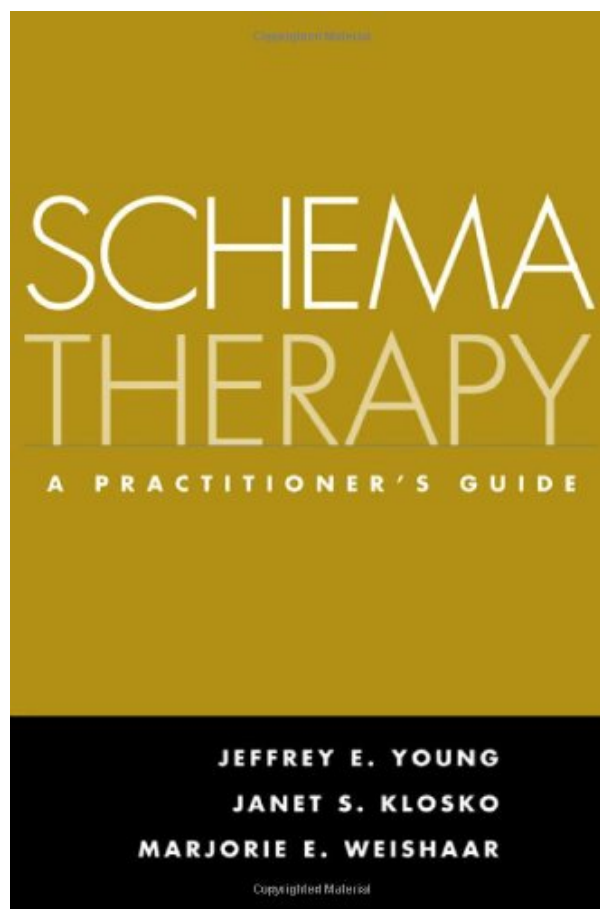
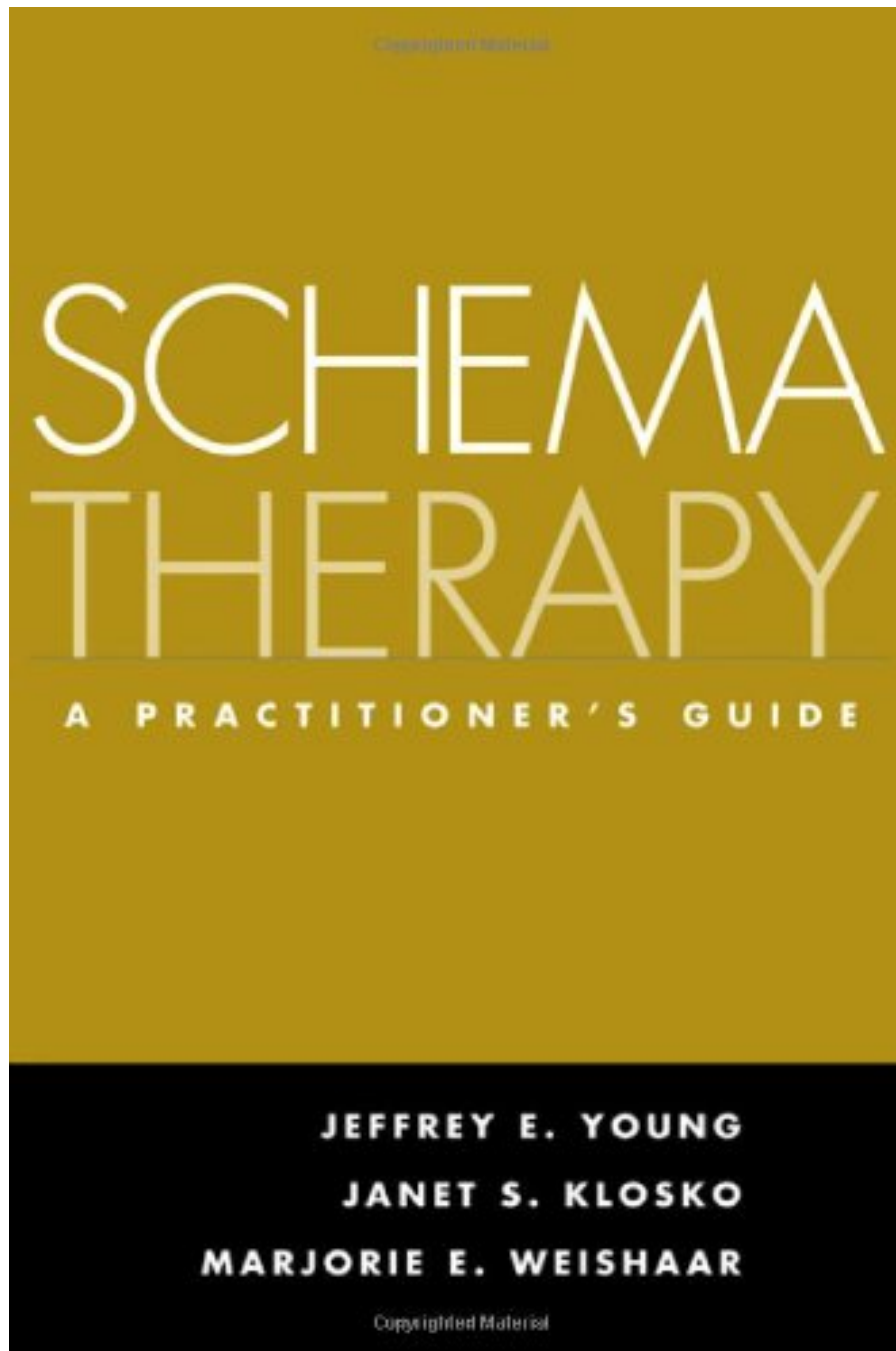


