

1. Record Nr.	UNINA9910811980903321
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Titolo	Breaking negative thinking patterns : a schema therapy self-help and support book / / Gitta Jacob, Hannie van Genderen and Laura Seebauer
Pubbl/distr/stampa	Chichester, West Sussex, United Kingdom ; ; Malden, Massachusetts : , : John Wiley & Sons, , 2015
ISBN	1-118-88173-7 1-118-88164-8 1-118-88174-5
Descrizione fisica	1 online resource (196 p.)
Disciplina	158.1
Soggetti	Negativism Schema-focused cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record. WellbeingLU
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Title Page; Copyright Page; Contents; Preface; Credit for Images; Chapter 1 Introduction; 1.1 What Is Schema Therapy?; 1.2 Understanding the Origin of Your Patterns; 1.2.1 Recognizing your Modes; 1.2.2 Changing your Modes; Part I Become Familiar with Your Modes; Chapter 2 Child Modes; 2.1 Vulnerable Child Modes; 2.1.1 Get in contact with your own Vulnerable Child Mode; 2.1.2 Detecting Vulnerable Child Modes in others; 2.2 Angry and Impulsive Child Modes; 2.2.1 Get in contact with your own Angry or Impulsive Child Mode; 2.2.2 Detecting Angry or Impulsive Child Modes in others; 2.3 Happy Child Mode; 2.3.1 Get in contact with your own Happy Child Mode; 2.3.2 Detecting the Happy Child in others; 2.4 Summary; Chapter 3 Dysfunctional Parent Modes; 3.1 Demanding Parent Modes; 3.1.1 How can I detect my own Demanding Parent Mode?; 3.1.2 How can I detect a Demanding Parent Mode in other people?; 3.2 Guilt-Inducing Parent Modes; 3.2.1 How can I detect Guilt-inducing Parent Modes?; 3.3 Punitive Parent Mode; 3.3.1 How can I detect a Punitive Parent Mode in myself?; 3.3.2 How can I detect a Punitive Parent Mode in others?; 3.4 Summary; Chapter 4 Coping Modes

4.1 Compliant Surrender Mode4.1.1 How can I detect a Compliant Surrender Coping Mode in myself?; 4.1.2 How can I detect a Compliant Surrender Mode in others?; 4.2 Avoidant Coping Mode; 4.2.1 How can I detect Avoidant Coping Mode in myself?; 4.2.2 How can I detect Avoidant Coping Mode in others?; 4.3 Overcompensatory Coping Mode; 4.3.1 How can I detect Overcompensatory Coping Mode in myself?; 4.3.2 How can I detect Overcompensatory Coping Mode in others?; 4.4 Summary; Chapter 5 Healthy Adult Mode; 5.1 How can I detect a Healthy Adult Mode in myself? 5.2 How can I detect a Healthy Adult Mode in others?5.3 How can I distinguish the Healthy Adult Mode from other modes?; 5.4 Summary; Part II Change Your Modes; Chapter 6 Healing Vulnerable Child Modes; 6.1 Get Acquainted with your Vulnerable Child Mode; 6.2 Taking care of your Vulnerable Child Mode; Chapter 7 Gaining Control over Angry and Impulsive Child Modes; 7.1 Get Acquainted with your Angry or Impulsive Child Mode; 7.2 Setting Limits to Angry or Impulsive Child Modes; 7.2.1 Goals and needs; 7.2.2 Chair dialogues; 7.2.3 Learn to direct your behavior 7.2.4 How can I learn to control my anger?Chapter 8 Strengthen the Happy Child Mode; 8.1 Get Acquainted with your Happy Child Mode; 8.2 Exercises to Strengthen the Happy Child Mode; Chapter 9 Setting Limits to Dysfunctional Parent Modes; 9.1 Get in Touch with your Dysfunctional Parent Mode; 9.2 Silence Dysfunctional Parent Modes; 9.2.1 Exercises to reduce Dysfunctional Parent Messages; Chapter 10 Changing Coping Modes; 10.1 Get in Touch with your Coping Modes; 10.2 Reducing Coping Modes; 10.2.1 Reducing the Compliant Surrender Mode; 10.2.2 Reducing avoidance; 10.2.3 Reducing Overcompensation Chapter 11 Promoting Your Healthy Adult Mode

Sommario/riassunto

Breaking Negative Thinking Patterns is the first schema-mode focused resource guide aimed at schema therapy patients and self-help readers seeking to understand and overcome negative patterns of thinking and behaviour. Represents the first resource for general readers on the mode approach to schema therapyFeatures a wealth of case studies that serve to clarify schemas and modes and illustrate techniques for overcoming dysfunctional modes and behavior patternsOffers a series of exercises that readers can immediately apply to real-world challenges and emotional problems as well as the complex d
