

Schema Therapy: A Conceptual Model

Schema Therapy: Conceptual Model

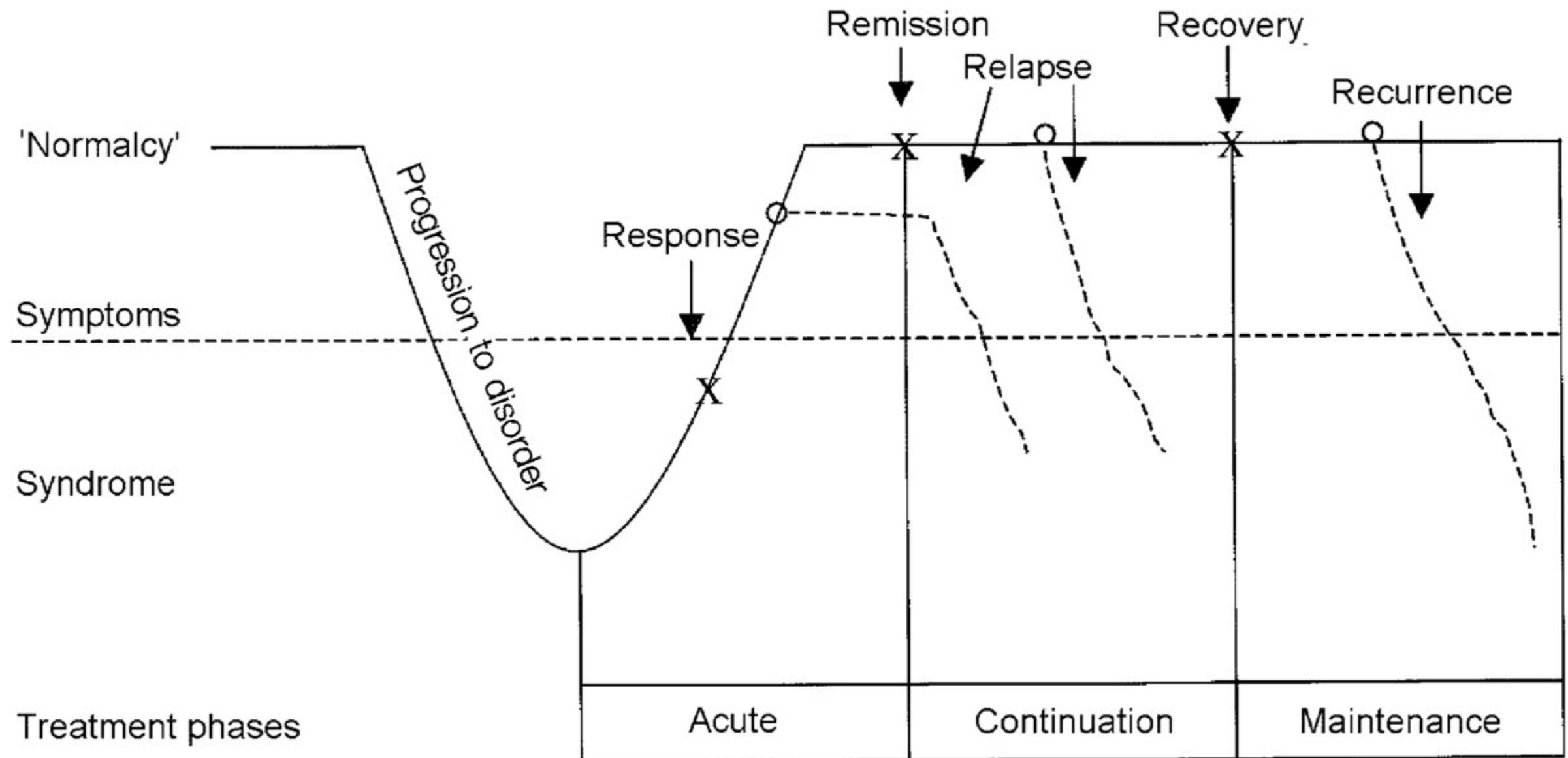
- Schema therapy is an innovative, integrative therapy developed by Jeffrey Young and colleagues (1990).
- Schema therapy integrates elements of:
 - ★ Cognitive-behavioural theory
 - ★ Attachment theory
 - ★ Gestalt theory
 - ★ Object relations theory
 - ★ Constructivist theory
 - ★ Psychoanalytic theory



The Evolution from Cognitive to Schema Therapy

- CBT has made an excellent progress for Axis I disorders:
 - ★ reducing symptoms
 - ★ building skills
 - ★ solving problems
- Many patients helped by CBT, but many others are not.
- Patients with underlying PDs fail to fully respond CBT.
- Success rate is 60% but, relapse rate is 30%.

The Evolution from Cognitive to Schema Therapy



The Evolution from Cognitive to Schema Therapy

Suppose that a female patient is treated by CBT for agoraphobia.

