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Autore	Roediger Eckhard
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Nota di contenuto	Intro; Foreword; Introduction-Why This Book?; Chapter 1: Conceptual Underpinnings; Chapter 2: The Schema Model-Mapping the Badlands; Chapter 3: Modes-In the Present Tense; Chapter 4: From Past Tense to Present Tense-The Case Conceptualization; Chapter 5: Harnessing the Therapy Relationship; Chapter 6: Dealing with Child, Inner Critic, and Coping Modes; Chapter 7: Building the Healthy Adult Mode; Chapter 8: How to Bring Change; Chapter 9: Imagery Techniques to Induce Mode Change; Chapter 10: Mode Dialogues on Chairs; Chapter 11: Behavior Change Techniques; Chapter 12: Treatment Planning. Chapter 13: Dealing with Difficult ClientsChapter 14: It Takes Two to Tango-Including the Client's Partner in Therapy; Chapter 15: Therapist Schemas and Self-Care; Therapist Schemas and Self-Care; Epilogue-Training Opportunities and Resources; Afterword; References; Index; Figure 1-1. Basic emotions, coping styles, and self-expression; Figure 1-2. An exercise in dual focusing; Figure 1-3. A second exercise in dual focusing; Figure 1-4. Attractors and the energetic landscape; Figure 1-5. The emotional tolerance window; Figure 1-6. Socialization and constitution of the self.

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Sommario/riassunto

Schema therapy is a highly effective treatment for a number of mental health issues, including difficult-to-treat personality disorders. In this groundbreaking book, three internationally recognized psychologists present a step-by-step guide outlining the most up-to-date innovations in schema therapy (ST). This important book offers a clear and practical road map for putting the schema mode model into practice, improving clients' interpersonal functioning, and integrates the latest advances in contextual behavioral psychology.
