

What is Schema Therapy?



Schema therapy (ST) is an integrative therapy that brings together elements from cognitive behavioural therapy, attachment and object relations theories, and Gestalt and experiential therapies.

It is designed to address the client's unmet needs and to help clients break the maladaptive patterns of thinking, feeling and behaving which have developed due to their unmet needs

How would Schema Therapy help?

The practice of Schema therapy is process-oriented, and utilises techniques from 4 main domains: experiential, interpersonal, cognitive and behavioural. Powerful experiential techniques (such as imagery rescripting, chair-work, and historical roleplay) are designed to provide corrective emotional experiences that facilitate deeper level 'core' emotional growth and change.

What would a Schema therapist do?

A schema therapist helps the client to gain a better understanding of their pervasive dysfunctional patterns, organising those patterns, and presenting them in an extensive and structured manner. The client can then see the 'timeline' of each dysfunctional pattern (how the pattern developed, how it evolved, and how it plays out in the present) and thus understand it better.

The secure and safe bond between the client and the therapist, as well as their mutual collaboration, is a key to the success of treatment. Working together, the client and their therapist fight against the pervasive psychological themes that drive the dysfunctional patterns.

SCHEMA MODES

