

1. Record Nr.	UNINA9910140636803321
Autore	Simeone-DiFrancesco Chiara
Titolo	Schema therapy with couples : a practitioner's guide to healing relationships // Chiara Simeone-DiFrancesco, Eckhard Roediger, Bruce Stevens
Pubbl/distr/stampa	Chichester, England : , : Wiley Blackwell, , 2015 ©2015
ISBN	1-118-97271-6 1-118-97267-8 1-118-97270-8
Descrizione fisica	1 online resource (307 p.)
Classificazione	PSY007000
Disciplina	616.89/1562
Soggetti	Couples therapy Couples - Psychology Schema-focused cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Title Page; Copyright Page; Contents; List of Figures and Tables; About the Authors; Preface; Acknowledgments; Abbreviations; Introduction; About the Companion Website; Chapter 1 What Schema Therapy Offers; 1.1 What is Hidden, What is Seen; 1.2 Listening to the Evidence; 1.3 Beyond Just Cognitive Therapy; 1.4 Jeff Young and the Development of Schema Therapy; 1.5 The Schema Model; 1.6 Introducing the Mode Model; 1.7 The Challenge of Working with Couples; 1.8 Limited Professional Literature; 1.9 Brief Outline of the Stages of Schema Therapy for Couples; Summary Chapter 2 The Initial Contract and First Interview 2.1 The Initial Interview; 2.2 Issues that Present; 2.3 Expectations; 2.4 "Contracting" for Therapy; 2.5 Safety First; 2.6 Additional Concerns; 2.7 Beginning with a Crisis Intervention; 2.8 Ending the First Session; 2.9 Starting with One Partner First; 2.10 How Many Therapists?; 2.11 With the Individual or Couple?; Summary; Chapter 3 Relationship Assessment; 3.1 A Questionnaire; 3.2 The Genogram; 3.3 Why do a Genogram?; 3.4 Autobiography of Relationships; 3.5 Schema Identification; 3.5.1

Disconnection and rejection

3.5.2 Impaired autonomy and performance 3.5.3 Impaired limits; 3.5.4

Other directedness; 3.5.5 Over-vigilance and inhibition; 3.6 Core and

Compensatory Schemas; 3.7 Schema Coping Styles; 3.8 Schema

Chemistry in Therapy; Summary; Chapter 4 Understanding the Origins

of Relational Styles; 4.1 Healthy and Unhealthy Co-functioning; 4.2 A

Dark Legacy; 4.3 Unconditional Love?; 4.4 Dealing with the Past; 4.5 A

Note on Attraction; 4.6 Brain "Chemistry" linked to Schemas; 4.7 An

Interlocking Schema Perspective; 4.8 Drawing the Threads Together in

Case Formulation; 4.9 But why Theory?; Summary

Chapter 5 Foundations for Evidence-Based Practice in Couple Therapy

5.1 Case Study: Bill and Betty; 5.2 Repair Attempts; 5.3 Accessing the

Full Spectrum of Basic Emotions; 5.4 A Dead End?; 5.5 Additional

Thoughts; Summary; Chapter 6 Schemas and Modes; 6.1 From Schemas

to Modes; 6.2 The Mode Model in Detail; 6.3 Additional Modes; 6.4 The

Infant Mode Concept; 6.4.1 General characteristics of infant modes;

6.4.2 Assessing and working with infant modes with couples; 6.4.3 A

note about treating infant modes; 6.5 Some Additional Aspects Dealing

with Child Modes; 6.6 Mode Cycles in Couples; Summary

Chapter 7 Approaching Schema Therapy for Couples 7.1 Practical Tips

for Making Therapy a Safe Place for the Couple; 7.2 Balanced Attention

Instead of Staying Neutral; 7.3 Thinking about Language, Tonal

Regulation and the Use of Words; 7.4 Using Self-Disclosure and Healthy

Family Models, Heroes, Spirituality, and Religion; 7.5 Balancing the

Level of Activation; 7.6 Dealing with Volatile Couples; 7.7 Working with

Passive Individuals; 7.8 Enhancing Communication Skills; 7.9 What

Schema Therapy brings to the Communication Process; Summary;

Chapter 8 Mode Mapping and Mode Cycle Clash-cards

8.1 Introducing the Dimensional and Dynamic Mode Model

Sommario/riassunto

Schema Therapy for Couples represents the first practitioner guide to detail effective Schema Therapy techniques in couple and relationship therapy. Shows how the distinctive features of ST make it ideal for addressing the cognitive and emotion-focused problems typical in couple relationships Presents and integrates a series of innovative tools and interventions such as Schema Therapy with Needs versus Wants, Mode Cycle Clash Cards, limited re-parenting visualization, and chair work Authored by an international team of experts in couples therapy and Schema Therapy
