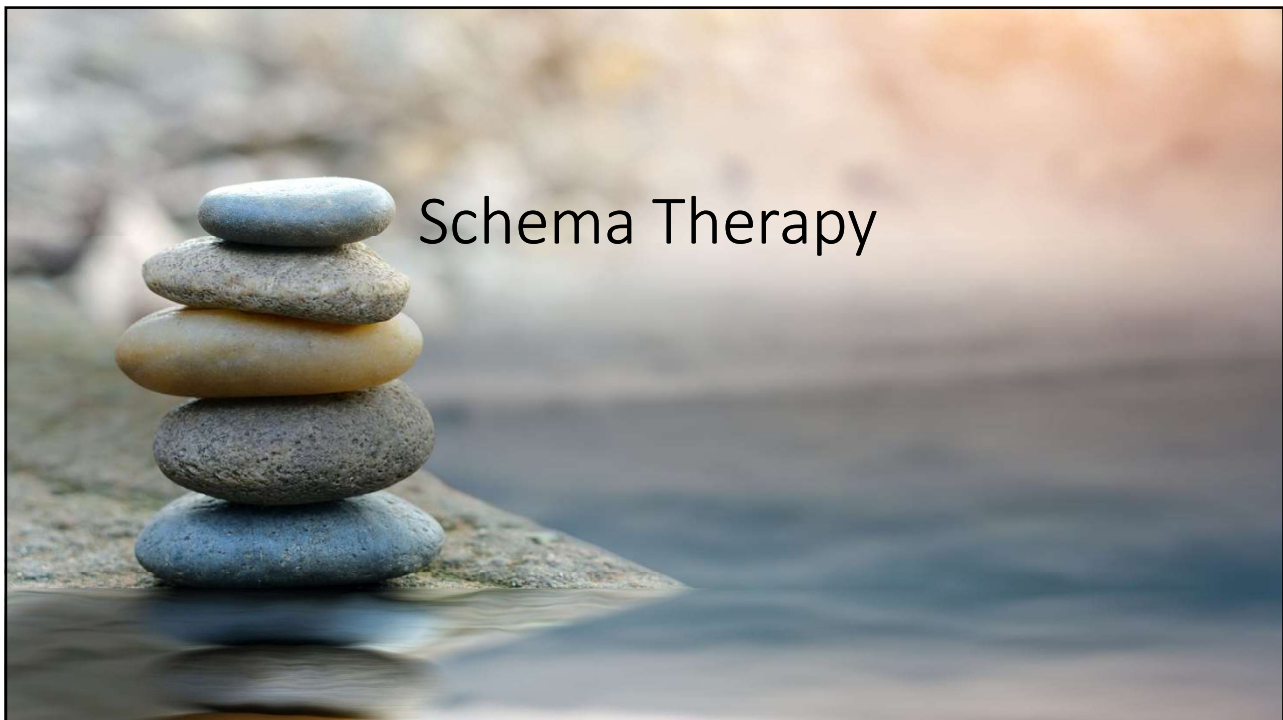
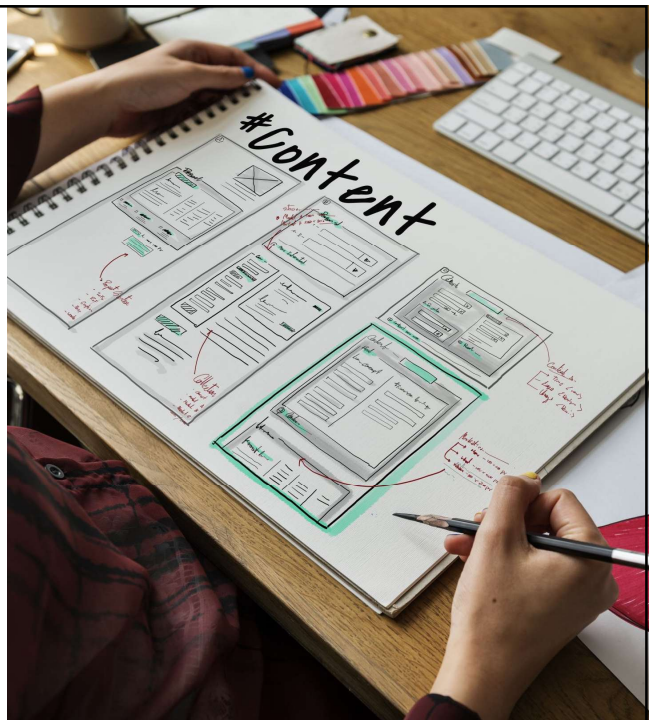




