

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

**Serbia, Bosnia & Herzegovina, Montenegro,
North Macedonia, Slovenia, Croatia
Programme**



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY



WSTD 2025

World Schema Therapy Day



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Programme

Welcome to World Schema Therapy Day 2025

A Celebration of Regional Collaboration, Connection, Change, and Emotional Growth.

The Schema Therapy Center Belgrade is proud to present this year's joint regional program where therapists, clients, students, artists, and the wider public from **Serbia, Bosnia & Herzegovina, Montenegro, North Macedonia, Slovenia, and Croatia** are joining forces to explore the richness of Schema Therapy. Through an inspiring and diverse mix of workshops, lectures, artistic expressions, and public events, we aim to make the principles of Schema Therapy accessible, relatable, and deeply relevant to our lives and communities.

The events in this brochure reflect not only the depth and humaneness of Schema Therapy, but also the creativity, collaboration, and dedication of professionals across our region. Together, we invite you to explore what it means to understand ourselves more fully, connect more authentically, and nurture psychological well-being – individually and collectively.

Thank you for being part of this journey.

Welcome.

Tijana Mirović, PhD

Schema Therapy Center Belgrade



schema therapy center

BELGRADE

Serbia Programme

Presenter	Time, date and location Language Audience	Form / content of presentation
Tatjana Prokić	<p>WSTD 11– 22h, Belgrade Design District, Čumićeva 2</p> <p>It will be recorded, so it can later be viewed and shared on social media. A Serbian-language version will also be available.</p> <p>English and Serbian</p> <p>Public</p>	<p>Monodrama: “In My Head, There Is No Silence”</p> <p>Ten-minute monodrama, In My Head, There Is No Silence, portrays a person’s inner psychological modes using the schema therapy framework. Through four internal voices – the Detached Protector, Inner Critic, Wounded Child, and Healthy Adult – the audience gains an emotional insight into the internal struggle and the process of healing.</p>
Bojana Obradović Sandra Zaimović, Sanja Perić, Tijana Mirjanić, Ivana Seratlić, Marijana Radulović	<p>WSTD</p> <p>Proposed location: UK Parobrod, Belgrade</p> <p>Serbian</p> <p>Public</p>	<p>Workshops: Explore, Feel, Heal: A Schema Therapy Experience</p> <p>A one-day event open to everyone who wants to better understand themselves, connect with their emotions, and find inner peace.</p> <p>A one-day event will feature a series of workshops introducing core concepts of schema therapy to a broader audience. Topics include:</p> <ul style="list-style-type: none"> • Inner Child Work • Inner Critic Work • Happy Child Mode • Personal Schemas and Coping Modes

Serbia Programme

Presenter	Time, date and location Language Audience	Form / content of presentation
Brankica Ristić	<p>WSTD – 11am CET – 10pm CET, Belgrade Design District, Čumićeva 2</p> <p>Serbian</p> <p>The exhibition is in a public space, so the target audience includes not only clients, colleagues and those interested in schema therapy, but also anyone passing by and the general public.</p>	<p>My Inner Worlds - An Artistic Journey in Schema Therapy</p> <p>An exhibition of visual art works (photography, digital art, drawing, collage...)</p> <p>An exhibition of visual art works (photography, digital art, drawing, collage...) created through personal reflection and inner experience, inspired by the concepts of schema therapy, particularly the modes of the Vulnerable Child, the Inner Critic, and the Happy Child.</p> <p>The exhibition will showcase works by schema therapy clients, therapists themselves, as well as other participants engaged in introspection and personal growth. A specially designed installation will feature selected artworks from art history, chosen for their atmosphere that resonates with the psychological states and modes identified in schema therapy.</p> <p>The focus of the exhibition is not on artistic quality, but on the psychological expression and inner experience behind each piece, with the aim of encouraging understanding of emotional patterns and raising awareness of schema therapy.</p>
Vladimir Živanović	<p>WSTD - The workshop will be held at the gallery of Club Mornar in Belgrade, from 8:00 PM to 9:30 PM.</p> <p>Serbian</p> <p>Workshop within the group “Snaga” – an informal support group for LGBTIQ+ individuals</p> <p>LGBTIQ+ individuals – members of the informal group “Snaga”</p>	<p>Workshop Wounding schemas: Understanding LGBTIQ+ experience through the lens of Schema therapy</p> <p>Growing up as an LGBTIQ+ person in a heterosexist society often leads to the development of maladaptive schemas that deeply shape one’s inner world. These deeply rooted patterns affect identity, relationships, and mental health. The workshop offers insight into how Schema therapy can support understanding and healing of these wounds by connecting early childhood experiences with patterns of thinking, feeling, and behaving in adulthood</p>

