



## The schema therapy clinician's guide : a complete resource for building and delivering individual, group and integrated schema mode treatment programs

<https://libcat.nshealth.ca/en/permalink/provcat33531>

- Available Online: View e-Book
- Author: Farrell, Joan M
- Other Authors: Reiss, Neele  
Shaw, Ida A  
Finkelmeier, Britta
- Responsibility: Joan M. Farrell, Neele Reiss, and Ida A. Shaw ; illustrations by Britta Finkelmeier
- Place of Publication: Chichester, West Sussex, UK
- Publisher: John Wiley & Sons
- Date of Publication: c2014
- Physical Description: 1 online resource (xviii, 329 p.)
- ISBN: 9781118509142 (electronic bk.)
- Subjects (MeSH): Psychotherapy - methods - handbooks  
Personality disorders - therapy - handbooks  
Psychotherapy, groups - methods - handbooks
- Subjects (LCSH): Psychotherapy - methods - Handbooks  
Personality Disorders - therapy - Handbooks  
Psychotherapy, Group - methods - Handbooks  
Psychotherapy - Handbooks, manuals, etc  
Schema-focused cognitive therapy - Handbooks, manuals, etc  
Psychotherapy  
Schema-focused cognitive therapy
- Abstract: The Schema Therapy Clinician's Guide is a complete clinical resource for psychotherapists implementing schema therapy, group schema therapy or a combination of both in a structured, cost-effective way. The authors provide ready-made individual and group sessions with patient hand-outs.
- A unique resource providing ready-made individual and group schema therapy sessions, linked across schema modes, allowing clinicians to pick and choose what they need or adopt a full integrated individual and group program which can be delivered over a range of treatment lengths from a six week intensive program to a one year outpatient treatment.
- Approaches treatment by targeting maladaptive Schema Modes rather than specific disorders, thus increasing clinical flexibility and ensuring shelf life through changes in diagnostic classification. Provides step-by-step instructions and tips for therapists, along with a wealth of unique clinical resources including sample scripts, handouts, session exercises, assignment forms and patient materials.
- Contents: Basics of schema therapy – The integrated schema therapy treatment program – The group schema therapy sessions – The individual schema therapy sessions – Training, supervision, research and concluding remarks.

Format: e-Book  
Location: Online