

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

Turkey Programme



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY



Turkey Programme

The event will be split into two parts, morning and afternoon. Please use different links to access each section.

MORNING SECTION

10:00-10:10 - **Opening Speech** - presented by Dr. H. Alp Karaosmanoğlu

10:10-11:30 - **The Schema Perspective on the Therapeutic Relationship: Using the Relationship as a Transformational Tool** - presented by M.D. Psychiatrist Meliha Öztürk, Clinical Psychologist Cansu Coşkun

This presentation will explore how the therapeutic relationship functions as an intervention in schema therapy. Topics will include in-session triggers, therapist-client schema and mode interactions, and the delicate balance between reparenting and setting limits. Also, clinical vignettes will be used to illustrate key concepts.

11:45-13:15 - **Let's just do it! / Don't even think about it!** - presented by Clinical Psychologist Gülşah Sütüoğlu, Clinical Psychologist Şahin Çiftçi

In this presentation, the dynamic interaction between the Impulsive Child Mode and the Anxious (Fearful) Child Mode will be examined within the framework of Schema Therapy. The unmet core emotional needs underlying both modes will be explored, along with how these needs influence the individual's behavior, emotional regulation capacity, and coping styles. Furthermore, the role of the Healthy Adult Mode — which serves to balance and regulate this dynamic interplay — will be comprehensively addressed. Emphasis will be placed on the Healthy Adult's capacity to intervene appropriately and functionally with both the Impulsive and Anxious Child Modes, thereby soothing internal conflicts and supporting emotional regulation.

Turkey Programme

13:30-15:00- Experiential Techniques in Schema Therapy Imagery Rescripting
- presented by Dr. H. Alp Karaosmanoğlu, Dr. Canan Bayram Efe

In this presentation, imagery rescripting and its working principles will be explained in the context of memory mechanism. “Imagery Rescripting”, which is among the experiential techniques, is an important intervention method. Imagery rescripting can be explained as a therapy technique in which the negative emotions and symptoms that are caused by difficult memories are improved by changing the memory. There are data implying that the use of this technique dates back to the 1900s. An unpleasant memory is relived to transform it into a more positive memory during imagery rescripting technique. Although imagery seems to affect only the visual sense, it can also be experienced auditory, tactile and in a gustative manner. It is already known that autobiographical memory is used in re-experiencing through imagery. Changing the meaning of experiences about autobiographical representations seems to be the underlying mechanism of action in this respect.

How to connect to the morning programme:

The event will be streamed on YouTube, you can watch on the link below:

[Morning Turkey Programme Registration link](#)

Turkey Programme

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AFTERNOON SECTION

Programme for Professionals

15:00-15:50 - Neurodiversity and Schema Therapy - presented by Dr. Reyhan Nuray Duman, PhD – Clinical Psychologist

16:00-16:50 - The Schema Perspective on the Therapeutic Relationship: Using the Relationship as a Transformational Tool - presented by Dr. Emel Gürün Derya, MD – Psychiatrist

17:00-17:50 - Advantages of Integrating EMDR and Schema Therapy - presented by Prof. Dr. Esra Yancar Demir, MD – Professor of Psychiatry

18:00-18:50 - The Healthy Adult Mode in Schema Therapy: Clinical Use of Metacognitive Skills - presented by Dr. Ali Engin Uygur, PhD – Clinical Psychologist

19:00-19:50 - Bipolar Disorder from a Schema Therapy Perspective: Differentiating from Personality Disorders - presented by Dr. Mahmut Emre Kızıl, MD – Psychiatrist

How to connect to the Professional Programme

- The program will be held via Zoom and simultaneously streamed on YouTube Live.
- Registered participants will receive the Zoom/YouTube access links during WSTD week.

[Register here for the Professional Programme](#)

Turkey Programme

Public Programme

17:00-17:50 - Schema Therapy – A New Perspective on Ourselves, Others, and the World - presented by Berat Arifoğlu Zaimoğlu

18:00-18:50 - An Invitation to Compassionate and Guiding Parenting - presented by Zeynep Cihangir Çankaya & Serdar Çankaya

19:00-19:50 - The Baggage I Carry into Every Relationship – Transmitted Schemas and Their Echoes in Parenting - presented by Helin Yılmaz Kafalı

How to connect to the Public Programme

- The public seminar will also take place online and is free of charge.
- Date & Time: November 7, 2025 | 17:00 – 20:00 (Turkey time)
- The Zoom/YouTube links will be shared with registrants during WSTD week.

[Register here for the Public Programme](#)