

1. Record Nr.	UNINA9910466897103321
Autore	Roediger Eckhard
Titolo	Contextual schema therapy : an integrative approach to personality disorders, emotional dysregulation, and interpersonal functioning // Eckhard Roediger
Pubbl/distr/stampa	Oakland, Ca : , : Context Press, , [2018] ©2018
ISBN	1-68403-096-X 1-68403-097-8
Descrizione fisica	1 online resource (314 pages)
Altri autori (Persone)	BeharyWendy T YoungJeffrey
Disciplina	616.891425
Soggetti	Schema-focused cognitive therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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.

Figure 3-1. The mode modelFigure 3-2. Connecting schemas, schema-coping styles, and coping modes in terms of learning processes; Figure 3-3. Maladaptive coping modes and clinical symptoms; Figure 4-1. Genogram for Joanne; Figure 4-2. Mode monitoring form for Joanne; Figure 4-3. Descriptive mode diagram for Joanne; Figure 4-4. Mode map for Joanne; Figure 4-5. Schemas, schema coping, coping modes, and ACT processes integrated into the behavioral analysis system; Figure 5-1. Connecting the biographical, current life, and therapy scenes.

Figure 5-2. The dimensions of the therapy relationshipFigure 5-3.

Sitting positions to support emotional activation; Figure 5-4.

Therapist and client positions while reflecting on the process in a working alliance; Figure 6-1. Chair positions according to the mode map; Figure 6-2. Chair positions for empathic confrontation; Figure 6-3. How to place the chairs when working with overcompensators; Figure 7-1. The attention time line; Figure 7-2. Two ways to consistency; Figure 7-3. Values road map; Figure 8-1. Emotional processing using the two-minds metaphor.

Figure 8-2. Steps for lasting changeFigure 9-1. Working with the

two systems of information processing in imagery (based on Schacter, 1992); Figure 9-2. The healing process in experiential work; Figure 10-1. Chair positions in historical role-play; Figure 10-2. Chair

dialogue based on the mode map; Figure 10-3. The vicious cycle of an alarm reaction, and how to escape; Figure 11-1. Joanne's coping mode tracking sheet; Figure 11-2. Joanne's schema-mode flash card (modified from Young, Klosko, & Weishaar, 2003); Figure 11-3. Joanne's talking-back diary.

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.
