

**Joan Farrell, Ph.D. and Ida Shaw, MA**  
**Schema Therapy Institute Midwest Indianapolis Center**  
International Society for Schema Therapy Approved Training Institute



International Society of  
Schema Therapy



Joan Farrell, Ph.D. and Ida Shaw, M.A. are advanced level Schema Therapists and Trainer/Supervisors who co-direct the Indianapolis Center of the Schema Therapy Institute Midwest, approved by the International Society Schema Therapy (ISST). The Indianapolis Center specializes in Group Schema therapy. Joan is an Adjunct Professor in Clinical Psychology at Purdue University (IUPUI) where she supervises the practice of clinical psychology graduate students. She was a clinical professor at Indiana University School of Medicine (IUSM), in Psychiatry for 25 years. She is Research and Training director of the IUSM/Eskenazi Community Mental Health Center for Borderline Personality Disorder Treatment & Research. She is the elected Executive Board Member, Coordinator for Training & Certification of the International Society for Schema Therapy. Ida is the main trainer and supervisor of Group Schema therapy at the BPD Center. She holds the same position for the five country international trial with 12 clinical sites testing GST for BPD and the trial in the Netherlands adapting GST for Avoidant PD and social phobia. Joan is co-PI with Arnoud Arntz, Ph.D for the BPD trial. Ida is also an ISST Certified Child & Adolescent Schema Therapy supervisor/trainer and the chairperson of the ISST Work Group on Child and Adolescent Schema Therapy that defined certification standards for that area.

In their work they have integrated their complementary cognitive and experiential treatment approaches with social learning and developmental psychology theory to develop a group treatment model for Schema Therapy (ST). Influenced by their 30+ years of clinical experience and by the work of Jeff Young, they adapted ST interventions and limited reparenting to a group model and developed uniquely group interventions to accomplish ST goals (Farrell & Shaw, 1994, 2012). They first established the group model for outpatients in a specialty clinic for BPD at the IUSM outpatient clinic. This program was awarded an Indiana Governor's Showcase Award in Mental Health and a NIMH grant. They went on to develop an inpatient ST program that combines individual and group modalities and directed a dedicated BPD unit for ten years at a university affiliated psychiatric hospital in Indianapolis. They evaluated their model of Group Schema Therapy in a randomized controlled trial for outpatients (Farrell, Shaw & Webber, 2009)- with a grant award from the US National Institute of Mental Health) and in two inpatient pilot study (Reiss, Lieb, Arntz, Shaw & Farrell, 2013). Both studies demonstrated strong positive effects on BPD symptoms and global function as well as high recovery rates.

Their first book *Group Schema Therapy for Borderline Personality Disorder: A Step-by-step Treatment Manual with Patient Workbook*, was published by Wiley-Blackwell, 2012. A three DVD Set: *Group Schema Therapy: Innovative Treatment for Personality Disorders* developed by Joan Farrell & Ida Shaw is also available. Their second book applies Group ST to other challenging disorders - *The Schema Therapy Clinician's Guide: A Complete Resource for Building and Delivering Individual and Group Integrated Mode Treatment Programs*, Wiley 2014. Chapters on their work appear in a number of major references in Schema Therapy including: *Advances in ST* (2010) and the *Wiley-Blackwell Handbook of ST*, Wiley 2012. Their most recent book is *Experiencing Schema Therapy from the Inside-Out: A Self-practice/Self-reflection Workbook for Therapists*, Guilford, 2018. They are working with colleagues in ISST on applying the GST model to other patient populations and as self-therapy for schema therapists.

Joan & Ida have given keynotes, symposia and Master Clinician workshops on GST internationally (15 countries) for over 20 years. They receive outstanding evaluations for their enthusiastic and collaborative teaching style that includes demonstrations and group role play experiences for participants.

