

Cambridge Guide to Schema Therapy

The book provides the reader with a thorough understanding of the model of Schema Therapy, methods and techniques used throughout the process of Schema Therapy treatment. Experienced trainers in Schema Therapy, the authors provide a unique understanding of the questions, challenges, and points of issue experienced by practitioners learning the model. Designed for the practitioner with a specific focus on the theory and practice of modern schema therapy, the book discusses the powerful techniques and cutting-edge developments of the Schema Therapy model, with step-by-step guidance and clinical examples. A comprehensive resource for both students and experienced practitioners providing valuable examples of the model in clinical practice and solutions to the challenges and questions practitioners face in applying the model.

Part of the Cambridge Guides to the Psychological Therapies series, offering all the latest scientifically rigorous, and practical information on a range of key, evidence-based psychological interventions for clinicians.

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Cambridge Guides to the Psychological Therapies

Series Editor

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The go-to resource for up-to-date, scientifically rigorous, and practical information on the key, evidence-based psychological interventions.

This series of clinical handbooks provides clear and concise guides to understanding and delivering therapy, and offers clinicians a handy reference for matching a specific therapy to a particular patient. Each book follows a consistent style, with chapters on theory, technique, indications and efficacy, so that healthcare professionals can move seamlessly between different volumes to learn about various therapies in a consistent, familiar and trusted format. The books also provide guidance on relevant adaptations for each therapy, such as for children, adolescents and older people, as well as different methods of delivery, such as group interventions and digital therapy.

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"This handbook has some 'unique selling points': An updated and critical view of the model, a comprehensive overview of the latest research, and a detailed description of over-controlling coping modes. Definitely worth reading!"

Eckhard Roediger, MD

Director, Frankfurt Schema Therapy Institute

"This book, based on a comprehensive and up-to-date review of research on schema therapy, offers practical guidance and suggestions about the subtleties of the assessment and therapy process. The book reflects recent developments in understanding and differentiating schema modes and the chapter on case conceptualisation draws on new developments in the approach to case conceptualisation used in training by the ISST. Useful clinical examples in the form of short vignettes and longer summaries bring the details of the practice to life. This is well illustrated by the comprehensive chapter on assessment which includes valuable discussion of the complexities involved in integrating a range of sources of information. These include the client's verbal and non-verbal responses to interview questions, behaviours that result in avoidance of straightforward answers, and responses to schema therapy inventories, where the authors emphasize the importance of a qualitative perspective and the exercise of clinical judgment. The book's approach, at the same time practical, and reflective of the complexities involved, is continued in the comprehensive coverage of the range of interventions that are central to schema therapy in practice. Because of its depth and sophistication, this is a book that will be valuable not only for those at the early stages of development as schema therapists but also for experienced schema therapists, supervisors, and trainers."

David Edwards, PhD

Professor of Psychology, Rhodes University

"I am delighted to endorse this extraordinary book offered by Robert Brockman, Susan Simpson, Christopher Hayes, Remco van der Wijngaart, and Matthew Smout.

Complete with the classic theoretical concepts, guiding principles, and effective strategies founded in schema therapy, Cambridge Guide to Schema Therapy is a comprehensive and practical resource, that also offers the most up-to-date, beautifully nuanced, and thoughtfully illustrated elements of this science-supported model in theory and practice.

This book provides the wisdom, the data, and the guiding navigational tools – making it one of the most valuable contributions to clinical practitioners, across the globe. Informed by the work of Dr. Jeffrey Young (founder of schema therapy) and presented by some of the most talented and experienced schema therapy practitioners and educators, Cambridge Guide to Schema Therapy offers a robust and relevant understanding of schema theory, supported science, and applications of schema therapy strategies with some of the most challenging treatment populations. Hats off to my esteemed colleagues!

I am so pleased to confidently recommend this essential resource for your clinical library."

