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approach that brings together elements from cognitive behavioral therapy, attachment and object relations theories, and Gestalt and experiential therapies. It was introduced by Jeff Young in 1990 and has been developed and refined since then.

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is an integrative

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developed by Dr

Jeffery Young that is

primarily aimed at

treating those who

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deeper level
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patterns that are not
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Schema therapy was developed by Jeffrey E. Young for use in treatment of personality disorders and chronic DSM Axis I disorders, such as when patients fail to respond or relapse after having been through other

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therapies (for example, traditional cognitive behavioral therapy). Schema therapy is an integrative psychotherapy combining theory and techniques from previously existing therapies ...

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schemas, to help
patients stop using
maladaptive coping
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Schema Therapy in
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Arntz :

9781119962861

Schema Therapy (also

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known as Schema-
Focused Therapy or
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Schema-Focused
Introductory To
Cognitive Therapy)

looks at a person ' s
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history to better
understand their
present problem.

Schema Therapy is
designed to help
break negative
patterns of thinking,
feeling and behaving,
and develop healthier

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