

WSTD 2025

World Schema Therapy Day

*'A day to share knowledge , exchange ideas, build
bridges and foster collaboration '*

An Online Programme on the 7th November 2025

Poland Programme



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY



Poland Programme

It is a great honor for me to welcome you to this year's **World Schema Therapy Day**. As a psychologist, sexologist, and schema therapist, I have the privilege of witnessing every day how this approach transforms lives – helping people heal deep emotional wounds, build healthy relationships, and reconnect with their authentic selves.

Today's event is more than just a series of lectures and workshops. It is a celebration of our shared passion for understanding human experience and fostering change. Together, we will explore diverse perspectives, exchange ideas, and inspire one another – not only as professionals but as people who care deeply about emotional well-being.

I am grateful to the International Society of Schema Therapy and all the collaborating organizations for making this gathering possible, as well as to each of you for bringing your curiosity, openness, and commitment to growth. May this day deepen our knowledge, strengthen our connections, and remind us why we chose this meaningful path.

Welcome, and let's make it an inspiring day together.

Aras Michał Ahmad

Honorary patrons



E - SCHEMA



Gdańskie
Wydawnictwo
Psychologiczne



Poland Programme

The day will run from 8:00 to 22:00

- **Time TBC** - How to be the conductor of your own orchestra – working with modes in schema therapy. - presented by Dawid Bachryj
- **Time TBC** - A map not just for the lost – working with the mode map in therapeutic practice - presented by Ida Ryngwelska
- **Time TBC** - The Anorexic Gremlin – dialoguing with the inner critic in schema therapy for eating disorders - presented by Dagmara Pietruszewska
- **Time TBC** - Schema therapy in somatic illnesses - presented by Marta Żurowska
- **Time TBC** - The Healthy Adult in schema therapy – a case study - presented by Agata Muszyńska
- **Time TBC** - When only imagination limits us – imagery rescripting as one of the most effective techniques in psychotherapy – presented by Karolina Staniaszek
- **Time TBC** - Bringing schemas to life: experiential techniques in group schema therapy - presented by Magdalena Kitłowska & Paweł Górny
- **Time TBC** - Modes that quench desire – why men lose interest in sex - presented by Aras Michał Ahmad

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- **Time TBC** - **Basics of Schema Therapy** - presented by Marcin Andrzejewski
- **Time TBC** - **Understanding, collaboration, and homework in working with borderline personality – an example session with commentary** - presented by Alicja Balińska & Jędrzej Kosewski
- **Time TBC** - **Cancelled flight – schema therapy in treating fear of flying** - presented by Jagoda Miedzińska & Marta Noryśkiewicz
- **Time TBC** - **Practical application of experiential techniques (imagery, chair Work, and embodiment) in working with the Detached Protector mode in patients with Strong Emotional Inhibition and Emotional Deprivation schemas** - presented by Aleksandra Defranc
- **Time TBC** - **The therapist's superpowers – skills a schema therapist should have: a practical overview of the Schema Therapist Competency Scale** - presented by Żaneta Adamczyk
- **Time TBC** - **Working with dreams in schema therapy** - presented by Yuliana Shevchuk & Dagmara Zinkowska-Sopek
- **Time TBC** - **Loud modes, silent needs – understanding self-harm through the lens of schema therapy** – presented by Natalia Górka & Małgorzata Czerniak

How to connect

The event will be hosted on Zoom. Please use the link below to register:

[Poland Programme Registration](#)