Wendy Behary, Past-President

International Society of Schema Therapy (ISST)

Author, *Disarming the Narcissist*

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Foreword

Over recent decades, schema therapy has gained increased popularity around the world as a treatment for chronic difficulties associated with characterological problems. Several reasons for this can be offered. First, the theory underlying schema therapy – that frustration of core emotional needs early in childhood and adolescence increases the risk of the development of maladaptive schemas, which in turn underlie personality disorders and other forms of character-related psychopathology – makes sense to most people. Moreover, despite empirical evidence, such early factors relevant for the development and maintenance of these forms of psychopathology have been relatively neglected in traditional cognitive-behavioural therapy models. It is therefore understandable that therapists confronted in their clinical practice with clients with these types of problems are interested in and even need such a theory. Second, the use of schema modes as a central construct in understanding and treating severe forms of psychopathology is extremely helpful for both clients and therapists. Case conceptualisations based on schema modes give clients a metacognitive understanding of their problems and how they link to early childhood experiences. Likewise, they help therapists to understand complex problems as well as sudden and often extreme changes in their clients' emotional states. Moreover, understanding the relevant schema modes of a specific patient provides guidance for the therapist, who can then choose from a range of appropriate techniques as the techniques are directly linked to working with specific schema modes. Third, the intelligent way in which the founder of schema therapy integrated methods and techniques of various therapy schools in an overarching cognitive schema model is extremely attractive as it offers different channels of change (cognitive, experiential, and behavioural) in different domains (therapeutic relationship, past, and present world outside the therapy room). Integrating these within one coherent model undoubtedly contributed to the high acceptability and effectiveness of schema therapy. Fourth, effectiveness and cost-effectiveness of schema therapy is supported by empirical studies, which gives clients, therapists, managers, and policy makers a strong argument to consider schema therapy as a treatment option.

In the dissemination and implementation of new treatments, comprehensive handbooks such as this are essential. Such books should discuss the theory underlying the treatment in a thorough yet accessible way, describe the therapeutic relationship that should be strived for, offer clear descriptions of methods and techniques, discuss the phases of therapy, address different forms of application, and offer solutions for possible problems that can be encountered with the application of the treatment. This book offers all of this. Hence, it is an excellent guide for learning schema therapy (along with video examples and training), as well as a reference for those who are more advanced practitioners. As one of the most comprehensive in the field, authored by leading experts in schema therapy, it is highly recommended.

Professor Arnoud Arntz

Preface

We were delighted to be invited by our colleagues at Cambridge University Press to write this book on schema therapy, where it could take its place alongside other established, evidence-based therapy approaches in this clinicians' series. This represented, for us, further evidence that the popularity and reach of schema therapy is growing rapidly. It also underscored the fact that the research base for schema therapy has become more widely recognised amongst our therapist peers (see Chapter 2 for an overview of the evidence). Since the schema therapy model was developed by its originator, Jeffrey Young, during the 1980s and 1990s, a new generation of schema therapists has emerged to further develop the model for application in novel treatment contexts, and to drive its empirical evaluation. This new generation of schema therapists, many of whom were trained directly by Jeffrey Young and colleagues through his New York Schema Therapy Institute, returned to their home countries and seeded much of the interest that we see today globally in the schema therapy approach.

There are, of course, already many other schema therapy books and descriptions of the model. This led us to consider what contribution our book could make to the dissemination of the schema therapy model more broadly. For our team, the answer was clear. The schema therapy model has undergone significant development since its early days, a process which is ongoing. We aimed to provide a contemporary overview of modern schema therapy as it is being practised today, almost three decades after Jeffrey Young's seminal text [1]. Further, we wanted to give more attention and depth to issues not extensively addressed elsewhere in the literature (e.g., the phasing of schema therapy, increasing therapist attunement, ending therapy/termination issues, schema therapy in online settings, and schema therapy supervision). We also wanted to showcase how the model is increasingly being extended into novel populations and treatment settings (e.g., complex trauma, eating disorders, chronic depression, anxiety disorders, violent forensic offenders, and via group delivery). The book is written in four sections. In Part I of the book, we provide an in-depth overview of the schema therapy model referencing its theoretical background (Chapter 1) and growing evidence base (Chapter 2). Part II represents the core of the book, a set of ten chapters (Chapters 3–12) demonstrating the model of schema therapy in practice. In Part III – Application and Adaptations for Mental Health Presentations (Chapters 13–15) – we provide an overview of the application of schema therapy to a range of mental health disorders outside of its traditional scope of personality disorders. Finally, in Part IV of the book – Application of Schema Therapy in Different Populations and Settings (Chapters 16–21) – we demonstrate how schema therapy may be applied in a diverse range of clinical contexts.

