

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

Germany and Austria Programme



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY



Germany and Austria Programme

Besides the rich international program of this year's WSTD we are proud to present a full day German track too. We will present on a level that is understandable for everybody, because we want to present Schema therapy for everybody.

The presentations are pre-recorded and in German. They will be accessible for about a month. This track covers a rich variety of issues, starting with highlight from Schema Therapy for Couples, hosting presentations from our Austrian colleagues, new development in individual Schema therapy like Bodywork, integrating 3rd wave and process-based perspectives, tips and tricks managing difficult situations or challenging clients ending up with reflections on Group Schematherapy in inpatient and outpatient settings and working with Children and Adolescents.

A colorful flower bouquet to get an impression about the spirit and the multitude of facets Schema therapy covers! We would be glad if you were part of this amazing event!

How to register

This event will be hosted on Zoom. Please click on the link below to register to the event:

[Germany & Austria Programme Registration Link](#)

Germany and Austria Programme

The day will run from 9:00 to 20:00

- **9:00-09:10 - Welcome and Introductory Remarks** - presented by Eckhard Roediger - Germany
- **09:10-09:30 - Involving Partners in Therapy – An Introduction** - presented by Isabelle Schurr - Germany
- **09:30-10:00 - You Always Leave Everything Lying Around! – How Little Things Turn into Big Dramas, and How Couples Reconnect through Imagery Rescripting** - presented by Denise Ginzburg - Germany
- **10:00-10:30 - How Do We Rebuild Trust after an Affair?** - presented by Jaana Markela-Lerenc - Germany
- **10:30-11:00 - Schemas in the Bedroom – Dynamics in Couple Sexuality** - presented by Eva Frank-Noyon - Germany
- **11:00-12:00 - Genetic and Epigenetic Factors Influencing Treatment Response in Schema Therapy – Illustrated by a Borderline RCT** - presented by Alexandra Schosser - Austria.
- **12:00-13:00 - Limited Reparenting in Schema Therapy: Understanding Its Role and Impact** – presented by Maria Müller-Gartner - Austria
- **13:00-13:30 - Backstage Schema Therapy – Experiences from Clinical Practice** – presented by Austrian Schema Therapy Network - Austria

Germany and Austria Programme

- **13:30-14:00** - **Schema Therapy in Borderline Personality Disorder: Focus on Imagery Rescripting** - presented by Laura Seebauer - Germany
- **14:00-14:30** - **Schema Therapy for Self-Esteem Problems – Disempowering the Devaluating Critic Mode** - presented by Angelika Neumann - Germany
- **14:30-15:00** - **Experiencing Modes in the Body and Initiating Mode Changes: Working with Mode Sculptures and Mode Profiles** - presented by Gisela Henn-Mertens - Germany
- **15:00-15:30** - **Mastering Difficult Clinical Situations with Schema Therapy** - presented by Christine Zens - Germany
- **15:30-16:00** - **Where Do We Want to Go in Schema Therapy? And What Does That Have to Do with the Quality of the Parent–Child Relationship? The Healthy Adult Mode – From Our Relationships with Our Children to Schema Therapy** - presented by Julia Schuchardt & Julia Hinrichs - Germany
- **16:00-16:30** - **Schema Therapy expanding Cognitive Behavioral Therapy: Dual Treatment Focus with Emotional Regulation via the Healthy Adult Mode** – presented by Claudia Stromberg - Germany
- **16:30-17:00** - **Schema Therapy in Front of the Mirror: Treating Body Dissatisfaction and Body Image Disorder** - presented by Yvonne Reusch - Germany.
- **17:00-17:30** - **Schema Therapy Today – Integrating ACT into a Contextual Schema Therapy Approach** – presented by Eckhard Roediger - Germany

Germany and Austria Programme

- **17:30-18:00** - **What Does a Process-Based Schema Therapy Look Like?** - presented by Matias Valente - Germany
- **18:00-19:00** - **Schema Therapy with Children and Adolescents** - presented by Christof Loose - Germany
- **19:00-19:30** - **The Best of Two Worlds – An Introduction to Group Schema Therapy** - presented by Christian Ferreira de Vasconcellos - Germany
- **19:30-20:00** - **Inpatient Schema Therapy: When the Whole Is More Than the Sum of Its Parts** - presented by Nicole Haubitz & Anna Semmroth-Wolter - Germany
- **20:00** - **Closing Remarks and Q&A** - presented by Christof Loose, Maria Müller-Gartner & Eckhard Roediger - Germany & Austria