

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

Slovakia Programme



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY



Slovakia Programme

The day will run from 9:00 to 16:00

- **9:00-10:00** - Introductory lecture on the theoretical foundations of Schema Therapy, including core childhood emotional needs, schemas, modes and experiential techniques. 60 minutes - presented by Dr Beata Paskova and Dr Stanislava Saffova
- **10:10 – 11:10** - Group discussion – therapists who attended an ISST accredited training will discuss their path to Schema Therapy and share their experiences of applying Schema Therapy into their practice. 60 minutes
- **11:20-11:50** - Reparenting role of Healthy Adult - 30 minutes - presented by Dr Beata Paskova
- **12:35-13:05** - Schema Therapy with internal critic - summary of the background theory and examples from clinical practice - 30 minutes - presented by PhDr Viera Palenikova.
- **13:15-13:45** - CBT and Schema Therapy – how to integrate these powerful therapies and tune them in to clients’ needs to maximise effectiveness. A summary of theory with a case example. 30 minutes - presented by Dr Stanislava Saffova
- **13:55-14:25** - Information about ISST-accredited training in Schema Therapy – more about the theoretical part and the conditions of an international ISST accreditation. 30 minutes – presented by Dr Beata Paskova
- **14:35 – 15:05** - Supervision in Schema Therapy – 30 minutes - presented by Dr Stanislava Saffova.
- **15:15 – 16:00** - Q&A and official closing of the WSTD in Slovakia – 15 minutes – Dr Beata Paskova and Dr Stanislava Saffova.

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About presenters:

Beata Paskova, MD – Beata is a psychiatrist and psychotherapist, a founder of The First Institute of Schema Therapy in the Czech Republic and Slovakia. She is an ISST certified Trainer and Supervisor of individual Schema Therapy and a regional coordinator of Schema Therapy certification for Czech Republic and Slovakia. Beata is also trained in CBT, DBT and psychodynamic psychotherapy. She has extensive experience of working with clients with Personality Disorders. She led Personality Disorders Unit in Cambridge and Coventry, UK.

Dr Stanislava Saffova – Stanislava is a psychologist and psychotherapist and ISST certified Trainer and Supervisor of individual Schema Therapy. She is also a CBT therapist and EMDR therapist and has more than 15 years of experience of working in mental health, including Community Mental Health Teams, Early Intervention in Psychosis and NHS Talking Therapies Service in the UK (formally known as IAPT).

PhDr Viera Palenikova – Viera is a Clinical psychologist and psychotherapist. She is also a CBT therapist and supervisor, cooperating with the International Institute Odyssea. She completed training in individual and group Schema Therapy. Viera is also trained in EMDR and psychotraumatology. She worked at the Neurological Clinic in Bratislava for 18 years. She also led the Department of Clinical Psychology at the University Hospital in Bratislava for 17 years. She is currently in private practice.

How to connect

This programme will be run in Zoom, please click on the link below to register:

[Slovakia Programme Registration](#)