

Course title: **Self-care and Resilience in Everyday Life of a Psychologist: Schema Therapy Approach**

Lecturer: Angelika Kleszczewska-Albińska, PhD

Description:

This lecture is addressed to students interested in developing and sustaining resilience and practicing self-care using schema therapy techniques. The course aims to increase students' knowledge of evidence-based schema therapy and to help them incorporate this knowledge into their everyday activities aimed at taking care of themselves, their colleagues, and their patients. Through practical exercises and real-life examples, the course pursues the following objectives:

- increasing students' practical knowledge of evidence-based schema therapy practices
 - raising students' awareness of the importance of applying self-care techniques in everyday life
 - helping students learn how to apply self-care strategies and strengthen their resilience
 - developing students' ability to interact in multicultural environments and increasing awareness of cross-cultural aspects of clinical psychological practice
- Content of the Teaching Programme

Module 1: Introduction to Schema Therapy Basic introduction to schema therapy Introduction to the concept of early maladaptive schemas Overview of intervention techniques (cognitive, behavioral, and experiential techniques)

Module 2: Learning About One's Own Early Maladaptive Schemas Identification of one's own early maladaptive schemas Practical exercises aimed at recognizing early maladaptive schemas

Module 3: Self-Care in the Schema Therapy Approach Intervention techniques in practice The Healthy Adult Mode

Module 4: Summary and Key Takeaways Summary of the course and its most important points Learning Outcomes

By the end of the course, participants are expected to understand the importance of self-care and building resilience in order to maintain well-being in both their personal and professional lives. They will also improve their practical skills in applying specific techniques aimed at modifying early maladaptive schemas and developing and strengthening the Healthy Adult Mode. Participants will be able to adapt different techniques to everyday life situations and to work with different populations. In addition, they will learn strategies for coping with everyday challenges as well as with professional

difficulties that may arise in their future work. It is expected that participants of the course will understand the importance of self-care and building their resilience in order to maintain well-being in their personal and professional life. Also, they will improve their practical skills in applying specific techniques aimed at modification of early maladaptive schemas and developing, and strengthening Healthy Adult Mode. It is expected that participants of the workshop will be able to adapt different techniques in everyday life situations and/ or working with different populations. They will also learn how to cope with everyday life difficulties and with professional struggles they can experience in their work.

Warunki zaliczenia (ZAL):

- (1) An individually prepared essay covering the topics introduced by the lecturer;
- (2) Group work focused on the practical application of the knowledge introduced during the lectures;
- (3) Active participation in class.