**Joan Farrell, Ph.D.**



Joan Farrell, Ph.D. is a clinical psychologist and an advanced level Schema Therapist and Trainer/Supervisor. She co-directs the Schema Therapy Institute Midwest- Indianapolis. The Indianapolis Center specializes in Group Schema therapy. Joan is an Adjunct Professor in Clinical Psychology at Purdue University (IUPUI) where she supervises the practice of clinical psychology graduate students. She was a clinical professor at Indiana University School of Medicine (IUSM), in Psychiatry for 25 years. She is Research and Training director of the IUSM/Eskenazi Community Mental Health Center for Borderline Personality Disorder Treatment & Research. She was the elected Executive Board Member, Coordinator for Training & Certification of the International Society for Schema Therapy (ISST) 2012-2018. She chairs the ISST Training & Certification Advisory Board. She was honored by the membership with an Honorary Lifetime membership in 2018.

Her work with Ida Shaw integrated their complementary cognitive and experiential treatment approaches with social learning and developmental psychology theory to develop a group treatment model for Schema Therapy (ST). Influenced by their 30+ years of clinical experience and by the work of Jeff Young, they adapted ST interventions and limited reparenting to a group model and developed uniquely group interventions to accomplish ST goals (Farrell & Shaw, 1994, 2012). They first established the group model for outpatients in a specialty clinic for BPD at the IUSM outpatient clinic. This program was awarded an Indiana Governor’s Showcase Award in Mental Health. They went on to develop an inpatient ST program that combines individual and group modalities and directed a dedicated BPD unit for ten years at a university affiliated psychiatric hospital in Indianapolis. Their group model has been successfully implemented in community mental health with a Schema Therapy Program with an enrollment of 200 patients with BPD. Their GST model was evaluated in a randomized controlled trial (Farrell, Shaw & Webber, 2009)- with a grant award from the US National Institute of Mental Health) and in two inpatient pilot study (Reiss, Lieb, Arntz, Shaw & Farrell, 2013). Both studies demonstrated strong effects in reduced BPD symptoms and improved global function as well as high recovery rates. Joan is co-Principal investigator with Arnoud Arntz, Ph.D for an international trial to further evaluate the GST model.

She has written three books and a DVD series with Ida Shaw: *Group Schema Therapy for Borderline Personality Disorder: A Step-by-step Treatment Manual with Patient Workbook*, Wiley-Blackwell, 2012; DVD Set: *Group Schema Therapy: Innovative Treatment for Personality Disorders* IVAH, 2012; *The Schema Therapy Clinician’s Guide*: *A Complete Resource for Building and Delivering Individual and Group Integrated Mode Treatment Programs*, Wiley 2014*; Experiencing Schema Therapy from the Inside-Out: A Self-practice/Self-reflection Workbook for Therapists,* Guilford, 2018. Chapters on their work appear in a number of major references in Schema Therapy including: Advances in ST (2010) and the Wiley-Blackwell Handbook of ST, Wiley 2012.

Joan has given keynotes, symposia and Master Clinician workshops on GST internationally for over 20 years. She gives training in individual and group ST around the world (20 countries to date).She receives outstanding evaluations for her enthusiastic and collaborative teaching style that includes demonstrations and group role play experiences for participants.

Research publications:

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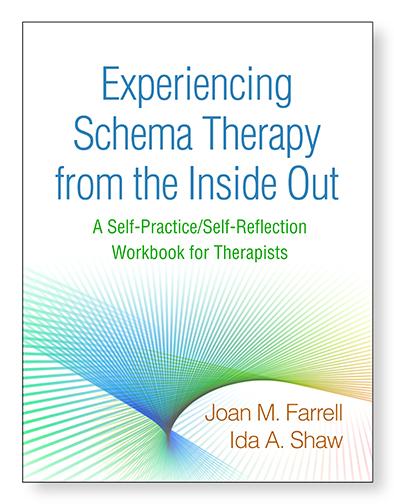
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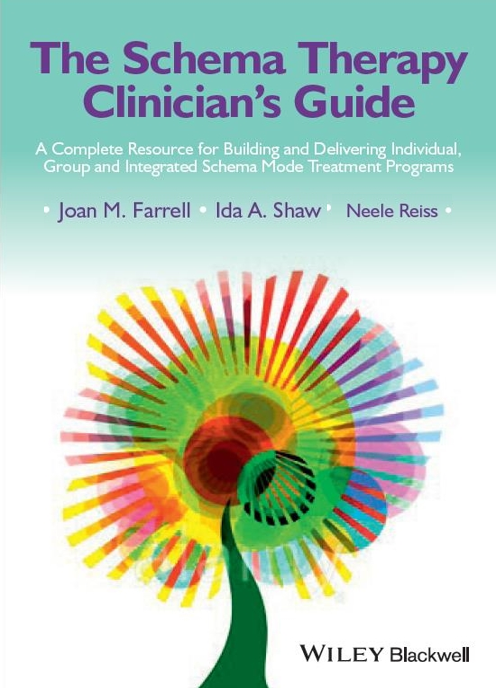
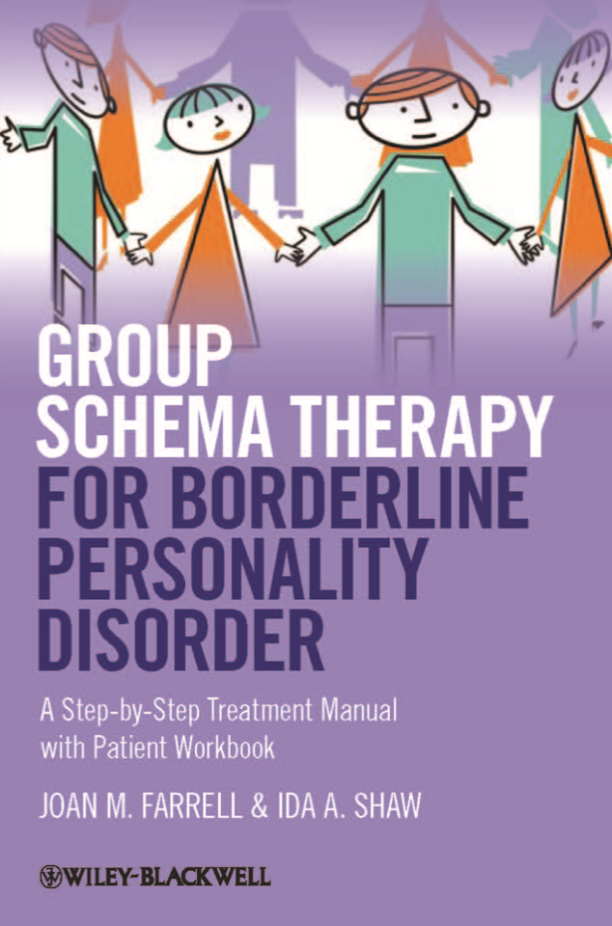
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