

1. Record Nr.	UNINA9910814451803321
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Titolo	Schema therapy : distinctive features // Eshkol Rafaeli, David P. Bernstein and Jeffrey Young
Pubbl/distr/stampa	Hove [England] : , : Routledge, , 2011
ISBN	1-136-90058-6 1-136-90059-4 1-283-03736-X 9786613037367 0-203-84170-0
Descrizione fisica	1 online resource (183 p.)
Collana	CBT distinctive features series
Altri autori (Persone)	BernsteinDavid P YoungJeffrey E. <1950->
Disciplina	616.89/1425
Soggetti	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	pt. 1. Theoretical points -- pt. 2. Practical points.
Sommario/riassunto	"Schema therapy combines proven cognitive behaviour therapy techniques with elements of interpersonal, experiential and psychodynamic therapies in order to help people with long term mental health problems including personality disorders and chronic depression. Schema therapy suggests that many negative cognitive conditions are based on past experiences, and therefore provides models for challenging and modifying negative thoughts and behaviours in order to provoke change. In this book, Jeffrey Young, Eshkol Rafaeli, and David Bernstein - pioneers of the schema therapy approach - indicate the 30 distinctive features of schema therapy, and how the method fits into the broader CBT Spectrum. Divided into two sections The Distinctive Theoretical Features of Schema Therapy and The Distinctive Practical Features of Schema Therapy, this book will provide a concise introduction for those new to the technique, as well as a discussion of how it differs from the other cognitive behavioural therapies for those experienced in the field"--Provided by publisher.