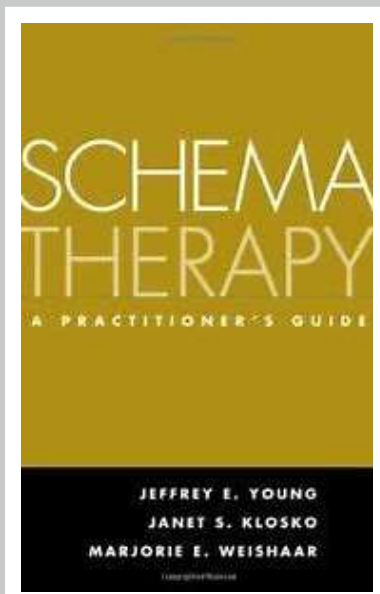
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Aims for Today

- Q & A – What you know so far –
 - Mindfulness base approaches
 - DBT
 - Today ST
- ST Activity
- ST information
- Application – Case Study
- Efficacy
- Questions and Feedback



2



Schema therapy (ST) is an integrative approach that brings together elements from cognitive behavioural therapy, attachment and object relations theories, and Gestalt and experiential therapies. It was introduced by Jeff Young in 1990 and has been developed and refined since then. Schema therapy is considered an effective way of conceptualizing and treating personality disorders. Rafaeli, Bernstein, and Young (2011)

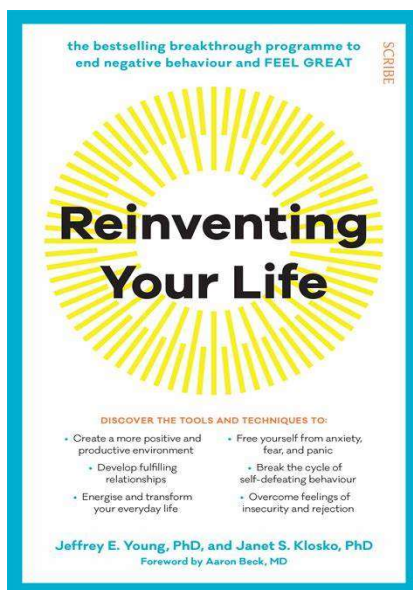
Jacob and Arntz (2013) describe some of the distinguishing features of schema therapy.

- ST places more emphasis than traditional CBT upon the development of current symptoms.
- ST emphasizes the therapist–patient relationship and its potential for corrective influence.
- ST aims to help patients understand their core emotional needs and to learn ways of meeting those needs adaptively.
- ST focuses extensively on the processing of memories of aversive childhood experiences, making use of experiential techniques to change negative emotions related to such memories.

Psychology Tools

- <https://www.psychologytools.com/professional/therapies/schema-therapy/>
- Young, J., Klosko, J. and Weishaar, M., (2003) Schema Therapy: A Practitioner's Guide, (Chapter 1) <https://www.guilford.com/excerpts/young.pdf?t>

3



'Reinventing Your Life', - 1994 Jeff Young and Janet Klosko refer to schemas as 'life traps'.

"A life trap is a pattern which starts in childhood and reverberates throughout life."

Recognise that these early beliefs provide us with a sense of predictability and certainty.

Schemas are comfortable and familiar. In an odd sense, they make us feel at home."

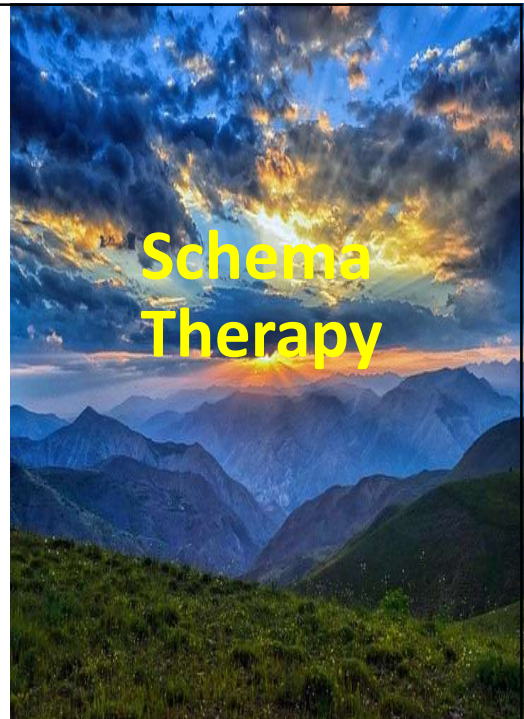
This is partly why schemas are so hard to change.