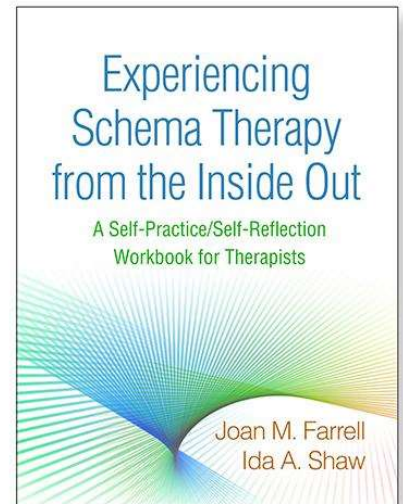
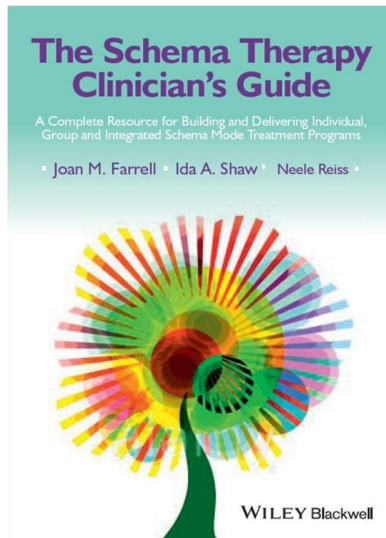
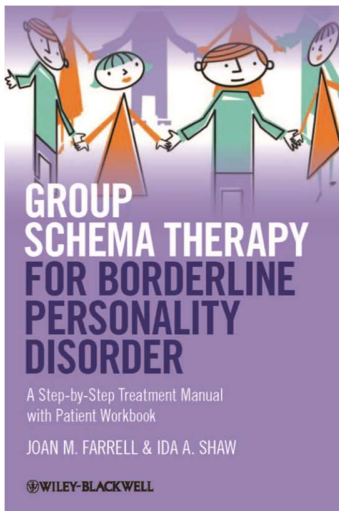
Research publications:

1. **Farrell, J.M. & Shaw, I.A.** (1994) Emotional Awareness Training: a prerequisite to effective cognitive-behavioral treatment of borderline personality disorder. *Cognitive and Behavioral Practice*, 1, #1,71-91.
2. **Farrell, J.M., Shaw, I.A. & Webber, M. A.** (2009) A schema-focused approach to group psychotherapy for outpatients with borderline personality disorder: A randomized controlled trial, *Journal of Behavior Therapy & Experimental Psychiatry*, Jun;40(2):317-28.
3. Zannarini, M, Stanley, B, Black, D, Markowitz, JC, Goodman, M, Pilkonis, P, Lynch, T, Levy, K, Fonagy, P, Bohus, M, Farrell, J, Sanislow, C. (2010) "Methodological considerations treatment trials for persons with Borderline Personality Disorder" *Annals of Clinical Psychiatry*, 22(2) May, 75-83
4. Kasyanik, P, Romanova, H, Farrell, JM and Shaw, IA (2012) Schema Therapy Journal of the Clinical Psychology Association, St. Petersburg Russia, Bekterev Institute. (in Russian)
5. Reiß, N, Lieb, K, Arntz, A, **Shaw, I & Farrell, JM** (2013) Responding to the treatment challenge of patients with severe BPD: results of three pilot studies of inpatient schema therapy. *Cognitive & Behavioral Psychotherapy*, 2013
6. Wetzelaer, P., Farrell, J., et al. (2014). Design of an international multicentre RCT on group schema therapy for borderline personality disorder. *BMC Psychiatry*, 14:319.
7. Fassbinder, E., Schuetze, M, Wedemeyer, N., Marten, E, Kranich, A., Sipos, V., Hohagen, F., Shaw, I., Farrell, J., Jacob, G., Arntz, A. and Schweiger, U. (2016) Feasibility of group schema therapy for outpatients with severe borderline personality disorder in Germany: A pilot study with three year follow-up. *Frontiers in Psychology* 7 · November.
8. Roelofs, J, Muris, P. van Wesemael, D, Broers, MJ, Shaw, I. and Farrell, JM (2016) Group-schematherapy for adolescents: Results from a naturalistic multiple case study *Journal of Child and Family Studies*.
9. Younan, R., Farrell, JM, May, T. (2017). Teaching Me to Parent Myself: The Feasibility of an In-Patient Group Schema Therapy Programme for Complex Trauma, *Behavioural and Cognitive Psychotherapy*: pages 1-16
10. Bastick, E., Bot, S., Verlagen, S, Zarbock, G., Farrell, J, Brand, O, Arntz, A., Lee, C. (2018) The Development and Psychometric Evaluation of the Group Schema Therapy Rating Scale-Revised. *Behavioral and Cognitive Psychotherapy*, p.1-18.
11. Bach, B and Farrell, J. (2018) Schemas and modes in borderline personality disorder: The mistrustful, shameful, angry, impulsive, and unhappy child. *Psychiatry Research*, 259, p.323-329.