References

1. Young J. *Cognitive therapy for personality disorders: A schema focused approach*. Professional Resource Press; 1999.

A Note from the Series Editor

I remember when I first met Sarah Marsh, Editor at Cambridge University Press – it seems like a lifetime ago now. We met at a café in central Edinburgh in June 2017 to discuss an idea that she had to create a series of books focussed on evidenced based Psychological Therapies. The idea was simple – the books would be attractive to a trainee and simultaneously to an expert clinician. We wanted to enable readers to conceptualise a psychological difficulty using different theoretical models of understanding, but not become overwhelmed by the volume of information. We saw the need for a series of books that could be easily read and yet would examine complex concepts in a manageable way.

So, when Sarah asked me if I would become the Series Editor, I couldn't say no. What we could never have predicted back then, when making early plans for the series, was that we would soon face a global pandemic. There were days when we didn't even know whether we could leave our house or if our children could go to school – the world effectively stopped. Yet through all the chaos, uncertainty and fear, I saw the determination and successes of those around me shine through. I was in awe of the resilience of my own son, Patrick, who lived his adolescence in 'lock-down'. I watch him now and the young man he has become – he walks tall with a quiet confidence. I am so proud as he and his friends laugh together and now enjoy what most of us had previously taken for granted: their freedom at university. In a similar way, I watched the many authors of these books, most of whom are busy and tired clinicians, continue to dedicate their precious time to this venture – an incredible achievement through a most challenging time. They each welcomed me into their academic, clinical and theoretical worlds, from all over the globe. They have all been an honour to work with. I would personally like to thank every contributor and author of this series for their hard work, determination and humour even in the darkest of days. Despite all of the unknowns and the chaos, they kept going and achieved something wonderful.

I would like to thank Sarah, and Kim Ingram at Cambridge, for giving me the opportunity to be Series Editor. I have loved every minute of it; it has been a longer journey than we anticipated but an amazing one and for that I am incredibly grateful. Sarah and Kim are my friends now – we have literally lived through a global pandemic together. It has been my absolute pleasure to work together and in collaboration with Cambridge University Press.

Patricia Graham, Series Editor
Consultant Clinical Psychologist, NHS Lanarkshire, UK

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We would like to acknowledge the many people that have supported us or contributed in some way to the ideas contained in this book. First, to the many clients we have had the pleasure of working with using schema therapy: we have learned so much from you and your struggles, and sincerely hope we have helped to make a difference in your lives.

To Dr Jeffrey Young, who imagined this new and powerful approach to therapeutically working with clients who at the time were often deemed ‘untreatable’: we live in something of a golden age of psychotherapy these days, where we now have strong evidence that even the most troubled people can and should be helped. You have contributed a great deal to that reality. Similarly, Wendy Behary, you were also there from the start and have given so much to support us and the schema therapy community globally.

Next, we would like to acknowledge all our Dutch colleagues, led by Professor Arnoud Artzn, who have achieved so much in pushing a research agenda to better understand the effects and processes of schema therapy practice. This includes Professor David Bernstein, for sharing his knowledge and wisdom related to the emerging forensic schema therapy model described in Chapter 16. Dr Lars Madsen, also, for sharing his ideas and experiences in providing schema therapy in forensic settings and providing feedback on drafts of Chapter 16. Similarly, we would like to acknowledge Andrea Papitsch-Clark for her feedback on some early drafts and ideas for this book. Big thanks also to Clodagh Coyle for her editorial work on all chapters, and to Maria Brockman for the drawings and artwork she provided for the book.

Thanks to the whole ISST (International Society for Schema Therapy) community for being a forum for creativity and support in schema therapy practice.

Last, but not least, we all wish to thank our families for their love, support, and patience. Without you, writing projects like this would not be possible, and they would not mean so much.