

Reclaiming Your Therapeutic Space

A Case-Based Supervision Masterclass Working with Dominating, Manipulative, and Aggressive Modes

By popular demand, we are launching a second Masterclass for therapists in Australia and the wider Asia-Pacific region.

Creating more space for the Healthy Adult

Many of us encounter clients who leave us feeling pushed into a corner—whether through dominance, manipulation, intimidation, hostility, deception, or more subtle interpersonal pressure. These situations can be among the most challenging we face as therapists, leaving us feeling confused, ineffective, or demoralized. Although these challenging modes are often associated with forensic populations, they occur across the full spectrum of clinical practice.

After many years of teaching workshops on these topics, I've decided to offer a small, Case-Based Supervision Masterclass focused specifically on these difficult therapeutic moments. This Masterclass is designed for anyone who wants to recognize these patterns earlier and respond to them with greater confidence, clarity, and effectiveness.



Masterclass at a Glance

-  David Bernstein, Accredited Supervisor, ISST and Dutch Society for Schema Therapy
-  Six live online supervision meetings via Zoom,
-  18:30–20:30 Sydney time (AEDT) / 08:30–10:30 NL time (CET)
-  27 October; 10 & 24 November; 8 December 2026; 12 & 26 January 2027
-  Maximum of 12 participants
-  €649 Early Bird Fee until 6 October / €749 Regular Fee

What's Included?

- Discussion of two participant cases per session
- An opportunity for every participant to present at least one case
- Complimentary access to the Schema Therapy Journey app
- Session recordings
- A complimentary copy of The iGuide e-book, worth €40

What You Will Learn

This highly practical Case-Based Supervision Masterclass is designed for therapists who want to become more confident and effective when working with challenging interpersonal dynamics. Drawing on more than forty years of clinical, forensic, and research experience, I will introduce the ORRI Circle—a practical framework for understanding and responding to difficult therapeutic moments. Developed over decades of clinical practice and refined together with Limor Navot (Bernstein & Navot, 2020), this approach bridges forensic and general clinical practice and has been taught to mental health professionals around the world.



SUPERVISION MASTERCLASS | 6 SESSIONS | OCTOBER–JANUARY

What You Will Learn – Continued

ORRI stands for Observe – Reflect – Recruit – Intervene. Rather than reacting automatically when clients push us beyond our comfort zone, ORRI helps therapists slow the process down, understand what is happening both inside ourselves and within the therapeutic relationship, recruit our Healthy Adult capacities, and intervene with greater clarity, confidence, and effectiveness.

Over six highly interactive sessions, participants will bring their own challenging cases for discussion. Together, we will use the ORRI framework, Schema Therapy concepts, and the iModes visual tools to understand what is happening beneath the surface and develop practical intervention strategies that can be applied immediately.

Topics Include

- Understanding overcompensating coping modes
- Recognizing modes that are “hidden in plain sight”
- Working with fear, shame, helplessness, and confusion
- Setting limits and using empathic confrontation
- Reclaiming therapeutic space through Healthy Adult functioning
- Recognizing and building clients’ strengths

Case-Based Learning

Each meeting begins with a brief presentation on one of these themes, followed by in-depth discussion of two participant cases. Because many of the underlying processes overlap across cases, participants learn not only from presenting their own work, but also from reflecting on the work of others.

The Masterclass is limited to 12 participants, creating a safe, supportive environment where therapists can openly discuss their most difficult cases while receiving practical guidance, encouragement, and constructive feedback. Every participant will have the opportunity to present at least one case.

Schema Therapy Journey App

Participants will receive complimentary access to the Schema Therapy Journey app throughout the Masterclass. The app includes the iModes visual tools and will be used during supervision for case conceptualization and application of the ORRI Circle. Participants are also welcome to explore the app with their own clients during the course and will be offered a special discounted subscription if they wish to continue using it after the Masterclass.

Who Can Participate?

The Masterclass is open to therapists at all levels of Schema Therapy experience, from beginners to advanced practitioners. As preparation, participants are encouraged to watch my free video series, 25 Tips for Working with Modes, which introduces many of the concepts explored during the program.

Registration

- Early Bird: €649 until 6 October
- Regular Fee: €749

REGISTER HERE



SUPERVISION MASTERCLASS | 6 SESSIONS | OCTOBER–JANUARY