**A quote from the founder of Schema Therapy, Jeffrey Young PhD, who attended a Farrell-Shaw Workshop:**

*“Group Schema Therapy has the potential to deliver the powerful treatment strategies of the schema approach in a more cost effective manner than has been possible with individual schema therapy -- with equivalent or perhaps superior results. The experience that the authors have gained over 30 years is evident throughout. The approach Joan and Ida have developed is truly unique, exciting and promising. Joan Farrell is an outstanding schema therapist who serves as the “stable base”, emotional center, and “educator” for the group as a whole – a role I can imagine myself learning to fill, given enough time and experience. What truly amazed me – perhaps because her style is so different from mine and Joan’s -- was the remarkable group work of Ida Shaw. It is hard to convey the level of originality, creativity, and spontaneity she brings to the group experience. She is able to blend elements of gestalt, psychodrama, role-playing, and her own infectious style of play into an approach that perfectly fits the intensive demands of schema mode work, cajoling patients to change in profound ways.”*

**Jeffrey Young Ph.D.**  
**Schema Therapy Institute of New York**  
**Columbia University, Department of Psychiatry**



**GROUP SCHEMA THERAPY (GST)**  
 AN INNOVATIVE APPROACH TO TREATING PATIENTS WITH PERSONALITY DISORDERS IN GROUPS  
 (DEMONSTRATED WITH BORDERLINE PERSONALITY DISORDER)  
 DEVELOPED BY JOAN FARRELL, PH.D. AND IDA SHAW, M.A.

THE FIRST GROUP SCHEMA THERAPY (GST) TRAINING VIDEO, PRODUCED BY GERHARD ZARBOCK, DIRECTED BY NANA NOVOSAD AND VIVIAN RAHN, WITH GUIDANCE FROM JOAN FARRELL AND IDA SHAW.

THIS TRAINING DVD INCLUDES:  
 7.5 HOURS OF OUTSTANDING EXAMPLES OF GST WITH J. FARRELL AND I. SHAW ACTING AS THERAPISTS.  
 A PRACTICAL GUIDE ON HOW TO HANDLE DIFFICULT SITUATIONS.  
 A COMPLETE THERAPY GROUP SESSION OF 1.5 HOURS.  
 AN INTERVIEW WITH THE FOUNDERS OF GST FARRELL AND SHAW.  
 PROMINENT SCHEMA THERAPISTS ACTING COVINCINGLY AS PATIENTS.

THIS DVD-BOX WITH TRAINING VIDEOS IS AVAILABLE FOR 150€ / 200\$ (INCL. TAX) + SHIPPING TO ORDER A DVD-BOX OR FOR FURTHER INFORMATION, PLEASE CONTACT US. SCHEMADVD@AOL.COM

A DEFINITE MUST HAVE FOR ALL WHO WANT TO PRACTICE IN GST!

PRODUCED BY IVAH IN COOPERATION WITH AND IST HEALTHCARE

DISC 01 FREEFORM A TYPICAL GROUP SESSION IN REAL TIME, FROM BEGINNING TO END 82:35 min	DISC 01 SINGLE TASK 01 GETTING STARTED OPENING THE BOTTLE, DESIGN ICE BREAK GIVE A FEEDBACK GATHER FEEDBACK ENDING A TYPICAL SESSION 52:27 min	DISC 01 SINGLE TASK 02 DEALING WITH DIFFICULT SITUATIONS GST THEORY TRAINING EXPERIENCES - THERAPIST TRAINING EXPERIENCES - PATIENTS NOT COMPLETELY SCHEDULED & NOT FINISH 54:00 min
DISC 02 SINGLE TASK 02 DEALING WITH MOODS STRONG POSITION GOOD AND FEELING THESE MOMENTS EMOTIONAL PAIN GIVE FEEDBACK WHAT ARE YOU HEAR FEEL 100:41 min	DISC 03 INTERVIEW WITH JOAN FARRELL & IDA SHAW INTERVIEW BY TINA RAHN 74:33 min	DISC 02 SINGLE TASK 03 DYNAMICS BETWEEN THE THERAPISTS HOWEVER BY TWO THERAPISTS PRACTICE SCHEDULED BY THE GROUP ARGUED IN FRONT OF THE GROUP GIVE FEEDBACK SCHEDULE 28:25 min
DISC 02 SINGLE TASK 04 DEALING WITH SILENT MOMENTS MUSIC SOUNDING COLOR GAME COLOR GAME END 31:38 min	DISC 02 SINGLE TASK 05 CREDITS END FINAL SCENE	