



Schema Therapy: A Practitioner's Guide

By Jeffrey E. Young PhD, Janet S. Klosko PhD, Marjorie E. Weishaar PhD

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Designed to meet the formidable challenges of treating personality disorders and other complex difficulties, schema therapy combines proven cognitive-behavioral techniques with elements of other widely practiced therapies. This book--written by the model's developer and two of its leading practitioners--is the first major text for clinicians wishing to learn and use this popular approach. Described are innovative ways to rapidly conceptualize challenging cases, explore the client's childhood history, identify and modify self-defeating patterns, use imagery and other experiential techniques in treatment, and maximize the power of the therapeutic relationship. Including detailed protocols for treating borderline personality disorder and narcissistic personality disorder, the book is illustrated with numerous clinical examples.

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Editorial Review

Review

"Schema therapy represents a brilliant addition to the therapist's armamentarium of techniques. Building on cognitive therapy, the approach provides a means for dealing with many of the problems people face in their daily lives. For example, someone with a social isolation/alienation schema will believe that he or she is isolated from others, but often will act in ways to create or exacerbate this isolation. A complete guide to the use of schema therapy, this book shows how to help clients recognize and overcome such maladaptive patterns. I very highly recommend it."--Robert J. Sternberg, PhD, Department of Psychology, Yale University

"This volume demonstrates in a skillful, highly readable fashion how the standard cognitive therapy approaches to Axis I disorders can be expanded and modified to treat personality disorders. Working within a comprehensive cognitive model, the authors draw on a variety of strategies to address the specific problems in this population: rigid, lifelong maladaptive characterological patterns; chronic interpersonal difficulties; and transference reactions. The book shows how to attenuate the powerful beliefs underlying these patterns through exploratory and experiential strategies. Highly recommended for all therapists engaged in treating patients with these very difficult personality problems."--Aaron T. Beck, MD, Department of Psychiatry, University of Pennsylvania

"The work of Jeffrey E. Young and his colleagues represents both a major contribution to the evolution of cognitive and cognitive-behavioral therapy and an important step toward enhancing the prospects for integrating cognitive therapy with other approaches, particularly psychoanalysis. This book presents schema therapy in clear and generous detail and offers much to the experienced practitioner and the student. A highly valuable and worthwhile contribution."--Paul L. Wachtel, PhD, Doctoral Program in Clinical Psychology, City College, City University of New York

"Young et al. have developed an innovative, rich, and intuitively healing approach to therapy based on years of clinical experience and research. Schema therapy incorporates wisdom from a variety of approaches to bring fresh new perspectives to traditional cognitive therapy. In this book, clinicians will find up-to-the-minute, empirically supported approaches to treating such difficult problems as narcissistic and borderline personality disorders. Strategies and procedures are laid out in a clear and compelling manner, including invaluable advice on implementation. All clinicians wishing to incorporate schema-based cognitive approaches into their practices will find this book an invaluable resource and a pleasure to read."--David H. Barlow, PhD, Center for Anxiety and Related Disorders, Department of Psychology, Boston University

"In expanding the traditional cognitive model to include an emphasis on the therapeutic relationship and on lifelong patterns of maladaptive behavior, Young et al. have created a place for cognitive-behavioral therapy in treating even the most severe characterological disorders. The combination of solid empirical research; detailed, specific techniques; and clear, concise recommendations for therapy help therapists at every level better conceptualize and treat challenging cases. I have found *Schema Therapy* to be an invaluable text for graduate courses in clinical interventions and an excellent resource for students wishing to improve their skills in clinical work."--Mary Armsworth, EdD, Department of Educational Psychology, University of Houston

"This is an important and valuable book. It develops a model of treatment for challenging populations, typically underserved by traditional CBT. It may well become a 'necessary reading' text for advanced therapy courses in clinical psychology training programs. It is important reading for psychologists working with patients with characterological problems or, who simply wish for techniques to use when patients become 'stuck' and unresponsive to CBT."

(Child and Family Behavior Therapy 2006-11-05)

"Recommended for the clinician as well as the researcher."

(Cognitive Behavioral Therapy Book Reviews 2006-11-05)

"Useful verbatim examples are given for treatment of several types of patients....A very good book, and I highly recommend it to both novice and veteran therapists."

(Psychiatric Times 2006-11-05)

"A rich and highly informative text that outlines the principles of the schema model, schema assessment and evaluation, and all the major components of schema therapy....The richness of the clinical material is enough to give practitioners a basic understanding of how to apply schema therapy....An insightful, innovative, and thorough treatment approach to personality pathology."

(Journal of Psychosomatic Research 2006-11-05)

"This is a superb volume, reflecting many years of astute clinical and theoretical work by very able clinicians....It should appeal to psychotherapy integrationists from many traditions."

(Psychotherapy Research 2006-11-05)

About the Author

Jeffrey E. Young, PhD, is on the faculty in the Department of Psychiatry at Columbia University. He is the Founder and Director of the Cognitive Therapy Centers of New York and Connecticut, and the Schema Therapy Institute in New York City.

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Marjorie E. Weishaar, PhD, is Clinical Professor of Psychiatry and Human Behavior at Brown University Medical School, where she teaches cognitive therapy to psychiatry residents and to psychology interns and postdoctoral fellows. She also maintains a private practice in Providence, Rhode Island.

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Damon Smith:

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Lionel Gutierrez:

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