Bosnia & Herzegovina Programme

Presenter	Time, date and location Language Audience	Form / content of presentation
Maja Misira Rašić	<p>The time is yet to be determined in coordination with the acting professor from the Academy of Performing Arts at the University of Sarajevo, based on their availability and space.</p> <p>Location: Premises of the Academy of Performing Arts in Sarajevo.</p> <p>Time: 90 to 120 minutes</p> <p>Bosnian/Croatian/Serbian language</p> <p>Drama school students (Academy of Performing Arts, University of Sarajevo)</p>	<p>Beneath the Mask: Understanding Character Through Schemas and Modes - Workshop for drama school students.</p> <p>The workshop aims to help performing arts students recognize the psychological patterns or schemas, as well as the coping strategies and modes of the characters they portray. This will enable them to gain a deeper understanding of the character's motivation and authentic emotional states, allowing for a more layered and truthful stage performance. During the workshop, students will work with current dramatic text or characters they are developing in their acting classes, using this approach to explore psychological states they can draw upon in their portrayal. Through this practical approach, students will be able to examine patterns of thinking and belief, inner coping strategies, and develop awareness of how schemas are expressed through the body and voice.</p>
Morena Bajo	<p>The date will be announced after the approval of the annual program for the kindergarten "Sv. Franjo" in Kiseljak</p> <p>Location: Kindergarten "Sv. Franjo" Kiseljak, Bosnia and Herzegovina</p> <p>Duration: 90 minutes</p> <p>Croatian language</p> <p>Public</p>	<p>Public lecture - Schema Therapy: A Tool for Parents Who Want to Understand More Deeply</p> <p>This lecture offers parents an introduction to the basics of schema therapy – a psychological approach that helps identify behavior patterns formed in early childhood. Through real-life examples, parents will learn how to better understand both their child's and their own emotional reactions, how schemas develop, and how they influence the parent-child relationship. In a simple and practical way, schema therapy helps parents recognize the emotional themes that unconsciously guide them in everyday parenting situations, and how they can build a relationship based on greater understanding, safety, and mindful presence – both toward their child and themselves.</p>

Bosnia & Herzegovina Programme

Presenter	Time, date and location Language Audience	Form / content of presentation
Sandra Muratović	<p>WSTD, time to be announced.</p> <p>Location: Druga gimnazija Sarajevo</p> <p>Duration: 45-60 minutes Bosnian language</p> <p>High school students, teachers</p>	<p>Lecture, workshop: What Are Adolescent Modes – A Short Intro for High School Students</p> <p>For World Schema Therapy Day, I will organize a short talk at Druga gimnazija Sarajevo on common adolescent modes in schema therapy. The talk will be adapted to the age group, focusing on understanding emotions, behavior, and inner states. Educational posters will also be created and displayed so that students not attending the talk can still engage with the content.</p>
Ivana Kozina	<p>WSTD (time will be defined later)</p> <p>Croatian</p> <p>General public</p>	<p>How good is our mental health? (About schema therapy and psychotherapy) Appearances on TV and radio or podcast</p> <p>The general public will be informed what good mental health is, what protects it and what damages it as well as when it is necessary to seek professional help. Since Schema therapy is a relatively new psychotherapeutic approach in Bosnia and Herzegovina, the public will have the opportunity to hear about the benefits of this therapeutic approach.</p>
Tatjana Preradović - Sjenica	<p>The event will be held on November 6. lasting 2-2,5 hours in the afternoon in the premises of the Faculty of Philosophy in Banja Luka. Taking into account that many students travel home for the weekend, we will plan 6.11.</p> <p>Bosnian students</p>	<p>I study and burn out: Why do I always ask for more of myself? Workshop - Schema Unrelenting standards among students</p> <p>In cooperation with the Student Psychological Counseling Center of the Banja Luka University, a workshop will be organized for students on the topic of Schema Unrelenting standards. The goal is recognize what the schema of excessively high standards is and how it manifests itself in students, connect it with personal experience and academic challenges, become aware of the internal messages that maintain this schema, and how to develop healthier and self-supporting beliefs and alternatives</p>

