

GOOD PARENTING enough

Facilitator Level 1 Certification Workshop

Date 2nd & 3rd October 2026 · 9 am – 5 pm
Venue India Habitat Centre, Lodhi Road, New Delhi
Trainer Dr. John Philip Louis, Ph.D (Founder, GEP)

Organised by

The Practice Commons
training · consulting · reflective practice
 India

Louis Counselling & Training Services
 Singapore

1,000+
 Trained Facilitators

30+
 Countries

18
 Peer-Reviewed Pubs

7
 Languages

ABOUT THE PROGRAM

The only Schema Therapy–based parenting program in the world

While clinicians and parent educators help families navigate diverse challenges, many ask: is there a prevention and repair approach that equips parents before unhealthy patterns take hold, one that enables families to be more connected and children to grow into emotionally healthy, resilient adults?

Good Enough Parenting (GEP) is the answer. An in-depth, research-centred, evidence-based program rooted in Schema Therapy, GEP uses psychometrically validated scales to assess the emotional climate between parents and children, equipping professionals with tools and interventions deployable immediately in clinical practice.

LEARNING OUTCOMES

<p>01 Identify healthy and unhealthy parent–child interactions using a validated framework.</p>	<p>02 Use psychometrically validated scales to assess the emotional climate between parents and adolescents.</p>
<p>03 Understand the Core Emotional Needs that must be met in childhood for healthy development.</p>	<p>04 Explain links between early childhood experiences and schemas in adulthood.</p>
<p>05 Work with 18 Negative Schemas, 14 Positive Schemas, and 3 Coping Styles.</p>	<p>06 Apply GEP framework to understand behaviors of concern in children & adolescents & use structured interventions in sessions.</p>

WHO SHOULD ATTEND

Designed for practitioners who work with parents, children, and families in clinical, educational, or community settings. No prior Schema Therapy experience required- a Masters degree or equivalent counselling training is sufficient.

Psychologists

Psychotherapists

Psychiatrists

School Counsellors

Social Workers

Developmental
 Paediatricians

NGO
 Professionals

Family Life
 Educators

Family
 Therapists

Dr. John Philip Louis

Founder, Good Enough Parenting · Clinician · Researcher · Trainer



PhD Clinical Psychology — Stirling, UK

Chartered Psychologist, BPS

LPC Texas USA

Advanced Schema Therapist & Supervisor (ISST)

EMDR Therapist

Dr. John Philip Louis holds a PhD in Clinical Psychology from the United Kingdom. He was trained by Dr. Jeffrey Young (Columbia University), the founder of Schema Therapy, and has been a Certified Schema Therapist, Supervisor, and Trainer with the International Society for Schema Therapy since 2011. His research has contributed to the advancement of Young’s original schema model, particularly through the development of the Young Positive Schema Questionnaire (YPSQ), which expanded the therapeutic framework and situated it within the domain of positive clinical psychology. He has also developed several other psychometrically validated instruments - the Positive Parenting Schema Inventory (PPSI), the Young Parenting Inventory–Revised (YPI-R3), and the Love and Respect Marriage Scale.

These measures assess the emotional climate within families and marriages, as well as relational and individual strengths. His work has been published in leading peer-reviewed journals, and these instruments are currently used and translated in over 30 countries. Dr. Louis is also a Chartered Psychologist in the United Kingdom, a Licensed Professional Counselor in Texas, USA, and a Registered Counsellor and Clinical Supervisor in Singapore.

Since launching the innovative Good Enough Parenting (GEP) program in 2009, Dr. Louis and his wife, Karen, have trained over 1,000 facilitators across more than 30 countries spanning Asia, Europe, North America, Australia, Central and South America, and Africa. The GEP program has been widely implemented in government and private schools, as well as in for-profit and non-profit organisations in Singapore, Malaysia, and other parts of the world. It has also received endorsements from the former Deputy Prime Minister of Malaysia, Dato’ Seri Dr. Wan Azizah binti Wan Ismail.

EXPERT ENDORSEMENTS

"Schema Therapy has been successful with adults, but I have always wanted to see someone do something on preventing schemas in children — and here it is."

Dr. Jeffrey Young

Dept. of Psychiatry, Columbia University, New York · Founder, Schema Therapy · Author, Reinventing Your Life

"This ground-breaking book will help parents raise healthier children, and when they grow up, healthier and more successful adults. I highly recommend it."

The Late Charles L. Whitfield, M.D.

International Bestselling Author, Healing the Child Within

"GEP takes an in-depth look at the before, during and after of parenting — none as practical and beneficial. A MUST for every professional working with families."

William R. Scott, PhD

Educational Psychology, Gainesville, Florida

REGISTRATION FEES

FEE INCLUSIONS

Tier	Price
Early Bird Until 1 July 2026 · limited seats	₹38,000
Standard From 2 July 2026 onwards	₹45,000
Group (3+) Same organisation · single invoice	10% off applicable tier

1. Qualification as a Certified GEP Facilitator with permission to utilise the principles of GEP for one-to-one sessions with clients, as well as for small group discussions (max 15 people).
2. Copies of all presentation material.
3. Additional Schema Therapy based tools & questionnaires for use in sessions.
4. Lunch and tea/coffee on both days.
5. A physical copy of the book Good Enough Parenting by Dr. John Philip Louis & Karen McDonald Louis.

* All fees quoted exclusive of 18% GST

Register Now @ <https://www.practicecommons.in/GEP>
Limited Seats Available

Venue

Magnolia Hall, India Habitat Centre
Lodhi Road, New Delhi 110003
Entry: Gate No. 3, Vardhman Marg

