



Scuole di  
specializzazione in  
Psicoterapia Cognitiva



IAST  
Italian Academy  
of Schema Therapy



International Society of  
Schema Therapy

**Workshop online**

# **FROM MERGING & DISCONNECTION TO AUTONOMY & ATTACHMENT: UNDERSTANDING & HEALING THE ENMESHMENT/UNDEVELOPED SELF SCHEMA**

**Jeff Conway**

*President of the International Society of Schema Therapy (ISST)*



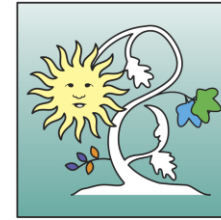
**4<sup>th</sup> November 2023**

**Time (CEST): 2.30 p.m. – 6.30 p.m.**

REGISTER ONLINE BY CLICKING AT [THIS LINK](#) OR WRITE AN EMAIL TO [ISCRIZIONIWORKSHOP@APC.IT](mailto:ISCRIZIONIWORKSHOP@APC.IT)

Info: [www.apc.it](http://www.apc.it) – [iscrizioniworkshop@apc.it](mailto:iscrizioniworkshop@apc.it) - +393473566781

# Jeff Conway



Jeff Conway is the current President of the International Society of Schema Therapy (ISST), is a founding member of the ISST and has cultivated a Schema Therapy practice for over 20 years and has been a ST Trainer and Supervisor since the inception of the ISST.

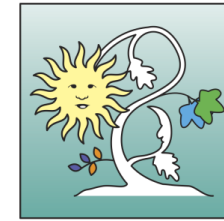
Jeff is also trained in EMDR, Emotion-Focused Therapy, Group Therapy, and Object Relations Theory. He is also a founding member of the New York Center for Emotion Focused Therapy. Before being elected President, Jeff has taken on many roles within the ISST, inspired by a commitment to deepening the understanding of the ST Model and the provision of quality of Schema Therapy Treatment.

Jeff has cultivated a special interest in the Enmeshment and Undeveloped Self Schema and has provided numerous workshops, webinars, presentations, and supervision groups around the world on this topic.



# ABSTRACT

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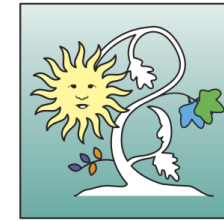


The purpose of this Workshop is to engage in a deeper and more expansive exploration of the Enmeshment & Undeveloped Self Schema and to consider viable strategies and interactions for healing this Schema. This is a powerful core Schema that is experienced by many therapy patients and perhaps several the therapists who work with them. Unhealed, this Schema can be a deep pattern that undermines self-understanding, causes confusion, and provokes anxiety around forming close relationships and limits the ability to function in the world at full potential. Attention will be given to the ways in which the Schema is engendered in the family system and the impact of cultural variables that help inculcate this Schema. Emphasis will be placed on the 2 main unmet needs that foster Enmeshment and the Undeveloped Self: Attunement and Autonomy. These 2 needs will be explored and discussed in terms of how they contribute to the development of a strong sense of self and that when these 2 needs are not adequately met, a person is likely to struggle with an “Undeveloped Self.” We will consider what it means to possess a “Developed Self versus an Undeveloped Self.”

The 3 main Attachment Styles will be explored through the prism of Enmeshment & Undeveloped Self. With this broadened understanding of Enmeshment and Undeveloped Self, interventions, and strategies for healing this Schema will be explored with ample opportunity for practice. The change agents of Emotion-Focused work, Cognitive and Behavioral work, working within the therapeutic relationship and doing limited reparenting focused on providing opportunities for autonomy and receiving attuned care will all be addressed.

# BRIEF OVERVIEW

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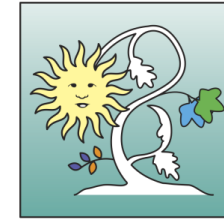


This workshop would be of interest for therapists who feel stalled or confused in their work with one or more patients as it will provide an alternative way to think about and interact with these patients.

It can also be helpful for anyone working with patients who struggle in their understanding interpersonal boundaries, struggle to maintain boundaries in their relationships and who challenge their therapists to manage comfortable boundaries. This workshop will also provide a different perspective in the work with patients who contend with an Attachment Style that is either Avoidant or Anxious.

Also provided will be strategies for healing this Schema and weakening Modes that perpetuate the Schema while strengthening the Modes that help dissipate this Schema. Special highlight will be given to the leveraging of the therapeutic relationship in the service of Schema healing and Mode change.

Finally, this could also be an opportunity for therapists to do some personal reflection on how the Enmeshment & Undeveloped Self Schema might be impacting their personal relationships and their professional clinical work and to consider personal applications for healing this very potent Schema.



# BRIEF OVERVIEW

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## BY THE END OF THIS WORKSHOP, PARTICIPANTS WILL BE ABLE TO:

1. How the unmet needs of autonomy and attunement contribute to the development of the Enmeshment and Undeveloped Self Schema.
2. List three family roles that contribute to the development of the Enmeshment and Undeveloped Self Schema.
3. Describe three other Schemas that are often closely related to the Enmeshment and Unrelated Self Schema.
4. Describe two Schema Therapy Emotion-focused interventions that help heal the Enmeshment and Undeveloped Self Schema.
5. Describe two therapeutic relationship interventions that address the Enmeshment and Undeveloped Self Schema.

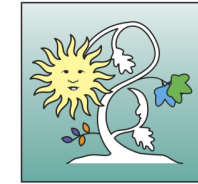


# ORGANIZATION OF THE WORKSHOP

The workshop will be held in English in a webinar format via the ZOOM platform

Time (CEST): 2.30 p.m. –6.30 p.m.

Upon confirmation of registration you will receive all indications and directions for attending



Workshop recognized by ISST (International Society of Schema Therapy)

At the end, ISST official certification will be issued

## FEES

- ❖ **€ 146,40** VAT included - reduced fee for registrations before 4th October 2023
- ❖ **€ 183,00** VAT included - standard fee for registrations after 4th October 2023

## REGISTRATION

To register it is necessary fill in the [ONLINE FORM](#) and pay simultaneously the participation fee.

The payment shall be made by bank transfer to the account registered to:

ITALIAN ACADEMY OF SCHEMA THERAPY srl

IBAN IT20J0306903213100000016184

BIC CODE/SWIFT: BCITITMM

BANCA INTESA SAN PAOLO – Via Parigi 13/15, 00185 Roma

Bank account number 100000016184

Reason “Conway 2023”