

# 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

## China Programme



## China Programme

Day Friday, 7<sup>th</sup> of November 2025

如何参与世界图式日·中国区专场? **How to access the WSTD mainland China programme?**

本次活动将在微信视频号 and 腾讯会议同步直播。 **The programme will be streamed on WeChat Channels and Voov Meeting.**

您可以通过以下两种方式进入活动: **You can join the event using either of the two options below:**

1. 如果您使用微信:请扫描二维码, 通过 微信视频号 收看 WSTD 直播。 **If you use the WeChat App Scan the QR code to watch the WSTD live session via WeChat Channels.**

2. 如果您没有微信: 请在电脑或手机上下载 腾讯会议 (Voov), 然后通过以下链接进入会议:

**If you don't use WeChat, Download the Voov app on your desktop or mobile device, then join the meeting via the link below:**

会议链接 Meeting Link : <https://meeting.tencent.com/dm/AsBPxb1bW7Gj>

会议ID Meeting ID: 285-539-092

**Our day programme is listed below:**

WTSD中国大陆区宣传活动

Mainland China Programme



**[China Programme Zoom link](#)**

### China Programme Day Friday, 7<sup>th</sup> of November 2025

Time (Beijing Time; GMT+8)	Presenter	Topic	Length	Live/Pre- recorded
3:10 - 3:40pm	胡新 Xin Hu, 黄超 Iris Huang, 李荔波 Libo Li, Snow Chen	欢迎参加世界图式疗法日活动 Welcome to World Schema Therapy Day	10 mins	直播Live
3:40 - 4:10pm	胡新 Xin Hu	图式疗法：精神动力学视角下的认知行为干预 Schema Therapy: A Cognitive-Behavioural Intervention from a Psychodynamic Perspective	30 mins	直播Live
4:10 - 4:40pm	黄超 Iris Huang	图式疗法视角下的咨访关系 Understanding the Therapeutic Alliance through the Lens of Schema Therapy	30 mins	直播Live
4:40 - 5:10pm	Snow Chen	图式疗法本土化：在中华语境中的适应于整合 Schema Therapy: Toward Adaptation and Integration within Chinese Cultural Contexts	30 mins	直播Live
5:10 - 5:40pm	李荔波 Libo Li	“我不觉得苛刻啊”：为什么人们会认同内在的苛求评判者 “I Don't Think I'm Being Harsh” – Why People Identify with the Demanding Inner Critic	30 mins	直播Live
5:40 - 6:10pm	刘晓敏 Xiaomin Liu	从模式到需求：图式疗法如何概念化儿童青少年行为问题 From Modes to Needs: How Schema Therapy Conceptualises Child and Adolescent Behavioural Problems	30 mins	直播Live
6:10 - 6:30pm	胡新 Xin Hu, 黄超 Iris Huang, 李荔波 Libo Li, Snow Chen, 刘晓敏 Xiaomin Liu	闭幕总结发言与讨论 Closing comments and discussion	20 mins	直播Live

[China Programme Zoom link](#)