



Change starts with you. Become a Schema Coach.

What is Schema Coaching?

Most coaching stays at the surface: offering motivation, strategies, and mindset shifts. But while this approach may work for some, it fails to explore the deeper emotional patterns and self-sabotaging schemas that keep clients stuck.

Schema Coaching enriches traditional coaching models by placing Schema Theory at the heart of the practice. It offers a more scientific, comprehensive, and psychologically informed framework for understanding what truly helps people move forward in their lives.

"Deep and lasting change with Schema Coaching."

Why Choose Schema Coaching?

- ✓ Go beyond surface-level coaching to create lasting transformation
- ✓ Address the deeper patterns that shape behaviour and hold clients back
- ✓ Join a global community of coaches making a real difference
- ✓ Gain evidence-based tools rooted in schema theory and neuroscience

Certification Training Program

Our comprehensive 84-hour certification program equips you with practical coaching tools rooted in schema theory, neuroscience, and transformation-based coaching.

Graduate with a skillset that allows you to support clients through lasting personal growth.

Foundation & Theory	Techniques & Practice
Module 0: Foundations of Coaching Introduction to Schema Coaching & ICF competencies	Module 3: Cognitive Schema Coaching Tools Reframing, Flashcards for Healthy Adult Voice, Positive Data Logs
Module 1: Theoretical Foundations of the Schema Framework Core Emotional Needs, Early Maladaptive Schemas, Schema Modes in the Use of Coaching	Module 4: Experiential Schema Tools Present-life Imagery for Self-Discovery, Chair Work, Embodied Awareness
Module 2: Assessment & Case Formulation Schema Questionnaires, Mode Mapping, Building the Schema Coaching Alliance	Module 5: Behavioural Pattern Breaking Behavioural Experiments, Action Planning, Gestalt Techniques
Module 6: Schema Coaching Relationship Limited Reparenting, Empathic Confrontation	Module 7: Integration & Transformation Strengthening Healthy Adult Mode, Sustaining Change

Specialized Applications

Module 8 covers application to specific populations:

High-Achieving Professionals	Life Transitions	Parenting Coaching
Leaders & Entrepreneurs	Couples & Relationships	Dependency & Self-Sabotage

2027 Training Course Details

Duration: 84 hours over 21 sessions Format: 100% Online via Zoom Time: 12 PM – 4 PM (UK time)	Start Date: January 6th, 2027 Tuition: \$2,850 USD Attendance: Max 2 missed sessions
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What You'll Receive

- ✓ 84 hours of live, interactive training delivered online over 21 sessions
- ✓ Experiential exercises, theory deep dives, and coaching demonstrations
- ✓ Official Certification by the Schema Coaching Academy (SCA)
- ✓ Access to a global community of like-minded professionals
- ✓ All sessions recorded and available to revise for 14 days

Meet Your Trainers



**Dr. Offer
Maurer**

Portugal

Board certified clinical psychologist specializing in Schema Therapy and Schema Coaching. An ISST-certified trainer and supervisor, Offer is a leading voice in integrative psychotherapy with a focus on emotional transformation.

He co-leads the ISST Special Interest Group on Gender and Sexuality and previously served as Chairperson of the Israeli chapter of IARPP.



**Gabriella
Cs Farrand**

United Kingdom

HCPC registered counselling psychologist who applies coaching methods in her practice. Gabriella is an ISST certified Advanced Schema Therapist, also trained in Psychodrama and Emotionally Focused Couples Therapy.

She regularly co-facilitates schema therapy groups and brings extensive clinical experience to the training.

Our Mission

We are training a global community of coaches devoted to improving lives by unlocking the chains of limiting schemas. Together, we aim to create a ripple effect of positive change, empowering individuals worldwide to live with greater freedom and fulfilment.

Ready to Transform Lives?

Apply now and join a global movement of coaches committed to depth, meaning, and lasting change.

www.schemacoachingacademy.com

hello@schemacoachingacademy.com

Book a Free 30-Minute Discovery Call