

"My colleagues and I at our faith-based addiction center took the SafePath training about three years ago. We are very enthusiastic about the results that we see. We learned a powerful language -'Schema modes'- for describing the struggles of our patients, and our own struggles to work with them. In addition to evoking greater compassion in us, the training gave us concrete tools for interventions, such as how to set limits, provide support, and confront our patients empathically."

Theodoor de Kraker, Health Psychologist, Addiction Center "de Hoop" ggz, Dordrecht

"I had been training and coaching treatment teams for youth in Schema Therapy for several years, but Safe Path provided me with more continuity and enrichment. It is a great way to successfully implement principles and techniques from Schema Therapy on a treatment unit, supporting staff to create a safe group climate."

Marjolein van Wijk-Herbrink, schema therapist, residential youth treatment, OG Helderstichting

ABOUT US



Dr. David Bernstein is a Clinical Psychologist (PhD, New York University, 1990) and Associate Professor at Maastricht University in the Netherlands. He is one of the leading innovators and educators in Schema Therapy. He is a former President of the Association for Research on Personality Disorders, and Vice-President of the International Society for Schema Therapy. He is the author or coauthor of over 100 scientific publications and book chapters on topics including psychotherapy, personality disorders, forensic psychology, child abuse and neglect, and addiction. He created the iModes, with comic-artist, Vick, and founded SafePath Solutions to help people with personality and behavior problems lead safer and healthier lives.

BENDING THE PATH TOWARDS A SECOND CHANCE

CONTACT US

info@safepath-solutions.com

WEBSITE

safepath-solutions.com

SafePath SOLUTIONS
creating second chances

At SafePath Solutions, founded by Dr. David Bernstein, we help teams work more effectively with youth and adults with personality and behavior problems, such as personality disorders, addiction, and aggression. A team is any group that works together to provide care, for example, in a hospital, addiction center, youth residence, prison, or community-based program.



SafePath Solutions combines the principles of Schema Therapy – an evidence-based treatment for personality disorders – with mindfulness and positive psychology. Teams learn to work with extreme emotional states known as schema modes and provide for clients' core emotional needs – especially for attachment and firm but fair limits. We teach teams how to respond to modes therapeutically, rather than in ways that lead to escalations, turning conflict situations into learning opportunities.

SafePath Solutions aims to improve team functioning and ward climate, providing safety and connection that clients missed growing up, and opportunities to practice healthier ways of coping and relating. In a recent randomized clinical trial of youth in residential treatment, SafePath Solutions teams had better team functioning, better climate on the wards, and less need for physical restraint of clients, compared to teams on usual care wards at the same institution.

Since 2011, we have trained treatment teams at 10 different institutions in the Netherlands. To learn more about SafePath Solutions, including how to implement SafePath Solutions in your organization, and how to become a trainer/coach, please go to our website safepath-solutions.com or contact us at info@safepath-solutions.com

We look forward to helping with your organization's needs.



Limits

TRAININGS FOR TEAMS

SafePath Solutions trainings are empowering, inspiring, and fun. We take an interactive, learn-by-doing approach, with exercises and "serious games" that accommodate participants' own learning styles.

Training in SafePath Solutions starts with a two-day basic training for teams, followed by an implementation phase involving regular coaching and supervision, and a 6-month follow-up booster day.

The teams receive lots of support in learning SafePath Solutions. We provide manuals for the team's coaches and workbooks for the team members and clients. Furthermore, we use the iModes cards (www.i-Modes.com), which show schema modes in cartoon-form, to help teams and clients learn about schema modes.



BECOMING A SAFEPath SOLUTIONS TRAINER/COACH

The train-the-trainers course prepares qualified mental health professionals and educators to become SafePath Solutions trainers and coaches. To take the course, you need to have already participated in a SafePath Solutions two-day basic training. If you haven't, we can arrange a basic training for you.

SafePath Solutions trainer/coaches are independent practitioners. They have the right to arrange their own trainings/coaching, make their own financial arrangements, and use the name, SafePath Solutions, and the approved materials and methods, in their trainings and coaching.