Croatia Programme

Presenter	Time, date and location Language Audience	Form / content of presentation
Marina Trbus	WSTD English Colleagues, the public, and students 45min	Public lecture: The Roots of Loneliness: How Early Schemas Shape Our Relationships This public lecture explores how early maladaptive schemas (deeply ingrained beliefs formed in childhood) and attachment styles shape our relationships and contribute to persistent loneliness. Highlighting the psychological significance of these early patterns, the talk shows how schema therapy—an innovative, evidence-based approach—can help break the cycle of loneliness and foster healthier, more fulfilling connections

North Macedonia Programme

Presenter	Time, date and location Language Audience	Form / content of presentation
Jasmina Jonuz	WSTD 18:00 - 19:30 Association Psynapsis Macedonian Public / Students	Public lecture: The Relationship Between Early Maladaptive Schemas and Anxiety Disorders and Depression in Adulthood: A Schema Therapy Perspective This lecture will present the relationship between early maladaptive schemas and anxiety disorders and depression in adulthood. Drawing from empirical research and clinical findings, the session will highlight how certain schemas act as risk factors for anxiety disorders and depression. The presentation will also address implications for assessment and treatment, with examples of interventions and how targeting these schemas can help reduce symptoms.

North Macedonia Programme

Presenter	Time, date and location Language Audience	Form / content of presentation
Elisaveta Sekulovska	<p>The date will be announced in November 2025. A two-hour workshop for students from the University of St. Kliment Ohridski - Bitola will be held in the Student Counseling Center, Skopje (https://www.psiholoskosovetuvaliste.uklo.edu.mk/).</p> <p>Macedonian language</p>	<p>Understanding Early Maladaptive Schemas and Emotional Needs – Introductory Workshop on Schema Therapy for Students at the University Counseling Center</p> <p>Themes: What is Schema Therapy? An Integrative Model Early Maladaptive Schemas and Basic Needs Exploring Schema Domains:</p> <ul style="list-style-type: none"> • Five Major Domains • Brief Clinical Case Study • Group Discussion: Recognizing Schemas in Student Experiences • Possibilities for Applying ST in Future Student Research

Montenegro Programme

Presenter	Time, date and location Language Audience	Form / content of presentation
Marijana Ivančević	<p>Wednesday, November 5th, 2025, at 6:00 PM</p> <p>Location: Psychological Center „Moj prostor“ Podgorica</p> <p>Duration: 2 hours Montenegrin language</p> <p>Adults</p>	<p>Workshop: Patterns that bind like chains Understanding the impact of schemas and modes on the persistence of dysfunctional patterns with special emphasis on Maladaptive parenting modes. This workshop is designed to provide participants with valuable insights and practical tools for personal and professional growth. The key objectives include:</p> <ul style="list-style-type: none"> • Gaining a clear understanding of how people function through the core concepts of Schema Therapy • Exploring the origins, maintenance, and resilience of dysfunctional emotional and behavioral patterns • Identifying and recognizing maladaptive parenting modes: Demanding Critic, Guilt-Inducing Critic and Punitive Critic • Raising awareness of the powerful inner voices that keep us stuck in old patterns, even when we strive for change • Empowering participants to recognize, challenge, and manage maladaptive parental modes in themselves

Slovenia Programme

Presenter	Time, date and location Language Audience	Form / content of presentation
Samo Pastirk	<p>STD Live Online Symposium: 18-00 – 19-00</p> <p>https://meet.jit.si/SLO-WorldSchemaTherapyDay</p> <p>Slovenian language</p> <p>This session is designed for everyone interested is welcome.</p>	<p>Webinar: Schema Therapy in the Global and Local Context - Understanding Compassion and Establishing Healthy Boundaries.</p> <p>In recent years, Schema Therapy has started to find its place in Slovenia. Since 2024, a Schema Therapy supervision group has been active in Slovenia, composed of psychologists and clinical psychologists with prior training in cognitive-behavioral therapy. During the symposium, group members will present key theoretical concepts of Schema Therapy and illustrate their clinical application through brief presentations and case examples. Special emphasis will be placed on the role of compassion and healthy boundaries within the therapeutic process, as well as the unique aspects of implementing the schema model in the Slovenian context.</p>