Schema therapy involves continually confronting yourself.

4

Four Main Concepts of Schema Therapy

- **Early Maladaptive Schemas (18)**
- **Schema Domains (5 Broad Categories of Emotional Needs)**
 - ❑ connection, mutuality, reciprocity, flow and autonomy.
- **Coping Styles**
 - ❑ surrender, block out, fightback or overcompensate
- **Schema Modes** are the moment-to-moment emotional states and coping responses that we all experience. Our maladaptive schema modes are triggered by life situations that we are oversensitive to (our "emotional buttons"). Many schema modes lead us to over or under react to situations and, thus, to act in ways that end up hurting us or others.



5

The Goal of Schema Therapy

To help clients to get their core emotional needs.

- *Stop using maladaptive coping styles and modes that block contact with feelings*
- *Heal schemas and vulnerable modes through getting needs met in and outside of the therapeutic relationship*
- *Incorporate reasonable limits for angry, impulsive or overcompensating schemas and modes*
- *Fight punitive, overly critical or demanding schemas and modes*
- *Build healthy schemas and modes*

International Society of Schema Therapy

<https://schematherapysociety.org/Schema-Therapy>



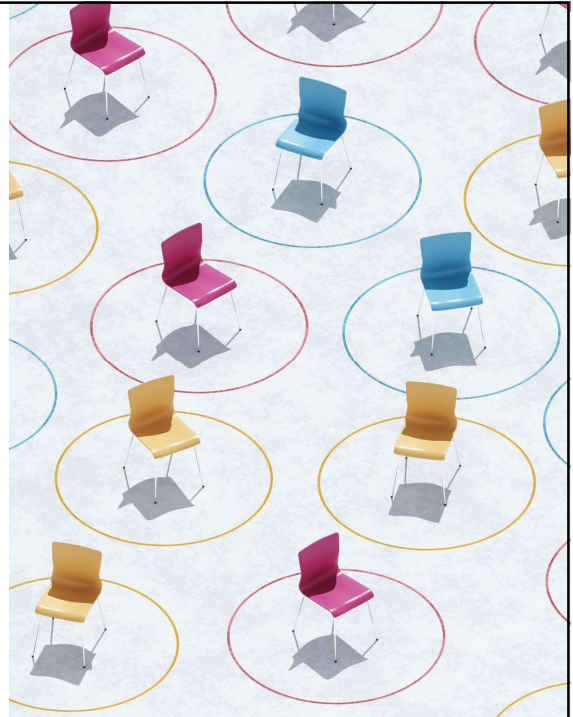
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Techniques

- Chair Work – putting different modes – parts of self into the chair.
- Guided Imagery
- CBT

Mode of delivery

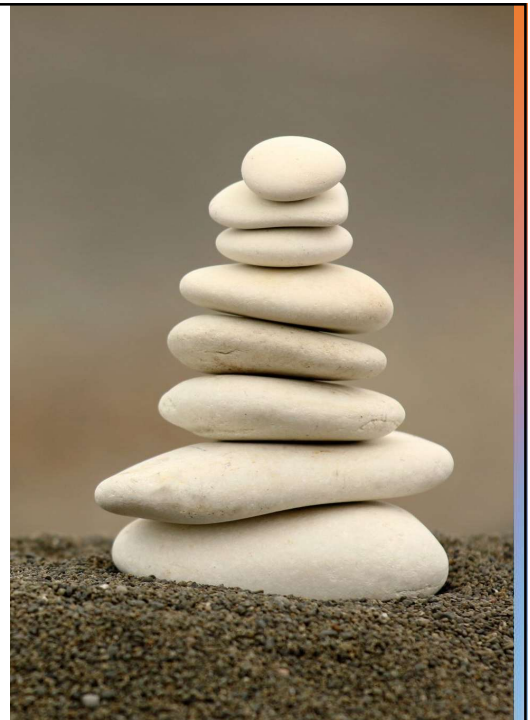
- Group
- Individual
- Online



7

Resources - Take a look on Moodle

- BABCP
- Schema therapy Scotland
- BPS Webinar
- You Tube Video



8

Practical Applications

Case Study
Efficacy of ST
Additional Information

