

WSTD 2025

World Schema Therapy Day

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

7th November 2025

Programme **India**



INTERNATIONAL SOCIETY FOR
SCHEMA THERAPY



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We are delighted to share that in India we are celebrating World Schema Therapy Day at the 3rd International Annual Conference of Clinical Psychology Society of India (3rd CPSICON-2025).

The conference is happening from 6th to 8th November, 2025 at the Amity Institute of Behavioural Health and Allied Sciences (AIBHAS), Amity University, Uttar Pradesh India.

At the conference we are having a two-hours workshop on schema therapy to commemorate the World Schema Therapy Day, 2025.

Title of the workshop:

Limited Reparenting in Schema therapy: Process, Application and Challenges

Presenters:

1. Dr. M. Manjula (Professor, Department of Clinical Psychology, National Institute of Mental Health and Neuro Sciences, Bangalore)
2. Dr. Priya Puri (Founder and Chief Clinical Psychologist, The Healing Space)

Abstract:

Schema therapy is an empirically established therapeutic approach to deal with complex trauma and certain personality disorders. It is an attachment-informed psychotherapy, which focuses on working on deep rooted patterns and not just on restructuring negative automatic thoughts. In this therapy, the therapeutic relationship forms the basis to heal the dysfunctional patterns and meet the unmet childhood needs of the client. Limited reparenting is considered to be the heart of schema therapy. It is not a technique, but rather a therapeutic skill of being a 'good enough' parental figure that is incorporated in all the phases of schema therapy. Through limited reparenting, the therapist not just helps in meeting the core unmet emotional needs of the client by nurturance, care, guidance and direction; but the therapist also helps the client learn about boundaries and self-sabotaging patterns through empathic confrontation and limit setting.

Most therapists are able to effectively provide validation, nurturance and guidance to their clients; however, it may become challenging to empathically confront a client when we see them repeating self-sabotaging patterns. It becomes hard to maintain the delicate balance between empathy and confrontation. Similarly, it can be challenging to

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set limits with clients, wherein the therapist wants to be firm and assertive, but does not also want to come across as judgemental or abandoning.

This workshop would be useful in understanding the practical application of limited reparenting in schema therapy. It will wholistically cover limited reparenting along with addressing the challenges one may encounter while using this skill.

Keywords: limited reparenting, schema therapy, empathic confrontation, limit setting, validation

The speakers (in order of appearance):



Dr. M. Manjula Is a Professor of Clinical Psychology at the Department of Clinical Psychology, National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore, Karnataka State. She completed her M.Phil and PhD in Clinical Psychology from NIMHANS and is been affiliated to NIMHANS as a faculty from 2007. She practices cognitive behaviour therapy. Her areas of research interest include Cognitive behaviour therapies and third wave therapies across the anxiety, mood, stress and personality disorders; Process and outcome research in therapy; mental health interventions in youth. She has published over 100 papers in national and international journals; written book chapters, books and manuals and guided about 22 M.Phil dissertations and 12 PhD thesis.



Dr. Priya Puri is a clinical psychologist with a Ph.D. from the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru (India) in 2020. Currently, she is engaged in private practice in India and specialises in working with adults having emotion dysregulation, self-harm, insecure attachment, and childhood trauma. She is the Founder of The Healing Space, an online mental health organization which provides psychotherapy services across the globe. She founded this organization in 2022 with the vision of bringing together highly skilled mental health professionals and making trauma-informed mental health services accessible.

Her doctoral research explored certain schema therapy

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variables among individuals with Borderline Personality Disorder, using a mixed-methods approach. This study, being the first of its kind, led to publications in high impact factor journals such as Psychiatry Research and Journal of Clinical Psychology. It was during her PhD that she developed a keen interest in learning schema therapy.

She is formally trained in Schema Therapy and EMDR (Level 1), and is currently getting trained in Sensorimotor Psychotherapy (level 1).

Priya uses a trauma-focussed approach to help her clients deal with their emotions, thoughts, traumatic memories and associated bodily sensations, thereby focusing on holistic healing and not just symptom resolution.

One of her core interests is teaching, which is why she keeps conducting workshops and webinars on different aspects of trauma-informed therapy for the upskilling of budding mental health professionals..