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Designed to meet the formidable challenges of treating personality disorders and other complex difficulties, schema therapy combines proven cognitive-behavioral techniques with elements of other widely practiced therapies. This book--written by the model's developer and two of its leading practitioners--is the first major text for clinicians wishing to learn and use this popular approach. Described are innovative ways to rapidly conceptualize challenging cases, explore the client's childhood history, identify and modify self-defeating patterns, use imagery and other experiential techniques in treatment, and maximize the power of the therapeutic relationship. Including detailed protocols for treating borderline personality disorder and narcissistic personality disorder, the book is illustrated with numerous clinical examples.

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Will change how you see some/all people - Crazy accurate

By Mr. X

While it is a therapy manual, I found it to be by far, the best book on the subject as I was able to understand, and agree with most everything in it as I interact with several people that perfectly exhibit such patterns. And while most common theories mash a bunch of random ideas together, this really ties it altogether into a clear and neat little package that makes a ton more sense.

In terms of understanding other people, it really helps to see them in a much higher, compassionate viewpoint, and prevents burnout, which is so common a problem. Heck, it even shows that subjectivity over objectivity is extremely valuable.

While it is written to help those that do not necessarily fit neatly into society perfectly, it actually helps to really recognize and eliminate life traps in a much bigger population (e.g. you), and perhaps most importantly, to see peoples problems as a strong need/call for help--and not malicious, selfish, manipulative

actions.

Lots of people are unnecessarily suffering from various social disorders (e.g. BPD, EDD, and CPSTD), and I am surprised more professionals have not heard of this theoretical approach as it makes much more intuitive and structural sense, and besides, a handful of studies show its the best treatment method by far, esp in a group setting.

I really hope this goes viral in the health community and its main ideas reach mainstream public.

2 of 2 people found the following review helpful.

this is an excellent book for you

By bethanie cole

If you're interested in CBT and tend to focus on reframing negative self talk, this is an excellent book for you. The discussion outlines several maladaptive schemas in great detail to help with conceptualization and treatment panning.

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This book is like getting a masters degree in a little over 400 ...

By Mar

This book is like getting a masters degree in a little over 400 pages. It's really worth it. It goes step by step explaining the theory and all the estrategies to use in this therapy. It is one of the most useful books in therapy I've read.

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