- Through a CBT program, she reduces her fear of panic symptoms, overcome her avoidance of numerous situations.
- A lifetime long “dependence”, “feelings of vulnerability”, “incompetence”, “lack of self confidence to make decisions” continue. (Dependence and Vulnerability schemas)

The Development of Schema Therapy

- By taking into consideration the limitations of CBT, Young developed schema therapy.
- Schema therapy place more emphasis on
 - ★ Childhood and adolescence origins of psychological problems
 - ★ Therapist-patient relationship
 - ★ Maladaptive coping styles

Schemas (EMSs)

- Schema: Cognitive Development (Piaget)

A schema is a construct that helps individuals explain things, mediate perception, and guide the responses.

- Schema: Cognitive Therapy (Beck)

Any broad organising principle for making sense of one's experiences.

Developed early in life, elaborated in with later life experiences.

Schemas (EMSSs)

Cognitive Consistency

We need schemas to maintain stable view of oneself and the world. Even if they are;

- ★ distorted or inaccurate
- ★ positive or negative
- ★ adaptive or maladaptive

Young Definition of EMSs

- EMSs are result of toxic childhood experiences and they are at the core of characterological problems. Maladaptive behaviors are response to EMSs.
- EMSs:
 - ★ broad, pervasive themes
 - ★ comprised of memories, emotions, cognitions and bodily sensations
 - ★ regarding oneself and ones relationships
 - ★ developed during childhood or adolescence
 - ★ elaborated through ones life
 - ★ dysfunctional to a significant degree

Characteristics of EMSs

Abandonment, Mistrust, Emotional Deprivation



Abused, neglected, or rejected in the childhood



Life events trigger the schemas



Experience of a strong negative emotion in the adulthood

Characteristics of EMSs

Dependence/Incompetence



Completely sheltered and overprotected in the childhood



Life events trigger the schemas



Experience of a strong negative emotion in the adulthood

Young Definition of EMSs

- Although EMSs cause suffering, it feels right. People are comfortable with the schemas.

Schema Theory and Personality

Secure
attachment, stability,
safety, nurturance

Freedom to express
needs and emotions

Spontaneity and
play



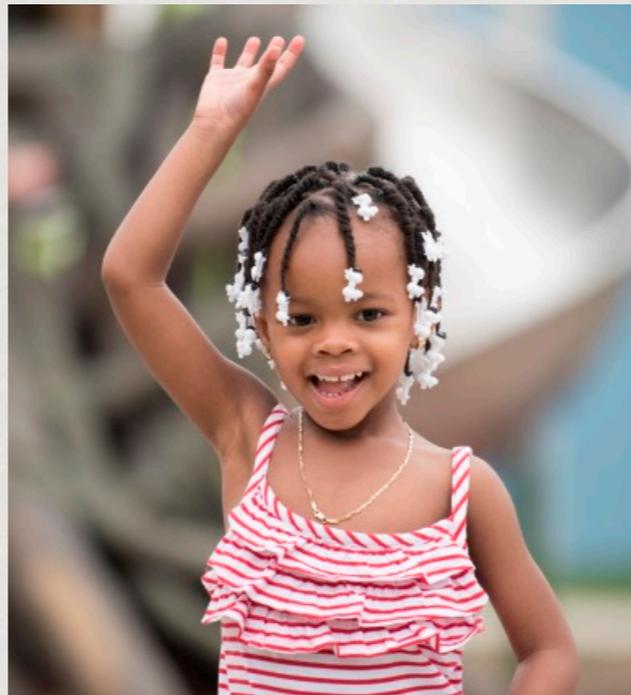
Autonomy,
competence, identity

Realistic limits and
self control

Schema Theory and Personality

Disconnection/Rejection

Impaired Autonomy/
Competence



Other Directedness

Impaired Limits

Over vigilance /Inhibition

Schema Theory and Personality

- ✦ Broad, comprehensive mental representations
- ✦ Comprised of memories, emotions, cognitions and bodily sensations
- ✦ Regarding oneself and relationships
- ✦ Developed during childhood/adolescence and elaborated through adult life

Schema Theory and Personality



Schema Theory and Personality

- ✦ Excessive efforts to increase the muscle-body ratio
- ✦ Jealous of his girl friend (joker)
- ✦ Have fantasies of being a famous boxer
- ✦ Uninterested in job applications and required exams
- ✦ Having fight with guards and the drivers passing him on the road

Schema Theory and Personality

- ✿ Fear of darkness and unable to sleep alone
- ✿ If her husband doesn't come to home, she moves to her friend's house for the night.
- ✿ Every single sound from the stress terrifies her, she feels desperate.
- ✿ She recalls the nights that her father beating her and her mother who is unable to save her.

Schema Theory and Personality

- ✦ Neglect



- ✦ Abuse



- ✦ Overprotection

