 10TH JULY 2025

0830-0900	Breakfast and registration
0900-0930	Opening Speeches
0930-1000	What is Schema Therapy?
1000-1030	Cross-Cultural and Evidenced Based Support for Early Maladaptive and Adaptive Schemas
1030-1045	Morning Break
1045-1215	Importance of Early Childhood Environment
1215-1245	The Four Domains of Maladaptive and Adaptive Schemas
1245-1300	Q&A
1300-1400	Lunch Break and Prayers
1400-1530	Treatment Plan: (Imagery work, Chair work)
1530-1545	Break
1545-1615	Limited Reparenting: Therapist-Client Relationship
1615-1645	Use of Scales Measuring Parent-Child Interactions and Early Maladaptive & Adaptive Schemas
1645-1700	Q&A

FRIDAY 11TH JULY 2025

0830-0900	Breakfast
0900-1030	Demonstration of Imagery work - Live session
1030-1045	Q&A
1045-1100	Morning Break
1100-1200	Group Work on Imagery
1200-1230	Going Forward- Certification Process to be an Accredited Schema Therapist
1230-1300	Closing Ceremony

SCHEMA THERAPY

INTRODUCTORY WORKSHOP

ABOUT THE SPEAKER



DR JOHN P. LOUIS

- Dr. John Philip Louis is a **Malaysian, US-based, Licensed Counselor Practitioner (Texas)**, and an **internationally recognized expert in Schema Therapy**. He holds a **PhD in Clinical Psychology from the University of Stirling in the UK** and is an **Advanced Certified Schema Therapist** since 2009, Supervisor, and Trainer, having trained directly under Dr. Jeffrey Young, the founder of Schema Therapy. He lives in Penang for part of the year.
- Dr. Louis has also contributed to the field through the **development and validation of psychological instruments, including the Positive Parenting Schema Inventory (PPSI), as well as the Young Parenting Inventory (YPI-R3)**, which complements existing tools in Schema Therapy research and practice.
- With over **30 years of experience** in pastoral and professional counseling, Dr. Louis specializes in marriage and family therapy. He **co-developed the "Good Enough Parenting" (GEP) program** with his wife, Karen McDonald Louis. This evidence-based program integrates principles from Schema Therapy and aims to help parents meet their children's core emotional needs, thereby preventing the development of maladaptive schemas. (see <https://goodenoughparenting.com>).
- Dr John is a qualified **Eye Movement Desensitization and Reprocessing therapist** in 2023, **registered Counsellor for the Singapore Association for Counselling (SAC)** since 2007 and a Clinical Supervisor since 2016.